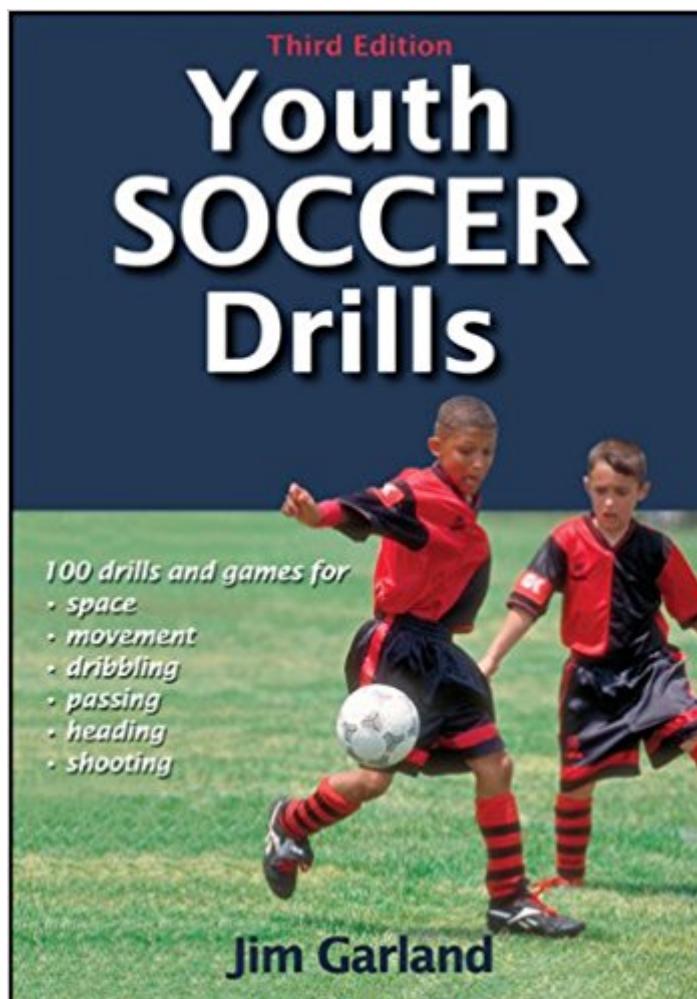


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Youth Soccer Drills-3rd Edition



Synopsis

Youth Soccer Drills is your indispensable tool for coaching beginning to intermediate soccer players ages 5 to 12. Rely on 100 drills and games to make practices more fun and productive. Through these practice activities, even novice coaches will soon have young players mastering the essentials of spacing, dribbling, passing, shooting, and heading. Use the comprehensive drill finder to quickly find the perfect drill by skills you want to develop. Sample practice plans for 5- to 6-year-olds, 7- to 8-year-olds, 9- to 10-year-olds, and 11- to 12-year-olds are ready to take straight to the soccer field. Progressions of 4v4, 5v5, 8v8, and 11v11 help young players execute skills and tactics at the appropriate stage. Youth Soccer Drills will make practice more productive and put the fun back into fundamentals.

Book Information

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Customer Reviews

"I highly recommend Jim Garland's collection of activities to any coach working with U5 to U12. Jim offers excellent technical training ideas and expands into game progressions as well as ideas on space and movement. The 100 activities will challenge coaches and players alike and provide for lots of fun too." Ian Barker-- Director of Coaching Education NSCAA "Youth Soccer Drills provides coaches with a good resource of small-sided games and activities to develop soccer savvy players. The emphasis on spatial awareness, decision making and skillful play is exactly the pathway for the young player. Coach Garland turns that pathway into a highway." Sam Snow-- Coaching Director US Youth Soccer "Jim Garland has written an excellent book that will assist any youth coach in their practice sessions. A must for any coach just getting started!" Pete Caringi-- Men's head soccer coach, University of Maryland,

