



U4 Soccer Drills

Foxes and Chickens

Preparation

Depending on the number of kids playing you will need to set-up a grid that the young players will not try and leave. You will need some pippos, enough soccer balls for one each and some helpful parents!

Explanation

The aim for this soccer drill is for the young players to get the tail (pippos) from the parents. The parents act as the chickens and the kids are the foxes. The parents will need to put a pippos tucked into the back of their pants/shorts. The kids have to chase after them and remove the pippos (acting as a tail). Once the kids have all of the pippos the game ends. If there is a really fast parent then all of the foxes can aim to get the last chicken's tail.

Progression

A useful progression to this drill is to play the first game without soccer balls and then introduce them into the second game. This will help the young players understand what they have to do.

Once the kids are comfortable with the parents having the tail see if the kids can be the chickens for a while. This drill can be used for older players by having all chickens and foxes dribbling a ball as a fun warm-up game to any session.

Coaching Points

- Don't let the kids put their hands on the soccer ball
- See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn.
- Get the kids to say with you 'oh no big tail' to encourage them not to use their toes to kick the ball.

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Ultimate Soccer Drills Manual

Rob Price



Ultimate Soccer Drills Manual:

The Ultimate Soccer Warm-Ups Manual: 126 Quick and Easy Ways to Kick-off Your Coaching Sessions Michael Beale, 2015-11-02 **The Ultimate Guide to Weight Training for Soccer** Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Soccer is the most comprehensive and up to date soccer specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round soccer specific weight training programs guaranteed to improve your performance and get you results No other soccer book to date has been so well designed so easy to use and so committed to weight training This book contains the type of training needed to overwhelm the opposing team with speed stamina and overall strength By following this program you will have the energy and power to move past and outmuscle your opponent which guarantees soccer players of all skill levels better results when fighting for position running the field and scoring goals Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too **Youth Soccer Training Workbook** Evan Hayes, 2025-10-30 Youth Soccer Training Workbook Drills Tactics Practice Plans Are you tired of disorganized practices unmotivated players and slow progress on the field Most youth coaches and parents struggle with the same challenges keeping kids engaged teaching real soccer skills and structuring practices that actually improve performance This workbook solves that problem with proven drills age appropriate tactics and ready to use practice plans designed specifically for youth soccer Inside you ll discover How to run fun and effective practices with step by step drills for ball control dribbling passing shooting and defense Tactical lessons simplified for kids including positioning teamwork and small sided game strategies Weekly practice templates for U6 U8 U10 and U12 players complete with warm ups skill drills and scrimmages Creative fitness and agility games that build endurance and speed without boring repetition Printable tracking sheets checklists and goal setting tools to monitor progress and keep kids motivated This workbook isn t just about drills it s about transformation Young players develop confidence teamwork and game IQ while coaches and parents gain structure clarity and proven strategies that save time and deliver results Whether you re a new coach an experienced trainer or a parent supporting your child this book will help you create practices that kids love and that lead to real improvement on the field Perfect for categories like Soccer Coaching Youth Sports Training Coaching Children s Sports Take the guesswork out of youth soccer With this workbook in hand you ll have a complete playbook to build stronger smarter and more confident young athletes *Soccer Defensive Drills and Tactics* Santiago Vazquez Folgueira, 2000-11 This excellent book is at once a defensive drill book a detailed tactical discussion Loaded with outstanding drills for both individual group defense the book provides countless ideas for practice sessions game like situations to prepare your defense to counter modern attacking schemes The tactical side covers both man zone philosophies

