

The logo is a shield-shaped emblem. At the top, the word "Calvary" is written in a cursive font with a crown above the letter 'v'. Below this, a horizontal band contains the word "CHAMP" in large, bold, white capital letters, with "SPORTS OUTREACH" in smaller white capital letters underneath. The bottom half of the shield is divided into two quadrants: the left quadrant is white and contains a crown above a laurel wreath; the right quadrant is dark grey and contains a white cross.

Calvary

SOCCER

Skills & Drills
CHAMP Practices

Season Progression:

Dribbling -> Passing -> Dribbling/Passing -> Positions -> Defending -> Defensive Possession
-> Attacking -> Offensive Possession -> Transition -> Possession -> Passing -> Possession

Week 1: Dribbling

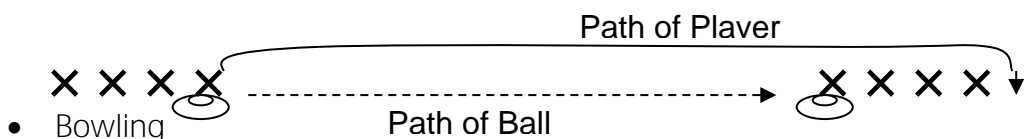
- Warm up – Jog and Stretch
- Free dribbling
 - When you blow the whistle have them stop, change directions, find a new ball, etc.
- Cone Dribbling
 - Set up two or three identical lines of cones
 - Split team up and have them dribble through cones
 - Left foot, right foot, both feet
 - Once they have all done it a couple of times have the different lines race each other
- Moves
 - Keep simple
 - Step over, scissor, pull back,
 - Repeated every morning for warm up
- Lose your shadow
 - Using cones mark off an area big enough for everyone to move around and dribble comfortably, but small enough that they will have to keep their heads up as to avoid running into other players.
 - Have each player partner up with one ball between the two of them
 - One player will start with the ball and the other one will follow as his/her “shadow”
 - At the sound of the whistle the players with the balls will dribble within the confined area with their shadows following. The object is for the dribbler to lose their shadow.”
 - After a given amount of time (~30 sec.) blow your whistle. When the whistle blows everyone is to freeze. If the shadow can reach out and touch their partner they win. If not, the dribbler wins.
 - Have the partners switch who is the dribbler and who is the shadow and repeat the drill.
 - Keep going until each partner has gotten a chance to be the dribbler and the shadow at least 3 times.
- Knock out
 - Create two 15x15 squares

- Dribble around and try to knock another player's ball out while at the same time not getting your ball knocked out.
- Once "Knocked out" have them go into the other square. You can either have them juggle or dribble around and do moves on your command
 - This keeps them moving as well as utilizes this time instead of being "wasted" time for the kids that are out
- The last person remaining with a ball wins
- Scrimmage
 - Do this for the last 10-15 min.
 - Remind them to use what they learned today.
- Devotions