Baltimore County, Director of the All-Maryland soccer camps since 1982

For 37 years Jim Garland worked with children ages 5 to 11 as an elementary physical education teacher. For more than 20 years he coordinated summer soccer camps and clinics for Motion Concepts Summer Camps, where he coached teams from beginning to high school levels. As an undergraduate at Towson University in Maryland, Garland earned Most Valuable Player and All Conference Awards for two consecutive years. In 1970 he was selected as Senior Athlete of the Year. He was inducted into the Towson University Athletic Hall of Fame in 1985. Garland earned his master's degree from Morgan State University in Baltimore in 1978. He earned a National Soccer Coaches license from the National Soccer Coaches Association of America (NSCAA) in 1998 and a doctorate in youth and child studies from Nova Southeastern University in Fort Lauderdale, Florida, in 1999. Garland has been an Olympic Development Soccer Program assessor for the state of Maryland and a featured clinician at the local, state, and national levels. He has been a member of the National Soccer Coaches Association of America; Maryland Alliance for Health, Physical Education and Recreation; American Alliance for Health, Physical Education and Recreation; United States Physical Education Association; and Association for Supervision and Curriculum Development.

A very good book. My only complaint is that what I would consider to be a variation on an exercise, they counted as a completely different exercise. It would be nicer to see this woven together more. Still, very practical and easy to understand for youth soccer. I wouldn't use much of this beyond U13 unless the players are new to the game.

Lots of practical drills for a new coach to implement.

This book is perfect for the parent of a young soccer player as it is for a new soccer coach or PE teacher. The drills are basic and are described easily, with diagrams for every drill. Jim Garland focuses on drills aimed for the 5-12-year-old player, allowing for team moves to keep all the players active. There are seven chapters to this book. Efficient movement is the goal and works with open, closed, personal and general space. The drills get harder with subsequent chapters. Soccer drills include dribbling, passing, collecting, heading and shooting and include the individual, partner, small group and large-group drills. Many of these drills can be done in one's back yard and can be played with friends and family, as many of the drills are designed as "games" that keep young players

interested and on their toes in more ways than one. Highly recommended for parents who have children who are playing soccer, as well as new soccer coaches who need new ideas for practice.

One of the most difficult things for coaches is to find drills all in one spot. No, I not a coach, but have tried to scout on many different types of drills on the Internet for an assortment of sports for young people. The nice thing about this particular book and another by the same publisher about baseball is that it's not all cluttered up with extraneous material. There's nothing more aggravating than to have to wade one's way through piles of material to find the basics. Each chapter is prefaced with some conversational introductory material pertinent to the topic at hand. For example in the "Dribbling Drills" chapter, Garland discusses why working through the subsequent drills will enable players to keep the ball longer, penetrate the defense, create spaces for passing and shooting, and relieve defensive pressure. Very clear-cut line drawings accompany each drill in the chapter. The drills are consistently set up with the purpose in mind, the skill level, equipment you'll need, the time the drill will take, the procedure, key points, related drills, etc. Instead of variations, we've referred to other related drills in the book. There are numerous informative line drawings that help illustrate the setup when necessary. Most drills are pretty straightforward and addition of drawings are unnecessary and would only manage to clutter up the pages. Having a large, comprehensive number of drills all in one book is perfect for the home or school coach. Individual players will also find these to be quite helpful. Skills are incorporated into drills for spatial concepts and movement, dribbling, passing and collecting, heading, and shooting. I've scouted out some plays on YouTube, which could be a supplement to some of these drills. This is an excellent book that will be a real plus in the hands of anyone interest in youth soccer.

