

Coaching Resource Library

	U5-U7	U8-U12	U13-U18
Physical Literacy Games	http://www.soccerxpert.com/soccerdrills/id1253.aspx http://www.soccerxpert.com/soccerdrills/coachs-revenge.aspx http://www.youtube.com/watch?v=EixpPhX2xJ8	http://www.soccerxpert.com/soccerdrills/id1253.aspx http://www.soccerxpert.com/soccerdrills/coachs-revenge.aspx http://www.youtube.com/watch?v=EixpPhX2xJ8	http://www.soccerxpert.com/soccerdrills/id1253.aspx http://www.soccerxpert.com/soccerdrills/coachs-revenge.aspx http://www.youtube.com/watch?v=EixpPhX2xJ8
Dribbling and Ball Mastery	http://www.youtube.com/watch?v=CBs7zesduhk http://www.youtube.com/watch?v=ka9GOJnBrZk http://www.youtube.com/watch?v=hLghxz2_OAg http://www.eteamz.com/soccer/pills/pill014.htm http://www.eteamz.com/soccer/pills/pill015.htm http://www.eteamz.com/soccer/pills/pill054.htm http://www.eteamz.com/soccer/pills/pill047.htm http://www.eteamz.com/soccer/pills/pill046.htm http://www.soccerxpert.com/soccerdrills/id1224.aspx http://www.soccerxpert.com/soccerdrills/id1276.aspx	http://www.youtube.com/watch?v=miRFV1IKB2Q http://www.youtube.com/watch?v=CBs7zesduhk http://www.youtube.com/watch?v=1S3fugQcCyw http://www.youtube.com/watch?v=ka9GOJnBrZk http://www.youtube.com/watch?v=Q6pbIT79r_8 http://www.youtube.com/watch?v=g0ZjeiX-R0Y http://www.youtube.com/watch?v=hLghxz2_OAg http://www.eteamz.com/soccer/pills/pill014.htm http://www.eteamz.com/soccer/pills/pill015.htm http://www.soccerxpert.com/soccerdrills/id1276.aspx	http://www.youtube.com/watch?v=miRFV1IKB2Q http://www.youtube.com/watch?v=CBs7zesduhk http://www.youtube.com/watch?v=1S3fugQcCyw http://www.youtube.com/watch?v=ka9GOJnBrZk http://www.youtube.com/watch?v=Q6pbIT79r_8 http://www.youtube.com/watch?v=g0ZjeiX-R0Y http://www.youtube.com/watch?v=hLghxz2_OAg http://www.eteamz.com/soccer/pills/pill014.htm http://www.eteamz.com/soccer/pills/pill015.htm http://www.soccerxpert.com/soccerdrills/id1276.aspx
Passing and Receiving	http://www.eteamz.com/soccer/pills/pill057.htm http://www.footy4kids.co.uk/dribble_round_a_cone_and_pas_s.htm http://www.footy4kids.co.uk/improve_soccer_passing_skills_U8.htm http://www.footy4kids.co.uk/swedish_handball.htm	http://www.youtube.com/watch?v=gMW7Jq01RRY http://www.eteamz.com/soccer/pills/pill008.htm http://www.eteamz.com/soccer/pills/pill061.htm http://www.eteamz.com/soccer/pills/pill057.htm http://www.soccerxpert.com/soccerdrills/id1284.aspx http://www.soccerxpert.com/soccerdrills/id1210.aspx http://www.yrsa.ca/pdf/development/session_3_passing_girl_s%202011.pdf http://www.footy4kids.co.uk/ball_tag.htm http://www.footy4kids.co.uk/swedish_handball.htm	http://www.youtube.com/watch?v=gMW7Jq01RRY http://www.eteamz.com/soccer/pills/pill008.htm http://www.eteamz.com/soccer/pills/pill061.htm http://www.eteamz.com/soccer/pills/pill057.htm http://www.soccerxpert.com/soccerdrills/id1284.aspx http://www.soccerxpert.com/soccerdrills/id1210.aspx http://www.yrsa.ca/pdf/development/session_3_passing_girl_s%202011.pdf http://www.footy4kids.co.uk/ball_tag.htm http://www.footy4kids.co.uk/swedish_handball.htm
Possession	N/A	http://www.soccerxpert.com/soccerdrills/id1268.aspx http://www.eteamz.com/soccer/pills/pill012.htm http://www.eteamz.com/soccer/pills/pill017.htm http://www.youtube.com/watch?v=GYe9yzi1kz8	http://www.soccerxpert.com/soccerdrills/id1268.aspx http://www.eteamz.com/soccer/pills/pill012.htm http://www.eteamz.com/soccer/pills/pill017.htm http://www.youtube.com/watch?v=GYe9yzi1kz8
Attacking	http://www.eteamz.com/soccer/pills/pill056.htm	http://www.eteamz.com/soccer/pills/pill048.htm http://www.eteamz.com/soccer/pills/pill056.htm http://www.soccerxpert.com/soccerdrills/id1236.aspx http://www.yrsa.ca/pdf/coach/yrsa_2v1_att[1].pdf	http://www.eteamz.com/soccer/pills/pill048.htm http://www.eteamz.com/soccer/pills/pill056.htm http://www.soccerxpert.com/soccerdrills/id1236.aspx http://www.yrsa.ca/pdf/coach/yrsa_2v1_att[1].pdf
Defending	N/A	N/A	http://www.eteamz.com/soccer/pills/pill064.htm http://www.soccerxpert.com/soccerdrills/id1236.aspx
Shooting		http://www.youtube.com/watch?v=oqgisJiMX0A	http://www.youtube.com/watch?v=oqgisJiMX0A
Shielding		http://www.youtube.com/watch?v=oiPGrHpWmkY	http://www.youtube.com/watch?v=oiPGrHpWmkY

Please note that grid sizes, numbers of players, or the number of grids of each activity may need to be adjusted or modified to best suit your particular group. If you have any questions about doing so, please do not hesitate to contact Kaelyn Greenland at kaelyn@richmondhillsoccer.com

Avoid elimination games and having players wait in "lines" for long periods