



Libro de Recursos para la Evangelización de Deportes

Procedimientos, plantillas e inspiración para utilizar eficazmente los deportes para alcanzar y discipular a la juventud moderna.

Evangelización de Deportes

¿Qué es la Evangelización de Deportes?

Definiciones

(A) Deporte: Un concurso o juego en el que la gente hace ciertas actividades físicas de acuerdo con un conjunto específico de reglas y competir uno contra el otro; una actividad física (como la caza, la pesca, correr, nadar, etc.) que se realiza para el disfrute (Merriam-Webster).

(B) Evangelización: Invitar a las personas en una relación amorosa, personal con Jesucristo, que a su vez se nutre de un cuidado, amoroso comunidad de fe (Dr. Lamar Vest).

Evangelismo tradicionalmente se centra en una cosa, ganar o revivir los compromisos personales a Cristo, es decir, la conversión. La evangelización tiene un enfoque más amplio compuesto por 3 elementos:

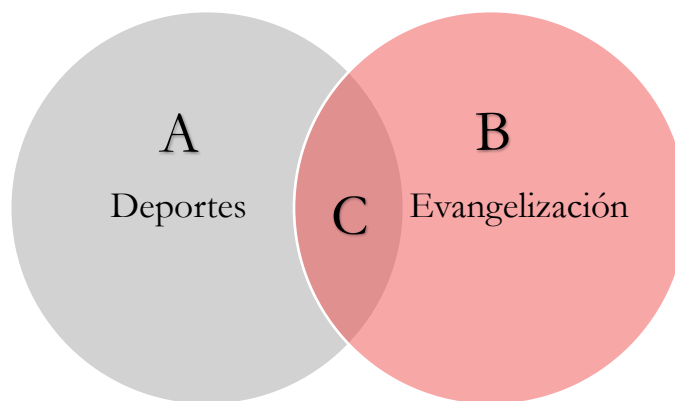
1. Conversión
2. Discipulado
3. Misión

(C) Evangelización de Deportes:

A - Actividades físicas competitivas competitivos o no,

B - cuyo objetivo es invitar a la gente en una relación amorosa y personal con Jesucristo (converso), que lleva a nutrir el participante para mantener y mejorar su caminar con Cristo (discipulado), al tiempo que proporciona las habilidades y herramientas necesarias para enviarlos a el mundo para demostrar el amor de Cristo (que les da una misión, un propósito mayor que ellos mismos).

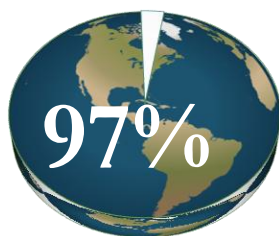
C – El uso de los deportes para realizar la evangelización. Esencialmente, Mateo 28:18 realizada por medio del deporte.



¿Por qué utilizar los deportes para la Evangelización?

El atractivo universal

RELACIONAR A DEPORTES



97% of the world actively play sports or have an immediate family member participates.

La gente juega deportes a través de cada nación, la clase social, la edad, el género y la clase económica. El deporte es una lengua hablada por la mayoría del mundo..



¿Cómo y a quién enfoque la evangelización de deportes?

1) Evangelización por las atletas:

- Atletas cristianos tienen una plataforma única para compartir su testimonio y la fe en Dios.

Evangelización de deportes los anima a tomar forma intencionada y con un objetivo aprovechar esta oportunidad.

2) Evangelización a los atletas:

- Se centra en impresionar y discipular a los atletas a vivir una vida cristiana en medio del mundo de los deportes.

3) Evangelización de los fanáticos:

- Fanáticos del deporte veneran atletas. Esta es una gran oportunidad para que los atletas utilicen la influencia del deporte en la vida de las personas para presentar el mensaje evangélico.

Desafíos en la vida espiritual de un atleta

Los entrenadores y los atletas suelen ser grandes triunfadores. Ellos disfrutan de desafíos. Les gusta trabajar duro y del sentimiento de tener éxito en algo que han trabajado. Pero, el problema en la vida espiritual es que sus puntos fuertes también pueden ser su mayor obstáculo.

- En el mundo deportivo, la meta es convertirse en el mejor en lo que hace por mejorando talentos dados por Dios con la práctica y el trabajo duro. Estas son las buenas cualidades en la vida, pero no la forma en que Dios trata con nosotros en nuestro caminar espiritual: *I Corintios 1: 26-29 / Dios nos llama cuando somos débiles, no es fuerte. Dios nos llama cuando somos un don nadie, no alguien con la fama y el honor.*
- Es muy importante para los atletas entender que Dios no nos llama a causa de los talentos y habilidades que tenemos. Él nos llama a causa de nuestra fragilidad. *I Samuel 16: 7 / Dios no mira la apariencia exterior, pero Él mira el corazón.*

Al igual que los atletas a entender los principios de la fuerza física, que puedan entender los principios de la fortaleza espiritual. Tienen que entender que la fuerza espiritual no viene a través de sus propios talentos y habilidades, pero a través de ser dependiente de la fuerza de Dios. Todo crecimiento y fortaleza espiritual proviene de Su Palabra y Espíritu.

Uno de los deseos de Twelv2Athlete es ayudar a cada atleta a entender que son "más de un atleta". Como un programa de desarrollo completo, Twelv2Athlete ayuda a los jóvenes no crece sólo en sus habilidades atléticas, pero social, espiritual y académicamente. Romanos 12: 2 dice: "no confirma más de largo al modelo de este mundo, sino sean transformados mediante la renovación de vuestra mente", que es como se alienta a cada Twelv2Athlete vivir.