the advantages disadvantages of specific systems

Boxing Training Guide Evan T. Hayes ,2025-11-04 Unlock the proven techniques fight strategies and conditioning drills used by real fighters without ever stepping foot in a ring unless you want to Whether you re a complete beginner or building your foundation for competitive boxing this no fluff action ready guide will take you from zero to confident fighter Discover how to build real boxing skills fast starting today You don t need years of experience expensive coaching or even a gym membership to get started You need the right system Boxing Training Guide breaks down the complex sweet science into simple effective steps you can follow from home or in the gym Inside you ll learn How to master stance footwork and form so you build habits like a pro from day one Punching fundamentals jab cross hook and uppercut mechanics that deliver speed and power The secrets to fluid combos defensive counters and ring control even beginners can learn Shadowboxing bag work and partner drills that transform technique into muscle memory High performance workouts HIIT routines and strength conditioning tailored for boxers Nutrition recovery and mental focus strategies used by elite fighters A full beginner to intermediate weekly training schedule to follow Why this book is different Unlike most generic fitness guides or overly complex boxing manuals this book was designed for real beginners those who want clear instruction practical drills and motivation from day one You ll gain the confidence to punch with purpose move with intention and defend with precision If you re serious about learning how to box whether for fitness self defense competition or confidence this is the one guide that delivers results

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results **Peak Performance for Soccer** Alex Calder,Adam Centofanti,2022-12-01 In this book over 40 of the world's leading practitioners working in elite soccer over 6 continents share advanced knowledge of the environment as well as a scientific understanding of the game and players This book explores those traits at an intricate level through shared experiences of some of the best performance coaches working in elite soccer The content in this book is derived from practical and evidence based concepts that have been applied at the elite level Uncovering the coaching strategies as well as contemporary issues in elite soccer this comprehensive textbook illustrates what it takes to thrive as a performance coach at the top level Collaborating with the industry leaders in soccer the chapters address a myriad of topics such as the multiple roles and responsibilities youth development strength and conditioning application nutrition and recovery strategies tracking and monitoring fitness and fatigue powerful communication methods and staff cohesion and return to play and injury prevention strategies Peak Performance for Soccer is essential reading for all coaches and practitioners at any level who work in soccer Alex Calder is the head of sports science with the Houston Dynamo competing in Major League Soccer MLS He is an accredited level 3 elite coach with the Australian Strength and Conditioning Association ASCA as well as holding accreditations through the National Strength and Conditioning Association NSCA and Collegiate Strength and Conditioning Coaches Association CSCCa Adam Centofanti is currently the head of fitness for the Seattle Sounders FC having previously served as the head of academy strength and conditioning for Houston Dynamo FC Formally with Melbourne City FC Adam held various roles with the club including conditioning coach sports scientist in the academy sector as well as overseeing the women's performance program achieving multiple championships *The Athlete's Meal Plan* Evan T. Hayes,2025-10-30 Fuel your performance build lean muscle and recover faster with nutrition that works as hard as you do Whether you're training for a marathon building strength in the gym or simply trying to maintain consistent energy throughout your day The Athlete's Meal Plan is your essential guide to optimizing every bite you take Backed by nutrition science and written for real world results this performance focused cookbook delivers quick balanced and immune supporting meals tailored for busy athletes Inside you'll discover 100 easy high protein recipes designed for athletic performance Immune boosting meals using nutrient dense ingredients like ginger garlic berries and omega 3s Pre and post workout fueling strategies to maximize recovery and reduce fatigue Energy boosting breakfast lunch dinner and snack ideas for active lifestyles 7 day meal plans for building muscle increasing endurance and balancing energy Guidance on meal timing macronutrients hydration and immune health Tips for adapting the plan to plant based gluten free dairy free keto paleo and Mediterranean diets From smoothie bowls and overnight oats to one pot recovery dinners and natural energy boosters this book simplifies the science of sports nutrition into fast flavorful meals that keep you going Whether you're a competitive athlete or weekend warrior The Athlete's Meal Plan will help you Train harder and recover faster Stay energized during workouts and competitions Build a stronger immune system to avoid setbacks Establish sustainable eating habits for long term gains Perfect for readers searching for

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Soccer Training Malcolm Cook,Jimmy Shoulder,2003 Soccer Training is the best selling coaching manual that brings together practices and routines used and recommended by some of the world s top coaches It contains over 60 games and drills aimed at developing specific skills from controlling and passing the ball to shooting and goalkeeping A fully updated training section looks at all aspects of the modern player s fitness needs

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