



The Greeting Game

Drill Info:

This drill will get the players moving, greeting each other, and a building block to introduce dribbling. Run this soccer drill with at least 10 players but no more than 20. This soccer drill should last approximately 10 minutes on a small field.



Setup:

Build a grid that is 15X20 yards using cones. Each of the players get inside the grid.

Instructions:

All the players run around randomly inside the grid. The coach calls out various types of greetings, which each player then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.

Progressions: Add dribbling.

Variations:

* Add Dribbling

Coaching Points:

* When dribbling, keep the ball close and don't run into other players.

Focus:

Technical Dribbling

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