Influencia de un entrenador

El famoso apologeta cristiano, Ravi Zacharias, ha sido citado diciendo: Esto es exactamente lo que ofrece un entrenador "Tenemos que encontrar la puerta de atrás a los corazones de la gente, porque la puerta principal está fuertemente custodiada.": Una puerta abierta para influir positivamente en la próxima generación.

Por definición, un entrenador es alguien que enseña a otra persona para alcanzar sus metas deseadas. La palabra "coach", originalmente descrito un vehículo tirado por caballos que conseguir que la gente de

donde iban a donde querían ser. El uso de la palabra evolucionó para ser asociado con una persona quien se quedaría con un atleta de donde estaban en su nivel de habilidad a donde quería estar.

Donde estás

- Como atleta
- Espiritual
- Social



Entrenador



Donde querías estar

- Como atleta
- Espiritual
- Social

Mientras que un entrenador de deporte entra por primera vez la vida de un atleta para enseñar y ayudar a mejorar en su nivel de habilidad y técnica para el juego, sino que también tienen la influencia para enseñar a los atletas valiosas cualidades para la vida y moverlos de un nivel de vida a otra. Como Twelv2Athlete entrenadores, nos centramos primero en asegurarse de que cada atleta entiende que Jesús es su Salvador personal, entonces en enseñar el valor de mantener en sus vidas el 7 atribuye debajo de II Pedro 1: 5-8: Excellence: a desire to be morally honorable, to do the right thing

1. Conocimiento: comprensión verdad, lo que es justo y lo malo Self-Control: choosing to do what is right
2. Resistencia: la pervivencia de esa elección, sin importar las dificultades o la presión puede venir
3. Estilo de vida: vivir una vida que es respetuosa de Dios y refleja que esta vida fue dada por Él
4. Equipo de jugador: valorar a los demás como parte de una familia
5. El amor: estar dispuesto a renunciar a algo para otra persona, si su tiempo, el orgullo, o una cosa

Consejos para entrenadores

- Mantenga optimista, positivo, y se centran en dar elogios y aliento cuando se gana
- Ser el entrenador! Sea divertido, pero mantener su autoridad, incluso si usted no está seguro de lo que está haciendo
- Recompensa técnica y el esfuerzo correcto, no sólo resultado
- Utilice el enfoque de "sandwich" de corrección de errores (una declaración positiva sincero, correctiva retroalimentación, declaración animando)

Programas y eventos atléticos

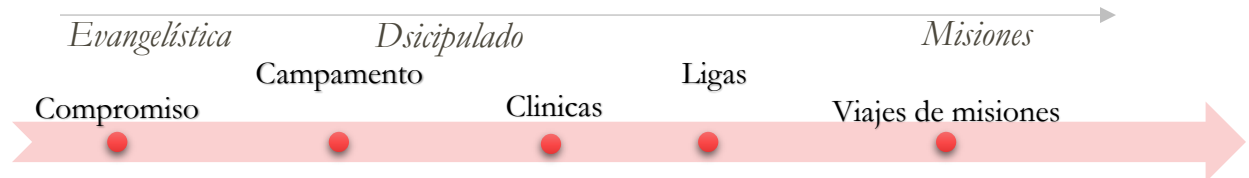
Dependiendo de las necesidades de la comunidad, los diferentes programas o eventos pueden ser los más eficaces para el uso de deportes para llegar. El cuadro de la siguiente página tiene algunos de los más comúnmente utilizados por Twelv2Athlete junto con algunos detalles. Estos deben ser modificados para adaptarse mejor a cada situación única.

Tiempo para el discipulado

No importa el evento o programa, hay tiempos muertos, ya sea 5 minutos o 30 minutos de descanso al mediodía para compartir con y discipular a los jóvenes atletas. En muchos de nuestros programas Twelv2 estos tiempos se llaman, "El Abrazo de grupo". Entrenadores comparten sus propias historias personales o las historias de atletas famosos, enseñan en la Biblia, y animan a los atletas a vivir vidas no conformes a este siglo, sino transformados por Cristo. Por lo general, es mejor tener el tiempo de discipulado cerca del final de un evento por lo que el entrenador ya ha construido un cierto nivel de relaciones y ganado el respeto de los atletas.

Introducción de una Comunidad utilizando Evangelización de Deportes

Algunos eventos tienen un enfoque más evangelístico, como una extensión de 1 día o 1 semana de campamento. Otros eventos presentan buenas oportunidades para el discipulado debido a la cantidad de tiempo que el deporte ofrece al entrenador con el atleta. Al entrar en una comunidad por primera vez, Twelv2Athlete ha encontrado que a partir de eventos evangelísticos centrados primero y más tarde la integración de programas que permiten la buena discipulación es más eficaz. La línea siguiente muestra un ejemplo de progresión.



