SOCCER – YOUNG ATHLETES DEMONSTRATION

SHOOTING

Equipment: 6 soccer balls (size 3), soccer goal (12 feet wide by 6 feet high OR cones creating a 12-foot wide goal), 1 tag cone, stopwatch, spot to mark the shooting spot

Setup:

1. From shooting spot, set up the goal/cones 10 feet away.
2. From the same shooting spot, set up the tag cone 5 feet behind the shooting spot.
3. One (1) ball is set up at the starting/shooting spot for the athlete to shoot at the goal. The other 5 balls are placed near the shooting spot but not in the way. Subsequent balls will be placed on the shooting spot by a volunteer after each ball is shot toward the goal until all 6 have been shot.

Individual Event: Athlete begins at starting/shooting spot. On “ready, set, go” command, athlete approaches the first ball and shoots it toward the goal. Athlete then quickly runs back to the tag cone (volunteer places next ball on the shooting spot while athlete is tagging cone). Athlete then runs up and shoots the next ball toward the goal. This continues until all 6 balls have been kicked.

Unified Event: The same method as above is used EXCEPT the athlete shoots the first 3 balls and then after shooting the 3rd ball, runs back and tags the Unified partner, who is standing next to the tag cone. The Unified partner then shoots the 3 remaining balls, running back to the tag cone after each attempt.

Scoring: Not required since it is a demonstration.

Training: When training, and then subsequently at competition, emphasis should be placed on shooting the ball while the player is in motion, using the inside, outside or laces of the foot and getting the ball to go into the goal while still in the air.
YA - Shooting

Tag Cone

Start / Shooting Spot

Ball

5 ft

10 ft

12 ft
PASSING

**Equipment:** 6 soccer balls (size 3), 3 cones (2 target cones, 1 tag cone), stopwatch, spot to mark start/passing area

**Setup:**

1. From passing spot, set up the target by placing two cones 5 feet away. The cones should be 5 feet apart, enabling the athlete to kick a ball between them as if “scoring a goal.”

2. From the passing spot, set up the tag cone 5 feet behind the passing spot.

3. One (1) ball is set up at the start/passing spot for the athlete to pass through the target cones. The other 5 balls should be placed near the starting spot but not in the way (subsequent balls will be placed on the starting spot by a volunteer after each ball is passed to the target until all 6 have been passed).

**Individual Event:** Athlete begins on starting spot. When ready, athlete approaches the first ball and passes it toward the target, trying to make the ball roll between the two cones. Athlete then quickly runs back to the start spot (volunteer places next ball on starting/passing spot while athlete is tagging cone). Athlete then runs up and passes the next ball toward the target. This continues until all 6 balls have been kicked.

**Unified Event:** The same method as above is used EXCEPT the athlete passes the first 3 balls and then after passing the 3rd ball, runs back and tags the Unified partner, who is standing on the starting spot. The Unified partner then passes the 3 remaining balls, running back to the starting spot after each attempt.

**Scoring:** Not required since it is a demonstration.

**Training:** When training, and then subsequently at competition, emphasis should be placed on a controlled pass that travels on the ground, made while the player is in motion, using the inside or outside of the foot.
YA - Passing

Tag Cone

Start / Passing Spot

Ball

Ball

Ball

Ball

Ball

5 ft

5 ft

5 ft

5 ft
**SOCCER – YOUNG ATHLETES DEMONSTRATION**

**DRIBBLING**

**Equipment:** soccer ball (SIZE 3), 3 cones

**Setup:** Start line is two cones, set up 10 feet apart. Target Cone is 25 feet away from start line. Start line becomes the finish line once the athlete begins.

**Individual Event:** On “ready, set, go” command, athlete dribbles to and around the cone and returns to the start/finish line.

**Unified Event:** The same method is used EXCEPT the athlete will dribble the ball past the cone, stop it, tag the Unified partner, and the partner dribbles it back to the start/finish line.

**Scoring:** Not required since it is a demonstration.

**Training:** When training, and then subsequently at competition, emphasis should be placed on controlling the ball and using the instep of both feet when dribbling.
YA - Dribbling

Start / Finish Line

Target Cone

Ball

10 ft

25 ft