

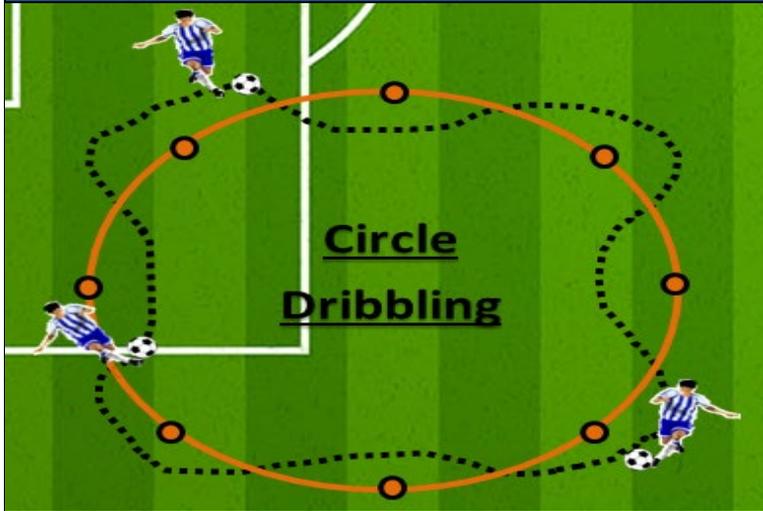


# Harford County Parks and Recreation

## Socially Distanced Soccer Practice Drills



### Circle Dribbling



### Description

**Equipment Needed:**

- ⚽ 8 cones
- ⚽ 1 soccer ball per player

**Number of Players:**

- ⚽ 1 to 3

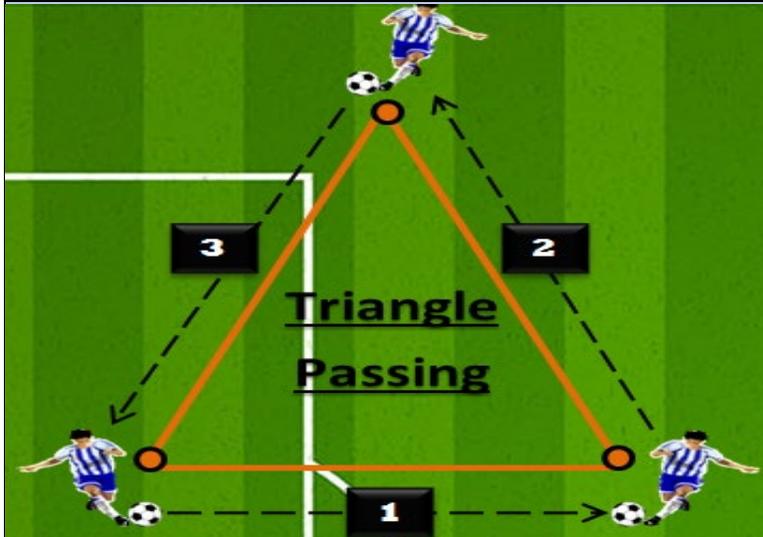
**Skills Practiced:**

- ⚽ controlled dribbling, change of direction dribbling

**Setup and Overview:**

Setup 8 cones in a circular formation, spacing each cone about 15 feet apart. Set players up on every third cone to start, and have them weave in and out of the cones using either the inside or outside of their foot. Players should all be going in the same direction. The coach can have the players switch direction at any given time.