Event	Description	Time Frame* <i>These may vary, what is most typical is listed below</i>	Resources/Expenses	Spiritual Focus/ Opportunities
Clinics	Individual conditioning and skills training sessions, ranging from beginner to advanced.	1 hour a week for 5-8 weeks. Usually twice a year.	Expert Coach; Facility	Discipleship & Evangelistic
Camps	Daily sessions take place over a week where athletes are coached through technical instructions, drill sequences, and guided situational play. In addition, there are times for scrimmage matches.	1 week (may be several weeks for different sports, age groups, or genders)	Expert Coach; Assistant Coaches; Facility; Lunch (optional)	Evangelistic & Discipleship
Leagues	Fun, competitive play among local teams on a weekly basis	Average 6 weeks	Facility; Administration	Discipleship & Evangelistic
Mission Trips	Coaches and athletes take the skills and training they have acquired to less fortunate youth in other parts of the world	1 week	Travel Expenses; Equipment; Administration	Evangelistic, Discipleship & Missions
Evangelism Outreaches	A community event centered around sports to draw people and allow for the building of relationships	1 day	Sound Equipment; Sports Equipment; Giveaways; Food	Evangelistic

Ejercicios

Most camps, clinics, and practices for leagues are made up of various drills. Below are some important tips on how to use drills most effectively.

- Make a plan for the amount of time needed to run each drill....BUT, if a particular drill is not working, move on. If it has accomplished your goal, move on. Be flexible with your schedule.
- Look for versatility in drills, can they serve more than one purpose? You will ALWAYS find that time is short, making versatility more important.
- Know the fundamental basics within each drill, this allows you to make on the spot corrections and suggestions for the players.
- Select drills that are easy to set-up and run as well as fun.
- Keep groups small and repetitions high. If a drill runs for too long, quality of the repetitions diminishes, not from fatigue; but from loss of concentration. The more activity, the better.
- Switch up drills with fun, competitive games to keep the energy level up.

Below are some sample schedules a soccer camp, series of clinics and an evangelistic outreach. Various drills and games can be plugged into the time slots.

Sample Camp Schedule

15 MIN	Warm up
30 MIN	Dribble, Passing, and Movement Drills Set up three stations and rotate groups every 10 minutes
30 MIN	Position, Support, and Shooting Drills Set up three stations and rotate groups every 10 minutes
5 MIN	Water Break
30 MIN	Defensive Positioning and Strategy Drills Set up three stations and rotate groups every 10 minutes
45 MIN	Drill Games Play 3 different games, 15 min each
10 MIN	Water Break
45 MIN	Game Time This can be a scrimmage match or a game like World Cup
30 MIN	Discipleship Time
TOTAL 4 HOURS	

Sample Evangelistic Outreach

The focus of this event is evangelism, using sports to draw a crowd and being able to minister to them in the right time.

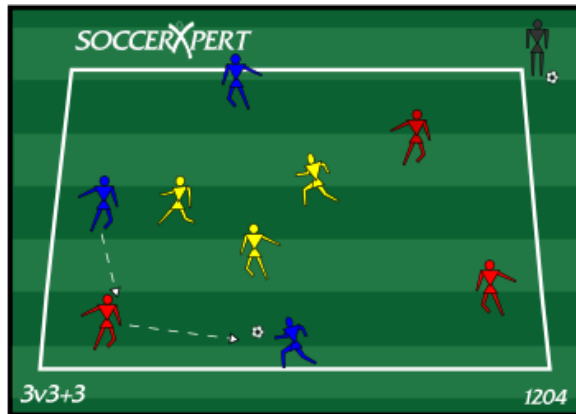
FOOD	Serve lunch at the beginning of the event
MUSIC	Have music playing throughout the event
SKILLS COMPETITIONS	Have a few nets set up for various competitions Every participant gets a ticket for the raffle for a big prize at the end of the event The winner of each competition also gets a smaller prize
PRIZES	Having a good prize at the end of the event that everyone can win keeps the audience around to hear the gospel message
SHARING THE GOSPEL	Have people share personal testimonies that can relate to the crowd; share a thought on the gospel that can relate to sports; be honest, and real with the crowd

Sample 5-Week Clinic Schedule

Each week the clinic should take place on the same day for hour.

WEEK 1	Dribbling, Movement
WEEK 2	Position Support, Attacking
WEEK 3	Defense, Goal Keeping
WEEK 4	Passing, Receiving
WEEK 5	Shooting

3v3 plus 3



Setup

1. Building a 20x20 grid
2. Create 3 teams of 3. One team Yellow, Red and White.

Instructions

Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups. If the defending team (Yellow) wins the ball, the team who made the mistake automatically becomes defense. For Example, if Red has a bad first touch into the defender (Yellow), then the Red Group would become defense and the Yellow and White groups would then keep possession from the Red group. Any ball played out of the grid is considered loss of possession by that group, and that group should become defense.

Variations

- For lower level players, rotate the defenders every 2-3 minutes rather than automatically switching after loss of possession.
- Adjust the size of the field to make it more or less challenging
- Restrict the number of touches per player

Coaching Points

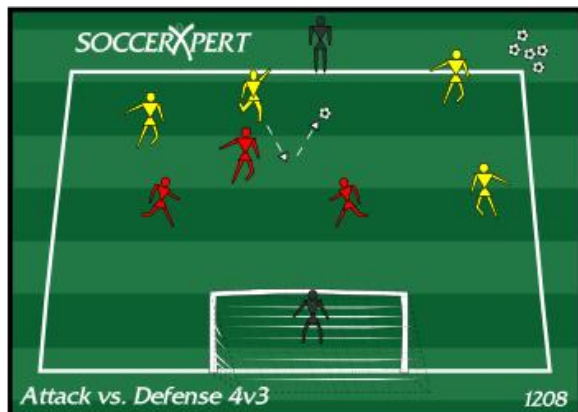
- Good First Touch
- Good Passes to Feet
- Proper runs/angle of support
- Facing the field

Soccer Drill Focus

Passing, Receiving, Possession, Warm-up

Notes:

4v3 Attack vs Defense



Setup

1. Set up a 30 X 30 grid with one side playing to goal.
2. Coach assigns 3 defenders.
3. The attackers begin with the ball. A keeper should be defending the goal

Instructions

Instruct the players to take advantage of having more offensive players and finish with a shot on goal.

