

Trucks and Trailers kids' soccer drill



Trucks and trailer soccer game

Set up:

- 10 x 10-yard area
- 1 soccer ball per player

Instructions:

This is a fun soccer game that focuses on dribbling with players' heads up and passing skills.

Get every player into pairs with one ball in each pair, one player becomes the truck and the other player becomes the trailer.

The truck will be the leader without a soccer ball; they must try and get as far away from the trailer as possible. The trailer has the soccer ball and they must stay as close to the truck as they can while dribbling the soccer ball.

When the coach shouts 'Freeze' the truck and the trailer must standstill.

The truck then must face the trailer and open its legs, the trailer must then try to pass the soccer ball between the truck's legs.

If they successfully do this they get a point and swap around the pair roles.

Coaching points:

- Pass with the inside of your foot
- Dribble your head up so you can see where your partner is
- Small touches so it easier to change direction

Questions that can lead to coaching points:

- What part of the foot should you use for an accurate pass?
- Why do you want to dribble with your head up?
- What kind of touches should you take if your partner is trying to get away from you?