### Triangle Passing



### Description

**Equipment Needed:**

- ⚽ 3 cones
- ⚽ 1 soccer ball per player

**Number of Players:**

- ⚽ 3

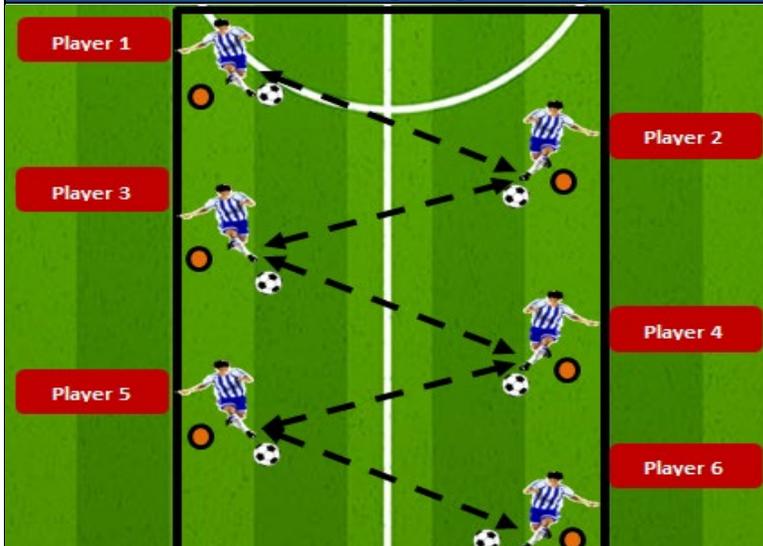
**Skills Practiced:**

- ⚽ trapping and passing the ball.

**Setup and Overview:**

Setup cones in a triangle shape, spacing the cones 25ft apart. Have 1 player positioned at each cone. Player 1 will start with the ball and pass to Player 2. Player 2 will trap the ball and then pass to Player 3. This will continue throughout the drill. Coaches can have players switch direction at any time, as well as encourage the players to use their non-dominant foot for both trapping and passing.

### One-Touch Zig-Zag Passing



### Description

**Equipment Needed:**

- ⚽ 6 cones
- ⚽ 1 soccer ball

**Number of Players:**

- ⚽ 6

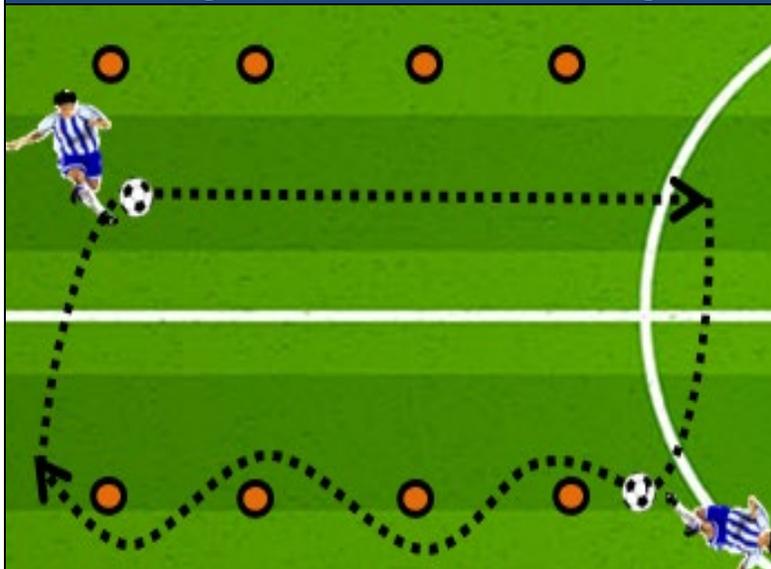
**Skills Practiced:**

- ⚽ One-touch passing

**Setup and Overview:**

Setup two lines of 3 cones staggered and across from each other. Cones within the same line should be 10ft apart, with 15ft of space being between the two lines. Player 1 starts the drill with a pass to Player 2, who delivers a one-touch pass to Player 3, who delivers a one-touch pass to Player 4, and so on. Once Player 6 receives the ball, they will deliver a one-touch back to Player 5, and the drill will run in reverse.