Attackers should move the ball looking for the open player and holes in the defense.

Defenders should attempt to break-down the attack and will gain experience in how to cover a one-down situation. Defensive players should complete a pass to the coach to end the attack.

The coach should then give the ball back to the attackers to build the attack again.

Variations

- Increase the number of attackers (or decrease the number of defenders) if scoring chances are infrequent.

- Increase the number of defenders (or decrease the number of attackers) if scoring chances are too frequent

Coaching Points

Offensive:

- Quickly switch the point of attack to off-balance the defense.
- Play quick both physically (1 and 2 touch) and mentally (think ahead).
- Make sure the players are attacking at the appropriate times

Defensive:

- Contain the play and keep the ball in front of the defense.
- Early pressure and do not allow space behind the defenders.

Soccer Drill Focus

Dribbling, Passing, Receiving, Crossing, Defending, Attacking, Shooting, Goalkeeping

Notes:

2v2 + Target Attacker



Setup

1. Create a grid approximately 30X40 with one side playing to a goal.
2. Assign a goalkeeper, a target player in red, and four defenders in yellow.
3. With the remaining players create two lines at the top of the grid opposite the goal.
4. Start with two defenders in the middle of the grid about 18 yards from goal. The other two defenders are resting on the outside of the grid on both sidelines.

Instructions

Start the drill by having the goalkeeper punt a ball to the top two attackers. The two attacker's join with the target player to form a 3v2 situation. The attackers attempt to score, while the 2 defensive players work together to stop the attack. If the defenders win the ball, they should clear the ball past the line where the additional attackers are standing. If the defenders are successful at clearing the ball the 2 attacking players

should do 10 pushups. If the defender attempts to clear the ball and is not able to clear the ball far enough to cross the line, the attacking team continues their attack.

Once the ball is out of play or deemed dead by the coach, the goalkeeper should punt a new ball to the next group of attackers, and 2 new defenders step in and become defenders.

Coaching Points

Offensively:

- Play to the target player quickly without forcing the ball.
- Players without the ball make good supporting runs.
- Attackers should focus on getting into situations to get a shot off quickly.
- Attackers combine passes and build up the attack.

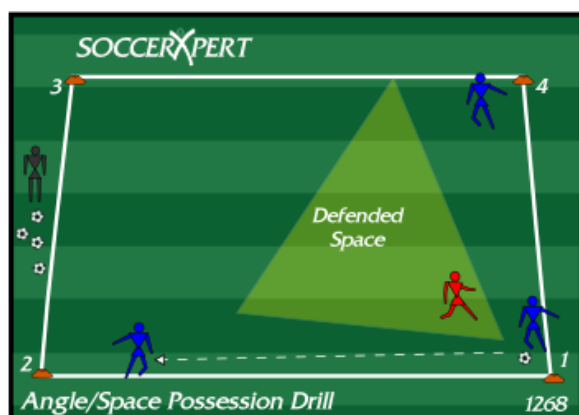
Defensively:

- Target player is marked and the closest player to the ball pressures the ball.
- Maintain good defensive positioning (pressure and cover). Don't get stuck defending side-by-side, or attacked in a straight line.
- Make sure defenders work together.

Soccer Drill Focus

Passing, Receiving, Defending, Attacking

Angle of Support



Setup

1. Set up a 10 X 10 yd grid.
2. Organize the team into groups of three. Each of the three players should position themselves near 3 different corners of the grid.

Instructions

The instructions are simply to never leave an empty cone adjacent to the player with the ball. For example, say the drill begins with a player at position 1 in possession of the ball while players at 2 and 4 start at the cones adjacent to the player at 1. The player at position 1 can pass to either of the players at positions 2 and 4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 in order to support the player in “un-defended space”. The play continues with no defensive pressure and players are allowed to pass to either supporting player. This soccer drill is simple, however, players will have to pay

attention to the ball movement and often anticipate the next move in order to move to space quicker.

Variations

- Play in 1 or 2 touches.
- Add a defender

Coaching Points

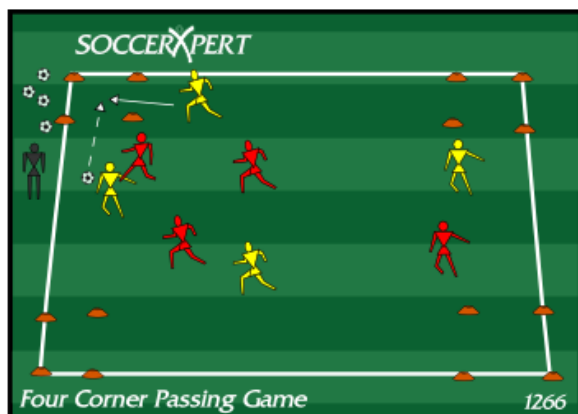
- Make sure players are thinking and moving quickly to the next supporting position.
- Explain Defended Space (see diagram)
- Help players with good angle of support

Soccer Drill Focus

Passing, Receiving, Defending, Attacking, Possession, Dribbling, Warm-up

Notes:

Four Corner Passing



Setup

1. Create four grids that are about 5x5 and set them about 40 yds apart on all sides.
2. Split the group into two teams and put one team in an alternate color.

