



Hitters & Dodgers

Drill Info:

The Hitters and Dodgers soccer drill is a great warm-up and drill for younger players under 5 through under 9. This soccer drill is great for teach players to dribble and then getting their heads up to make a pass. This soccer drill is SO much fun and the younger age group players LOVE this soccer drill. Run this soccer drill with at least 8 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field.



Setup:

With disk cones, outline a grid that is about 15X15 yards. You might want to make it a bit bigger or smaller depending on the age and number of kids you have. You will need to have a ball for each player; however, only 3 players start off with balls. The remaining balls should be placed outside the grid. The three players with balls are called the "hitters". The remaining players should start off scattered throughout the grid they are the "dodgers".

Instructions:

Instruct the "hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball. The "dodgers" are attempting to avoid being hit by the "hitters". If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters. The last players standing win.

Coaching Points:

Coaches should talk to the hitters about keeping their ball close to the while getting their heads up to find the dodgers.

Coaches should focus on good passing form: using the inside of the foot with good pace on the ball.

Focus:

Technical Dribbling, Technical Passing, Tactical Vision

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