## Straight-Line and Weave Dribbling



## Description

### Equipment Needed:

- 8 cones
- 1 soccer ball per player

### Number of Players:

- 2

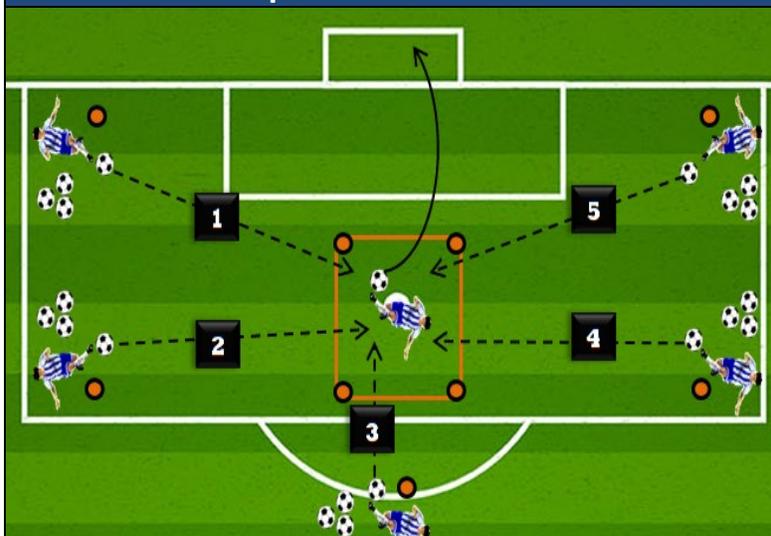
### Skills Practiced:

- Change of direction and speed dribbling using laces and inside/outside part of foot

### Setup and Overview:

Set up 2 parallel lines of 4 cones that are 6ft apart. The player will start at the first cone and speed dribble using their laces to the fourth cone. The player will switch direction at the fourth cone to go to the second line of cones to then slalom through the cones using the inside and outside of their foot. The coach can yell switch at any given time to have the player switch direction and reverse the drill.

## Rapid Shots on Goal



## Description

### Equipment Needed:

- 9 cones
- 10 soccer balls minimum (2 per passing player)

### Number of Players:

- 6

### Skills Practiced:

- passing, receiving, and 1 & 2 touch shooting

### Setup and Overview:

Create a box 10 to 15 yards away from the goal using 4 cones that the shooting player will stand in. Space 5 cones throughout the inside or outside of the goal box for players 1-5 to stand at and pass the ball to the shooting player. Players 1-5 can pass either in order or in a sequence that is called out by the coach, to the shooting players. The shooting player will receive the ball and shoot on goal at a rapid pace.

## Give, Go, & Shoot



## Description

### Equipment Needed:

- 2 cones
- 1 portable goal
- 1 soccer ball per 2 players

### Number of Players:

- 2

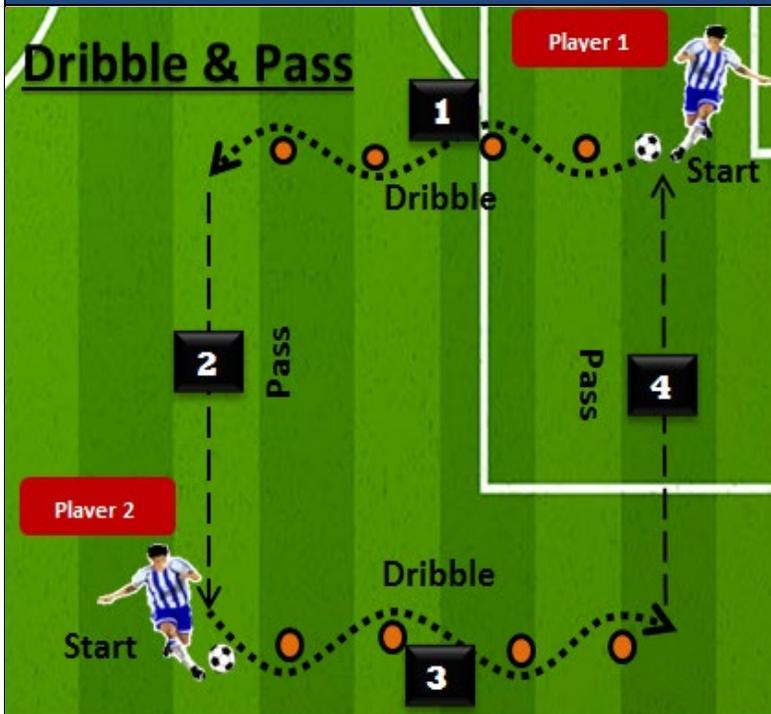
### Skills Practiced:

- passing, trapping, dribbling, and shooting

### Setup and Overview:

Setup 2 staggered cones 40 feet from each other, placing a player at each cone. Place the portable goal 100 feet in front of the cones. Player 1 will pass the ball to Player 2, and then sprint towards the portable goal. Player 2 will trap the ball and then immediately pass the ball in front of Player 1. Player 1 will run onto and receive the ball, and immediately shoot the ball into the portable goal. Players can switch cones after each repetition to continue the drill.