Instructions

Instruct the teams to pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids. The teams can score in any of the corners, however, they cannot score in the same corner twice in a row.

Variations

- Do not allow players to stand inside the grids waiting for a pass. Instead, instruct the players to work on timing of the runs and timing of the pass to connect inside the grid.

- Change the scoring rule to where the goal is scored only when a give and go is performed with the player that is in the grid.

Coaching Points

- Focus on the weight and accuracy of the passing
- Players without the ball should be supporting the player with the ball at all times
- Make sure the timing of the runs and timing of the pass are in sync.
- Make sure players change the point of attack and are not forcing passes into congested areas

Soccer Drill Focus

Passing, Receiving, Defending, Attacking, Possession, Dribbling

Notes:

World Cup



Soccer Drill Focus

Passing, Receiving, Defending, Attacking,
Possession, Dribbling, Crossing, Shooting,
Goalkeeping, Fun

Setup

1. Inside the penalty box, set up 4 groups of 3 players in alternate colors with a goalkeeper in a full size goal.
2. The coach should have the full supply of soccer balls nearby.

Instructions

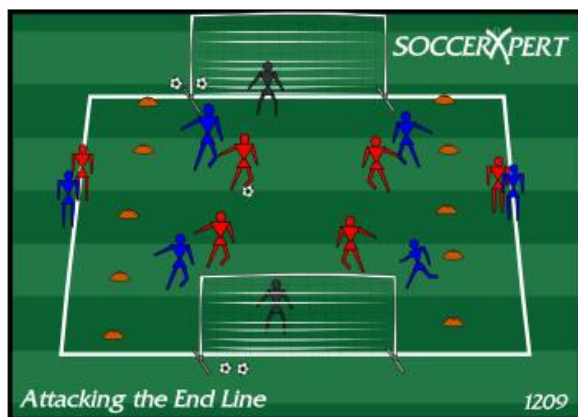
The coach should serve a ball into the grid. Each team plays at the same time against the other teams. The team to score sits out for the remainder of that round and advances to the next round. The last team to score in each round is out of the tournament. In the final round, when only 2 teams are left, the first team to score 2 goals wins the world cup.

Coaching Points

- Good team work
- Quick passes take shots/chances
- Have fun!

Notes:

Attacking the End Line



Setup

1. Using half of a field, move the goal to the midfield line facing a goal on the end line.
2. Using 4-5 cones on each side, create a 10-yard wide channel along each touchline.
3. Two teams of 4 will play in the middle.
4. Each team has one player in the channel, and the goals should have a goalkeeper in both nets.
5. One team will start with the ball, and the remaining balls should be placed behind the goal.

Instructions

Instruct the players to play 4v4 in the middle area and 1v1 on the flanks in either channel.

The ball must be served from a channel to score a goal.

When the ball is in the channel, the channel players should play 1v1 until one of the

players break into the offensive end of the channel. At this point, the defender should allow the cross. The four middle players become near post, far post, trail and supporting runs. Play is continued.

Variations

- Increase or decrease the number of players in the middle
- Use wall passes, takeovers or overlaps
- Rotate channel players

Coaching Points

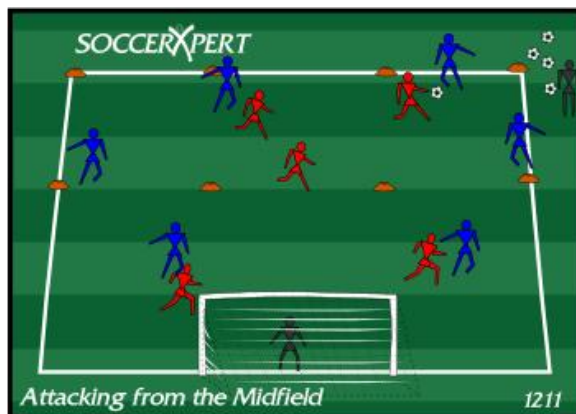
- Proper service of crosses from flanks. When to serve on the ground, when to knock back, and when to drive hard.
- Make sure attackers are making proper runs.

Soccer Drill Focus

Passing, Receiving, Defending, Attacking, Possession, Dribbling, Crossing, Shooting, Goalkeeping

Notes:

Attacking from the Midfield



Setup

1. Divide the field into 3rds using cones.
2. In the defensive third have a keeper in the goal and 2 defensive players who play against 2 attacking players.
3. In the middle third have 4 attacking midfield players and 3 defensive midfield players.

Instructions

The coach starts the play by serving a ball into the attacking midfielders. When the attacking mid players gain possession, the attackers should penetrate and attack immediately. The mid field player that passes to an attacker in the attacking third should step in and play 3v2 (in the attacking third). If the defensive players win the ball, they should play keep-away from the attacking team.

Variations

- Instead of making the person passing into the attacking 3rd step into the attack, make the furthest player from the ball step in and attack.
- Increase or decrease the number of players.
- Change the numbers to focus on offensive attack or defensive shape.

