



Simon Says

Drill Info:

This drill focuses on dribbling and keeping close control for quick instructions. Run this soccer drill with at least 4 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field.



Setup:

Outline a 20X30 grid with cones. Each of the players need a ball.

Instructions:

Play Simon Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a GOTCHA. See who gets the least number of GOTCHA's. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball... etc. Also, try to throw in a trick or two like: kick the ball as far away as you can.

Variations:

- * Without ball
- * With ball in hand
- * With ball

Coaching Points:

- * Have players do actions like clapping in between their legs and skipping to increase body awareness.
- * Focus on dribbling skills and keeping the ball close and under control.
- * Focus on players listening skills.

Focus:

Technical Dribbling, Technical Turning

“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”