## Dribble and Pass



## Description

### Equipment Needed:

- 8 cones
- 1 soccer ball per

### Number of Players:

- 2

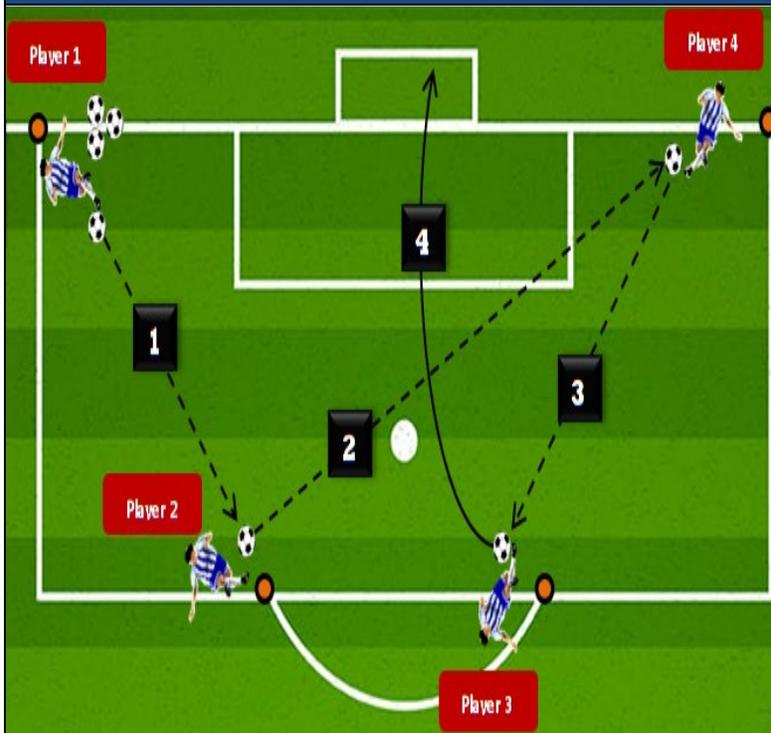
### Skills Practiced:

- dribbling, passing, trapping, and sprinting

### Setup and Overview:

Set up 2 parallel lines of 4 cones each. Have the cones spaced 8 to 10 feet apart, with the lines 40 feet apart. Player 1 will start with the ball on the first cone, while Player 2 will start at the 4th cone on the opposite line. Player 1 will begin by dribbling through the inside and outside of each cone in their line. When Player 1 reaches the fourth cone, they will pass the ball to Player 2. After passing the ball to Player 2, they will then run back to their start cone. Player 2 will receive the ball and dribble through the inside and outside of each of their cones. When Player 2 reaches their last cone, they will pass the ball to Player 1. After passing the ball to Player 1, they will run back to their start cone.

## Across the Box Passing and Shooting



## Description

### Equipment Needed:

- 9 cones
- 10 soccer balls minimum (2 per passing player)

### Number of Players:

- 6

### Skills Practiced:

- passing, receiving, and 1 & 2 touch shooting

### Setup and Overview:

Set one cone on each side of the goal where the 18yd goal box touches the end line, and one cone one each side of the semi-circle where it meets the 18yd goal box. Each player stands at a cone. Player 1 will pass the ball to Player 2, and then player 1 will sprint to the cone that they just passed to. Player 2 will receive the ball, trap it, and play a long pass out to Player 3. Player 2 will then sprint to the cone that they just passed to. Player 3 will receive the ball with a trap and play the pass out to Player 4. Player 3 will then sprint to the cone that they just passed to. Player 4 will either trap the ball and take a shot, or perform a one touch shot on goal. Player 4 will sprint towards the first cone to start the drill over again.