Coaching Points

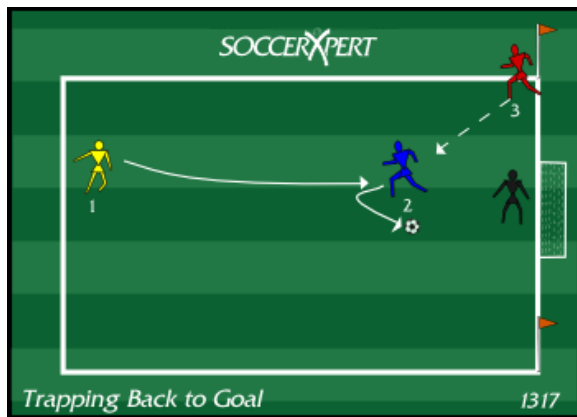
- Proper spacing and angles to receive passes (support).
- Good movement from attackers checking into the midfield players.
- Make sure the midfield players are getting into the attack and playing off the attackers and getting forward (attack).
- Quickly swing the ball through the midfield to take advantage of number up situations.

Soccer Drill Focus

Passing, Attacking, Possession

Notes:

Trapping Back to Goal



Setup

1. Create a grid approximately 20X30 yards with an 8 yard goal on the end line.
2. A server (player 1) starts at the top of the grid with the attacker (player 2) about 5 yards in front of the goal facing the server.
3. Have the defender (player 3) start at the corner of the end line near the goal.

Instructions

The server (player 1) plays a ball into the attacker (player 2). The defender (player 3) immediately puts the attacker (player 2) under pressure. The attacker must check in (move towards the ball being passed to him) and make a decision to: a) turn and beat the defender (1v1) and have a shot on goal. b) play the ball back to the server and play 2v1.

Variations

- Good control and turn, shield or pass back to the server.
- Quick control and movement forward.
- First touch is into space away from advancing player.
- controlling player must decide to dribble or pass
- make sure player is controlling the ball properly

Coaching Points

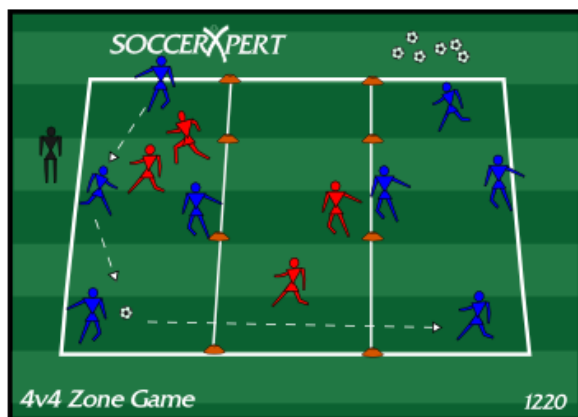
- Introduce additional players

Soccer Drill Focus

Dribbling, Receiving, Passing, Attacking, Possession

Notes:

4v4 Zone Game



Setup

1. Create a grid that is approximately 24 x 15 yards, and split it into three 8 x 15 zones (increase size of area if more players are involved or low skill level)
2. Divide the players into three teams of 4. Place each group of four players in each zone.

Instructions

The 4 players in the middle zone are split into 2 teams of 2, one pair will be tasked to close down in the right hand zone and the other pair in the left hand zone. The play starts in the right hand zone with the 4 right-zone players focusing on keeping possession but looking for the first good opportunity to pass the ball into the feet of a player in the left hand zone, while being closed down by the pair from the middle zone. (The pair that are left in the middle zone are tasked with trying to intercept the pass when it goes from the right hand zone through the middle zone into the left hand zone). Once this has been achieved the 2

players from the middle who were closing down in the right hand zone return to the middle to intercept, while the two players from the middle who were intercepting go into the left hand zone to close down, the play carries on with the 4 players in the left hand zone doing exactly the same thing.

Give points to players for achievements: 1 point for a completed pass from end zone to end zone, 1 point for the player closing down who wins possession of the ball or forces the ball out of play, etc. If the ball goes out of play, give possession back to the 4 players in the end zone and start again. Rotate the players every 5 minutes or so.

Coaching Points

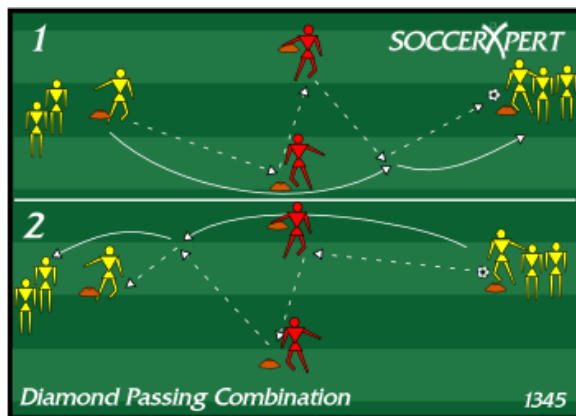
While the exercise is going on encourage the players to do the following:

1. Support every pass they make
2. Communicate with each other i.e. tell each other if there is a "Man on" or if they have got "Time".
3. Encourage good movement off the ball it is very important the players in the end zone that aren't waiting to receive the ball put themselves into good areas to make it easy for the players who aren't trying to make the pass.
4. Stress the importance and show the benefits of closing down the opposition and limiting their options.