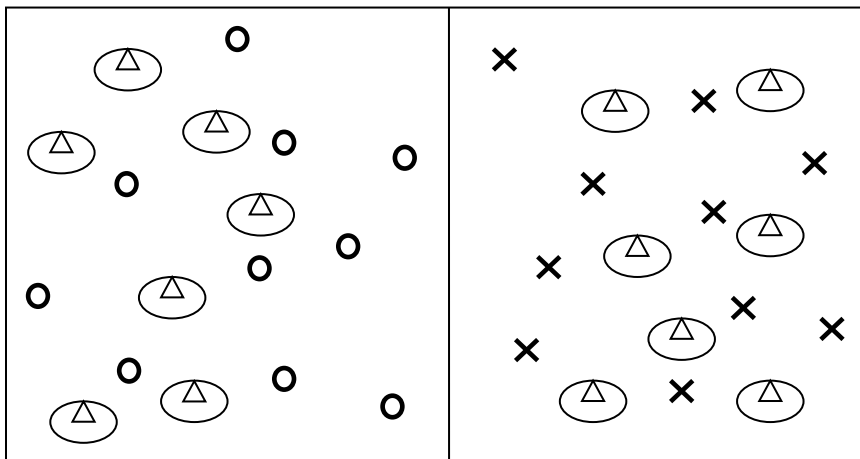
Week 2: Passing

- Warm up
 - Have kids dribble around the field. Call out the name of the move you learned last week. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
- Gate Passing
 - Pair the kids up and have them start 4-5 yards away (use cones)
 - Make a "gate" half way between them that they have to pass the ball through
 - Start with two touch passing. One touch to trap the ball and another to pass.
 - Once they start to pick it up at this distance have them pick up their cone and move back 5 big steps and continue.
- Box Passing
 - Create two boxes with 4 cones.
 - Put two players at each cone
 - Have them pass the ball around the square and follow their pass.
 - Opening up when they receive the ball is very important.
- End Line Passing
 - To set up, place two cones ~5 yards apart.
 - Divide your players into 2 groups. Have each group go to a cone.
 - The players will pass back and forth using 2 touches, following their pass with a sprint to the back of the opposite line. (Make sure that they sprint a little to the side of the path of the ball because the ball will be passed back quickly.)
 - This is meant to be a quick, on your toes drill that emphasizes passing at came speed.
 - You probably will want to divide your team up further and have two groups going at once so that they get more touches on the ball.
 - You may then progress to 1 touch passing, emphasize control and composure with passes that stay on the ground. (You may want to move the cones closer together for 1 touch passing.)



- Bowling
 - Using cones set up a field that is divided into halves as if you were playing dodge ball. (No goals are needed for this game).

- Using tall cones randomly set up 7 cones in each team's half. Place a boundary circling each cone that goes out ~1 yard in each direction.
- Divide your players into 2 teams and have them go to opposite sides of the field, each team with 4 balls.
- At the sound of the whistle each team tries to knock down the cones in their opponents half, while defending the cones in their own half. The players may go anywhere in their half, but may not go inside the circles surrounding the cones.
- If a ball goes out of bounds, a player may go out of bounds to retrieve the ball but must enter back into their own half.
- The team that knocks down all of the other team's cones first wins!
- (If the game is taking too long, set a time limit. The team who has knocked down the most cones when you call time wins.)



- ⊠ - Tall Cone with Boundary
- × - Team A
- - Team B

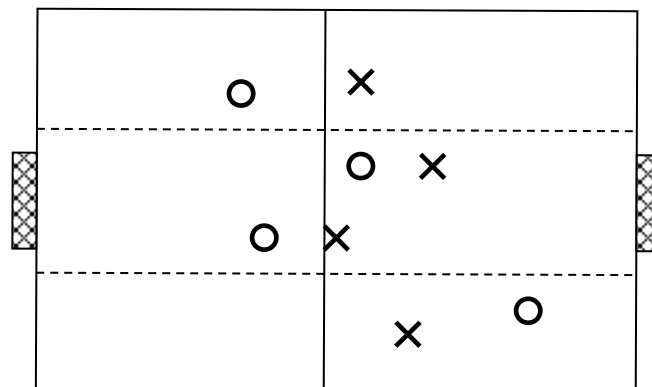
- Scrimmage
 - Do this for the last 10-15 min.
 - Remind them to use what they learned today.
- Devotions

Week 3: Dribbling/Passing

- Warm up
 - Have kids dribble around the field. Call out the name of the move you learned last week. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
- Box Passing
 - Create two boxes with 4 cones.
 - Put 2 players at each cone
 - Have them pass the ball around the square and follow their pass.
- Nigerians
 - Create a large circle out of cones
 - Split the team in half
 - Have half of the team on the outside with balls and the other half on the inside without balls
 - The players in the middle will find a player on the outside with a ball and have them pass the ball to them.
 - Once they receive the ball they will dribble around and find a player on the outside without a ball to pass their ball to.
 - Have them continue this for several minutes.
 - It is very important that they talk to each other while passing the ball.
 - After a while have the inside and outside players switch.
- Small Sided Possession
 - no goals
 - 5 passes is a goal
- Scrimmage
 - Do this for the last 10-15 min.
 - Remind them to use what they learned today.
- Devotions

