

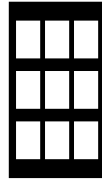
Tot/Preschool Soccer – Ages 3-5

Shooting Drills

Purpose: Shooting

Equipment: Colored Spots, Soccer Goal, Soccer Ball, Cones, Agility Bridge

Set-up: Set-up 6 color disks in a slight semi-circle in front of the soccer goal and have each kid stand on a color. Put a soccer ball a couple of feet in front of the goal. Put an agility ladder to the side of the goal for the player to take back to their spot.



Pugg Goal



Agility Ladder (aka Bridge)

Execution:

- Coach calls a color and the person on that color runs up and kicks the ball in the goal. When the ball goes in the goal everyone should yell, “GOAL!!!!”
- The player takes the bridge back to their spot, and the next player goes.
- After everyone has gone through once, add in goalies or obstacles

Obstacle Variations:

- w/ Lava Rocks – Put down Foam Frisbees in a vertical line leading the goal. Each round, have 1 player take out 1-frisbee (can't be the first or last). See how long they can last with at least 1-person not stepping the lava and scoring a goal (Make it a team sport)
- w/ Snake Pits – Put down 12 agility hoops in a line leading to the goal. Each round have 1 player put down a snake (large spot) in one of the hoops. That hoop is now the snake pit and players cannot step in the snake pit or they get bit. They must still put at least 1-foot in every other hoop, without stepping out or on the hoops. See how long they can last with at least 1-person not stepping the lava and scoring a goal (Make it a team sport)
- w/ Jump the River – Put down a river (tarp) between the players and the goal. Start with a small river. Each round make the river bigger and bigger. See how long they can last with at least 1-person making it over the river and scoring a goal (Make it a team sport)

Goalie Variations:

- Coach Goalie:
 - After everyone has gone through once, the coach become the goalie and puts his/her feet part. Now they must aim for the middle
 - After everyone has gone through once, the coach puts his/her feet together. Now they must aim for the corners
 - After everyone has gone through once, the coach puts does a tic, toc movement with the feet moving. Now they must aim through the gauntlet.