Soccer Drill Focus

Dribbling, Receiving, Passing, Attacking, Possession, Defending

Diamond Passing Combination



Setup

1. Set up 4 cones in the shape of an elongated diamond.
2. Assign an all-time passer on each of the two cones where the points of the diamond are closest.
3. Rotate these passers every 3-5 minutes. In our diagram, the passers are in red.

Instructions

1. Have the first player in line pass to one of the passers and overlap them.
2. The passer that receives the first pass plays a first time ball into the other passer who then returns the ball to the player overlapping.
3. The player then plays into the next player in line and the pattern repeats going the other direction.

Variations

- Play every pass 1-touch.
- Expand the distance between cones and play longer balls in the air.

Coaching Points

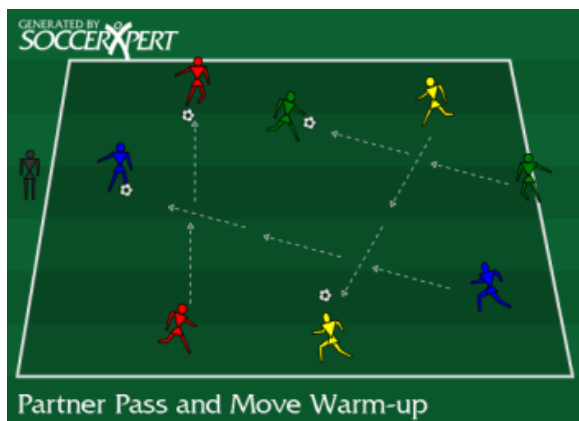
- Focus on clean, crisp passing.
- Movement off the ball must be timed with the pass.
- The drill should flow with a continuous passing pattern.
- Focus on speeding up the combination play.

Soccer Drill Focus

Passing

Notes:

Partner Pass



- Make sure the players move after making the pass to their partner.
- Make sure the players are putting the right amount of weight and pace on each pass.

Soccer Drill Focus

Passing, Receiving

Setup

1. Create a 20X20 yard grid (you can change the size of the grid based on the number of players).
2. Organize the players into groups of two with only one ball per group.

Instructions

Each group of two should only pass to their partner while moving around the grid. Each player should be instructed to pass and receive with the inside of the foot.

Variations

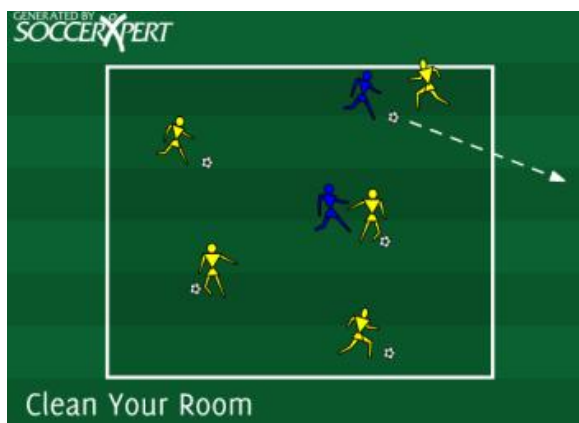
- Restrict the number of touches.

Coaching Points

- Make sure the players are using the inside of the foot for both trapping and passing
- Make sure the receiving player moves his body behind the path of the ball when receiving.

Notes:

Clean Your Room



Setup

1. Create a grid that is approximately 15 X 15 yards. You should adjust the size of the grid depending on the size, skill set, and number of players.
2. One player is designated as the person to clean the room.
3. Every player other than the room cleaner needs a ball.

Instructions

1. Start by having the players dribble around in the grid.
2. The coach should release the room cleaner into the grid.
3. The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid.
4. The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible.
5. The room is "clean" once they have all of the balls out of the grid at one time.

6. The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players.
7. If a player is struggling to clean their room, release a 2nd room cleaner to assist.

Variations

- Start with 2 room cleaners (defenders).
- Make the players do 10 jumping jacks before entering the grid. This will give the defender a bit more time to clear other balls out of the grid.

Coaching Points

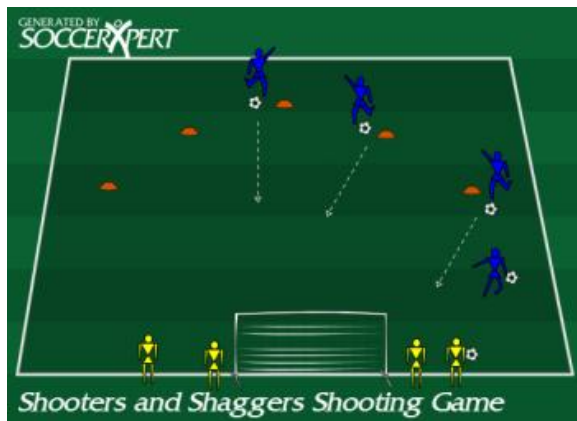
- Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible.
- Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.

Soccer Drill Focus

Dribbling, Possession, Defending, Warm up, Fun

Notes:

Shooters & Shaggers



Setup

1. Organize your team into groups of 2. One player will be the shooter while the other player will be the shagger.
2. The Shagger will only shag balls for their shooter as they are paired up as a team in this competition.
3. Organize an arc of cones approximately 10 yards from goal with no keeper in the goal.