Week 4: Positions

- Warm up
 - Have kids dribble around the field. Call out the name of the move you learned last week. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
 - After you are done stretching teach one more move
- Set up positions
 - Put them in the positions that you want them to play
 - Explain to them what each position does. The younger ones may have a hard time at first and that is ok. What we are trying to help prevent from an early age is “blob” soccer
- Short and wide
 - Set up an area of ~ 20x40 yards with 4 small goals, one at each corner.
 - Divide your players into 2 teams, giving one team pennies.
 - Each team will defend 2 goals while attacking their opponent’s two goals
 - Emphasize spreading out.
 - Stop play and spread them out as often as needed.
- Lane Soccer (Only for ages 5-6 and up)
 - Set up a scrimmage field to the size of your choice. (You may want to have 2 so that you can have 2 scrimmages going on at the same time.)
 - Divide the field vertically into 3 equal size rectangles.
 - Divide your team up so that you have at least 1 person in the two outside lanes and 2 people in the middle lane.
 - These players scrimmage normally except they are not allowed to go outside of their zone.
 - Emphasize looking wide and getting open quickly!
 - (You may choose whether or not you want keepers).



- Half field scrimmage without goals.
 - 5 passes are a goal
- Full field scrimmage
 - Do this for the last 10-15 min.
 - Remind them to use what they learned today.
 - Continue to remind them to spread out but do not stop the game.
 - Have them spread out if needed at a throw in or goal kick
- Devotions



Week 5: Defending

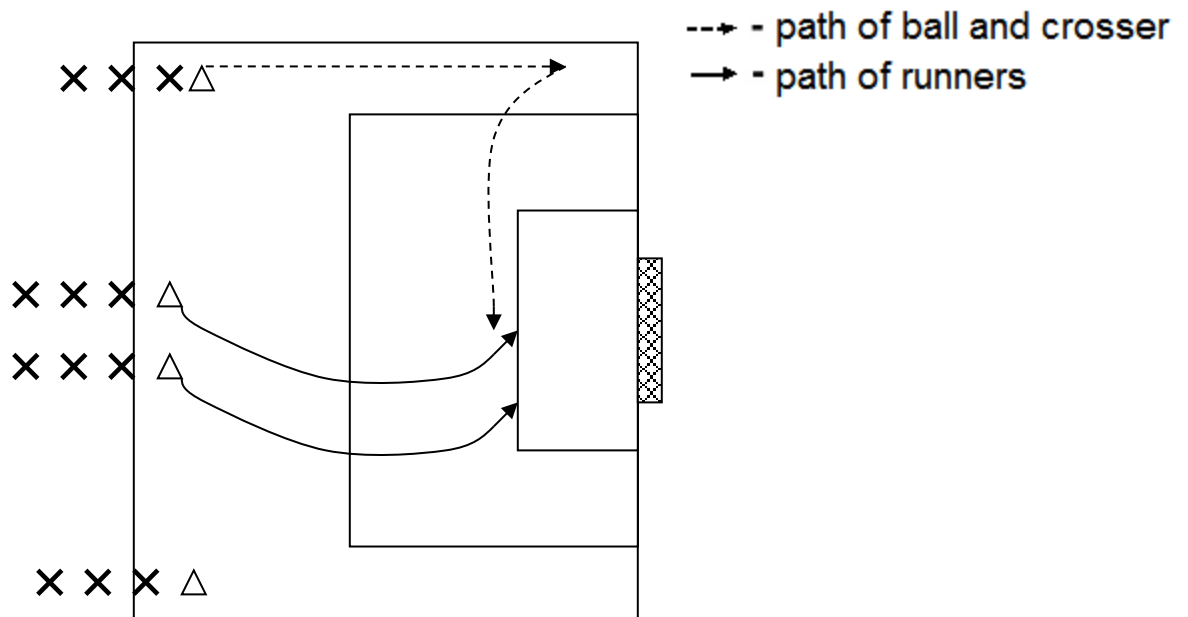
- Warm up
 - Have kids dribble around the field. Call out the name of the move you learned last week. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
- Jockeying
 - Have them get into the jockey position and go down the field and back once so they know what to do.
 - Knees bent at about a 45 degree angle
 - Back straight
 - Head up
 - Feet NEVER cross each other
- 1v1 Defending
 - 2 groups
 - Make a 10x15 rectangle
 - Put one group on each end of the rectangle.
 - One line passes to other line and they follow their pass.
 - The player that made the pass then defends the player who received the pass.
 - Play till the ball goes out of bounds or the offensive player gets to the line.
 - Have players rotate lines.
- 2v2 Defending.
 - Same as 1v1 except there are two people.
 - Show how to play help defense
- Scrimmage
 - Do this for the last 10-15 min.
 - Remind them to use what they learned today.
- Devotions