DRILLS: SPATIAL CONCEPTS AND MOVEMENT DRILLS:

- 1. Open Space Drill
- 2. Closed Space Drill
- 3. Personal Space Drill
- 4. General Space Drill
- 5. Moving Vision Drill
- 6. Volcano Drill
- 7. Triangle Drill
- 8. Copycat Drill
- 9. Monday Morning Traffic Drill
- 10. Flag Tag Game
- 11. Team Exchange Drill
- 12. Jackrabbit Drill
- 13. Shirt Tag Game
- 14. Number Tag Game

Dribbling Drills:

- 15. Fancy Footwork Drill
- 16. Follow-the-Leader Drill
- 17. Freedom Drill
- 18. Freeze Drill
- 19. Is Anybody Home? Game
- 20. Triangle Tag Game
- 21. Sprint Drill
- 22. Partner Tag Game
- 23. Intruders Game
- 24. Circle Dribble Tag Game
- 25. Shake-and-Take Drill
- 26. Sprint Challenge Drill
- 27. Possession Drill
- 28. Partner Dribble Game
- 29. Dribble Chase Game
- 30. Change-of-Direction Game
- 31. Two-Team Dribble Tag Game
- 32. Invasion Game
- 33. Four-Grid Scramble Game
- 34. Six-Goal Game

PASSING AND COLLECTING DRILLS:

- 35. Partner Passing Drill
- 36. Knockout Game
- 27. Thread-the-Needle

Game38. The Round-Up Game39. Good-Bye Drill40. Two-Team Passing Challenge Game41. Circle Collection Drill42. Hello Drill43. Spaceman Drill44. Pendulum Drill45. Turning Drill46. Two-Cone Drill47. Line Drill48. Two-Touch Drill49. Return-to-Sender Drill50. Partner Thruway Drill51. Three-Player Passing Drill52. Four-Corner Passing Drill53. Pass-Dribble-Pass Drill54. First-Touch Drill55. Three-Team Passing Drill56. Invisible Man Drill57. Star Drill58. Monkey-in-the-Middle Drill59. Long Ball Drill60. Keep-Away Drill61. Three-Team Keep-Away Drill62. cone Drill63. Check Out-Check In Drill64. 1v1 Drill65. 2v2 Drill66. Two-Teammate Passing Game67. 3v2 Line Game68. Two-Team Keep-Away Game
HEADING DRILLS:69. Toss-to-Self Heading Drill70. Partner Heading Drill71. Sliding Heading Drill72. Short and Long Heading Drill73. Two-Team Heading Drill74. Star-Heading Drill75. Three-Corner Heading Drill76. Jack-in-the-Box Drill77. Show-for-Me Drill
SHOOTING DRILLS:78. Partner Stationary Shooting Drill79. Three-Player Shooting Drill80. Run-and-Shoot Drill81. Reverse Serving Shooting Drill82. Pass-and-Shoot Drill83. Alternating Shooting Drill84. Spin-Turn Shooting Drill85. Bombardment Drill86. 3v1 Shooting Drill87. Cat-and-Mouse Shooting Drill88. Come-and-Get-Me Shooting Drill89. Double-Defended Shooting Game90. Team Challenge Shooting Game91. You-and-Me Shooting Game92. Add-On Shooting Game93. Wall Pass Shooting Drill94. 1v1 for All Drill95. Never-Ending 3v2 Drill96. Shooting Combination Drill97. Target Drill98. Sideline Shooting Game99. Double-Sided Shooting Game100. Framing Game

What an awesome resource! A few years ago, I was trying to find a book to help me teach my children how to play soccer. This book wasn't around, but I wish it was. I homeschooled and I am going to use some of these drills for our outdoor exercise time because they're great for teaching kids about personal space and other kids of space as it relates to soccer. I think that several of the drills in this book would be particularly helpful for kids with autism and other issues with understanding personal space. I have a friend whose son is autistic and I know she is often reminding him and working to help him understand how to give others personal space. I think the exercises in this book could help a lot of coaches with younger teams and particularly if their players struggle with space. In the case of my girls' team, one of the boys is always punching other kids and getting in their space. I think several of the drills could really help that kid...I've watched as the coaches on my son's team have started out trying to figure out how to coach since they're brand new to coaching soccer to kids under 8. This book would be invaluable to coaches in the same position that they are. The drills break down the skills kids need to learn and grab hold of. I highly recommend this book if you are new to coaching soccer and I suspect that even if you've been

coaching kids a while, it may give you some new ideas that you can add to your players' practices!

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