

# AT HOME SOCCER DRILLS

## Wall Kicks

Improvements: Works on your first touch, you can also turn this into 1 or 2 touch passes, helps improve weak foot

Perform the drill: Stand facing a wall or flat surface, distance will vary depending on skill level. One touch passes can be done a max of 5 feet away, two touch passes you can move back up to around 15 feet away. Pass the ball back and forth into the wall immediately passing it back for one touch movement, remember to use both feet.

## Toe-Touches

Improves better footwork. Drill also helps develop control of your body as it relates to the ball.

Perform the drill: Do it the most basic way, you can make it more advanced with more ball movement later on. Place the ball directly in front of you, with your dominate foot on the ball using the upper part of your foot next remove your dominate foot and place your opposite foot on the ball, take your time and improve your speed to gain a rhythm.

## Inside Touches

Inside touch is the most common method for passing, dribbling and shooting.

Perform the drill: Place the ball between your feet, using the inside part of your foot only tap it slightly back and forth between your feet, get a rhythm going and try keeping your legs hip-width apart, you can advance this drill quickly by keeping your head up and not looking at the ball or your feet.

## Juggling

There are various ways to start this drill, one of the most common and easiest ways is dropping the ball down and letting it bounce or you can flick it up with your foot into the air, after the ball is in the air try following these steps.

Try keeping the ball spinning backwards to you, this will keep the ball in the same area as your body, when first beginning try letting the ball bounce on the ground in between touches, you can use various parts of your body i.e. chest, knee, and head, various parts of your foot as well, like your inside or outside.

Once advanced keep track of the number of juggles you can do without it hitting the ground.

## Cone Dribbling Work

For these drills you can use cones if you have them, if not any house hold item will work even toilet paper rolls.

Set your cones up to start in a line with enough width for a ball to fit through. Using the toe touch or inside touch drill listed above progress through the cones using only this drill. Advance and challenge yourself by doing this drill at a faster pace as well as running the drill backwards.

You can also work at using different parts of your foot like the outside of your foot as well as challenging yourself with only using your less dominate foot, the cones can be set up in different formations as well as putting them closer together to really challenge yourself.

## Trapping The Ball (best done outside)

This drill improves first touch and reading the play. Start by tossing the ball in the air and work at bringing the ball down to the ground.

When first starting out let the ball bounce once then bring it to the ground by trapping it, use various parts of your feet to start, reminder don't just try stamping on the ball this can result in injuries. The objective is to "stop" the ball or trap it as close to your feet and body as you can.

You can combine this drill with the Wall Kick drill, so instead of kicking it back and forth you'd kick it and trap the ball as close to as you can, vary this by kicking the ball at different heights so you have to bring the ball down out of the air.

You can also progress by using your head, chest or thigh to control.

## Target Practice

Whether it is shooting or passing you can easily make a target and practice your accuracy. Most common find somewhere you can draw a target on or even hang a t-shirt on the fence.

Try using both feet not just your most dominate foot. You can start by kicking the ball at your target at different distances by standing behind the ball, which can be progressed by running up to the ball or even add the wall kick drill to advance yourself so the ball is moving.