Week 6: Possession

- Warm up
 - Have kids dribble around the field. Call out the name of the move you learned last week. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
- 3v1 (Diagram)
 - Create a circle out of cones (size will vary depending on skill level. Make it smaller the better they get).
 - The 3 must stay on the outside of the circle. The one in the middle is the defender
 - When the defender steals the ball he moves to the outside and the person he stole the ball from moves to the middle.
 - Very good for passing and defending makes you know where you are going before you get it
 - Stay on toes.
- 4v4
 - Have one group of 3v3 and one of 2v2 (switch up after couple min.)
 - Passing
 - Communicating
 - Supporting
 - Moving
- Possession – 5 passes is a goal
- Scrimmage
 - Do this for the last 10-15 min.
 - Remind them to use what they learned today.
- Devotions

Week 7: Attacking

- Warm up
 - Have kids dribble around the field. Call out the name of the move you learned last week. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
- Basic Shooting
 - Show them by pointing to the part of the foot to use
 - Split into two groups and use both goals
 - Player passes to coach, coach passes back, player shoots
 - After they shoot they go and get their ball
 - Do this with right and left foot
 - No goalies
- Dribble Shoot
 - Keep split into groups of five
 - Have them juggle or dribble around
 - When you call their name they dribble through the cones and shoot
 - They get their ball and continue dribbling
 - You can call out moves as well
- Cross and Shoot
 - Set up using 4 cones as shown below. Place balls beside the two outside cones.
 - Have your team line up in 4 equal lines behind each cone.
 - One of the outside players will begin by dribbling the ball down the line towards the corner. Once he gets near the corner he will cross the ball into the box
 - While the outside player is dribbling, one person from each middle line will make a curved run and end up in the box to receive the cross and shoot.
 - Next the other line will send a player down the other side and two more people from the middle lines will make runs to meet it.
 - Continue switching side, making sure that each side always has balls available.
 - After each player's turn, have them rotate 1 spot clockwise.
 - Emphasize trying to get to the ball before it touches the ground.
 - You may also want to include a keeper in this drill.



- 3v2 to Goal
 - 3 lines of 2 at half field and one line of 2 on each goal posts
 - Put all of the balls on the right goal post.
 - The players on the goal posts are defenders and the players at half field are attackers
 - Have the player on the right post pass the ball to one of the three players at half field.
 - The two defenders will then follow the pass and defend against the three attackers
- Scrimmage
 - Last 10-15 minutes
 - Make sure they use what they have learned today.
- Devotions

Week 8: Possession

- Warm up
 - Have kids dribble around the field. Call out the name of the moves they have learned. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
 - After you are done stretching teach one more move
- 3v3+4
 - Make a square 20x20
 - Split team into 3 groups
 - Two groups of 3 and one group of 4
 - Have the group of four on the outside of the square
 - The two groups of 3 will be playing against each other inside the square
 - The only way that they can score is to successfully pass the ball to a player on the outside of the square and receive the ball back.
 - Play for 3-5 min and then switch up teams so that everyone gets to play both places.
- 1/2 field scrimmage – no goals
 - Score points by passing the ball 5 consecutive times.
- 4 goal scrimmage
 - 4v4
 - Use the middle of the field
 - Set up 4 goals (using cones) on each corner of the field.
 - Each team will try and score into two goals and defend the other two goals
 - This will make them spread the field out.
 - Make sure that they are not getting bunched up
 - This will be hard at first but the more you show them where they need to be they will pick it up.
- Scrimmage – with goals
 - Last 10-15 min.
- Devotions