Instructions

Each shooter will begin at the start cone while their shagger will begin behind the goal. At the first cone, each shooter will take turns shooting on goal in attempt to score the goal with a direct shot into the goal without it hitting the ground (no bounce). If the ball bounces before scoring a goal, or if they miss the goal, the shooter retrieves the ball from their shagger and continues shooting from the same cone. However, if the player is able to strike the ball into the goal without it bouncing, the

player will continue to the next cone. The first 3 players to successfully score from each of the 5 cones win. Now switch and let the shaggers shoot and the shooters shag balls.

Note: The game will seem slow to start, but as the game gets going the players are working hard and friendly competition should kick in and elevate the game.

Variations

- For younger players who are unable to lift the ball very well, modify to scoring hard shots with pace on the ball.
- To get all the players participating at the same time, have each player start with their own ball (no shaggers) and have them keep up with their same ball throughout the entire shooting game. Have half of the group start on the finish cone and work backwards while the other group start on the start cone.

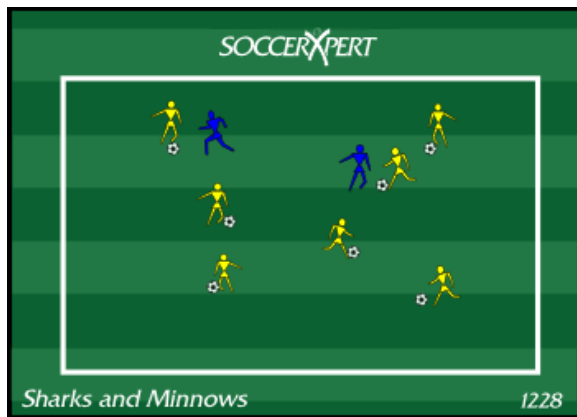
Coaching Points

- Watch the angle of approach, make sure they come at the ball at a good kicking angle
- Make sure their planting foot is not too close or too far from the ball.
- Make sure the player is locking their ankle

Soccer Drill Focus

Shooting, Goalkeeping

Sharks & Minnows



Setup

1. Build a grid approximately 20X25 yards this field should be adjusted based on the skill level and number of players participating.
2. Each player should have a ball except for 2 sharks.

Instructions

The players with balls (the minnows) attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnows' (ball) out of the grid. Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two chances, and the last 2 minnows remaining become the sharks in the next round.

Variations

- Players only use left foot to dribble.
- Players use outside of feet to dribble.
- Players use sole of feet to dribble.

Coaching Points

- Keep the dribblers under control and not panicked once the sharks get near them.
- Inform players to keep the ball close within playing distance.

Soccer Drill Focus

Dribbling, Fun

Notes:

Dribbling Warm-up



Setup

1. Either use the center circle of the field or build a circle with cones.
2. Each player needs to have a ball and start inside the circle.

Instructions

Have players do the following warm-ups:

1. Dribble inside the circle using both feet (2 minutes).
2. Juggle using feet only trying to alternate from right to left (1 minute).
3. Dribble with inside and outside of each foot with the following pattern: right foot - inside, outside, inside, outside then switch to left foot inside, outside, inside, outside and continue to switch feet (2 minutes).
4. Juggle with thighs and feet, switch feet while juggling (1 minute).
5. Work on cuts and turns. The players should be instructed to cut the ball quickly and have a short sprint after

cutting or turning the ball. Make sure players are exploring with inside and outside of the foot cuts and staying with the ball when they cut (2 minutes).

6. Juggle again. This time juggle with the feet and pop the ball to the chest and back down to the feet (1 minute).
7. Turn the pace up a notch and play full speed working on cuts, turns, and avoiding collisions. Push players to work hard for 1 minute straight.

Coaching Points

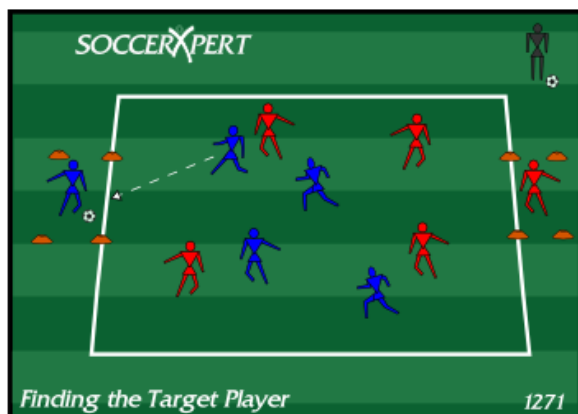
- Make sure the player is constantly lifting their head and checking their surroundings. This will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas. This will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Soccer Drill Focus

Dribbling, Warm up

Notes:

Finding the Target Player



Setup

1. Build a large grid approximately 40X40 yards and divide your team into 2 even teams, you can adjust the size of the field based on the number of players and their age.
2. Each team should build a 10X10 grid on their attacking end and place one target player in this grid. (see diagram)

Instructions

Inform the two teams to play against each other and points are scored when a team is able to keep possession and play a flighted ball into their team's Target Player who is inside the 10X10 grid. If they player successfully controls the ball inside the box that team is awarded a point.

Variations

- Create a larger box and add a defender with the target player (have the defensive player be somewhat passive at first)

Coaching Points

- Make sure players are getting their heads up quickly to find the target player
- Make sure players play the target player early. Make sure there is a clear distinction of playing "kickball" and playing early. Make sure it is a purposely placed pass rather than accidental.

Soccer Drill Focus

Dribbling, Passing, Receiving, Possession, Defending

Notes:

Notes:

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