

Drill Number

58

Min Age Group:

U8

Min # of Players

8

Drill Name

Soccer-Kickball

Min Time Required

20

Description

Setup:

Use a regulation size field and goal for the age group you are coaching. Place bases 30-50 feet apart (depending on number of players). Home plate is directly in front of the goal. Divide the players into two even teams.

Description:

The game is like normal kickball except the fielding team can only use their feet to retrieve the ball and shoot it into the goal. If a player is off-base when the ball is put in the goal they are out. If the fielding team misses the goal everyone is safe and advances one additional base. One team is in the field. The coach serves as the pitcher for both teams. Eventually teams "pitch" to each other using an inside of the foot pass.

Rules can also be implemented with regard to kicking the ball outside the field of play.

Coaching Points

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