Week 9: Transition

- Warm up
 - Have kids dribble around the field. Call out the name of the moves they have learned. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
 - After you are done stretching teach one more move
- Chase
 - Make two lines at mid field, one line sitting and the other line standing
 - The line that is standing has the balls.
 - When you blow the whistle they both take off toward goal.
 - The player with the ball is trying to score
 - The player that was sitting is trying to catch up and keep them from scoring
 - You can use a player or coach/parent as the goalie.
 - Have them switch lines after every turn
- Defend and counter
 - 4v4 plus 1 goalie
 - Play possession on one half of the field.
 - The offensive team is trying to score on the goal with the goalie.
 - The defensive team is trying to steal the ball and get to the midfield line
 - This teaches everyone to transition very quickly to offence and to push up instead of lagging behind.
- Steal the Bacon
 - Have two teams and use both goals.
 - Number each kid, team one will have kids numbered 1-4 and team two will have kids numbered 1-4.
 - Place each team on opposite end lines and put a ball in the middle.
 - You will call a number and the player with that number from each team will race to the middle to try and get the ball. Once possession is gained they will try and score on the goal (no goalies)
 - They play until the ball goes out of bounds or someone scores.
 - Once you go through everyone's numbers you can call multiple numbers at once. (I advise not to call all numbers at once until the very end. It is hard to calm the kids back down)
 - Scrimmage – with goals for the last 10-15 min
- Devotions

Week 10: Possession

- Warm up
 - Have kids dribble around the field. Call out the name of the moves they have learned. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-21/2 min.
 - After you are done stretching teach one more move
- 6v2
 - Build a rectangle and put the 6 players around the outside.
 - 2 on each long end
 - Put the other two players in the middle with pennies on
 - The 6 on the outside pass the ball around and play keep away from the two in the middle.
 - When one of the defenders gets the ball you stop play.
 - The outside player who lost the ball will go into the middle and defend and the player that had been in the middle the longest will be one of the 6.
- 3v3+2
 - Play 3v3 using half the field (no goals)
 - Put the other two players one on each side of the field
 - The only way you can score a point is by passing the ball to one of the two players on the outside AND getting it back from them.
- 4v4
 - Play within the entire field but without the goals.
 - 5 passes is a goal
- Scrimmage – with goals
 - Last 10-15 min.
- Devotions

Week 11: Passing

- Warm up
 - Have kids dribble around the field. Call out the name of the moves they have learned. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
 - After you are done stretching teach one more move
- Box Passing
 - Create two boxes with 4 cones.
 - Put 2 players at each cone.
 - Have them pass the ball around the square and follow their pass.
 - Opening up when they receive the ball is very important.
- #'s Passing
 - Give each player a #
 - Everyone runs around the field. One person has a ball
 - You will call out a number and the player with the ball has to pass the ball to the player with that specific number.
 - This requires them to keep their head up while dribbling.
 - As they get better call the numbers faster
- Pass through to opposite end zone
 - Create a 30x30 box with two (2) 7 yard deep end zones
 - Put three people in each end zone and 2 in the middle
 - The two end zones will try and pass the ball back and forth while the two in the middle will try to intercept the ball.
 - The person who has their ball intercepted will go in the middle while the person who intercepted the ball will go into the end zone.
- Scrimmage – with goals
 - Last 10-15 min.
- Devotions

Week 12: Possession

- Warm up
 - Have kids dribble around the field. Call out the name of the moves they have learned. They will do the move and continue dribbling. Every 30 sec. stop and stretch.
 - Do this for 2-2 1/2 min.
 - After you are done stretching teach one more move
- Chose two drills to do before devotions that worked well on other days that we worked on possession
- Chose one more possession drill we did over the season
- Scrimmage – with goals
 - Last 10-15 min.
- Devotions

