

Little Kickers & Junior Dribblers -CCSA Summer Camp 2026

Day 1 - Drill 1

Warm Up (5 min)

Setup

- Mark out a rectangular area (roughly 30×20 yards)
- No cones or equipment needed
- Players spread out inside the rectangle

Rules & Progression

- Light jog around the perimeter for 2 min
- Coach calls changes: skip, side-shuffle, high knees
- Finish with 30 seconds of free jogging at own pace

Coach Tip

- Keep energy high and positive. Use this time to learn player names and set an encouraging tone for the day.

Stretch (5 min) -

Setup

- Players in a single line or two lines facing coach
- 20 yards of open space in front

Rules & Progression

- Leg swings (forward/back) – stationary
- Walking lunges with a twist
- High knees across the field
- Butt kicks across the field
- Lateral shuffles back to start

Coach Tip

- Dynamic stretching (movement-based) is better pre-activity than static holds. Save static stretches for the cool-down.

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Day 1 - Drill 2

Cone Dribbling Course (15 min) - Individual then race format

Setup

- Set 6 cones in a straight line, 2 yards apart
- Create 2-3 identical lanes so players go at once
- Each player has their own ball

Rules & Progression

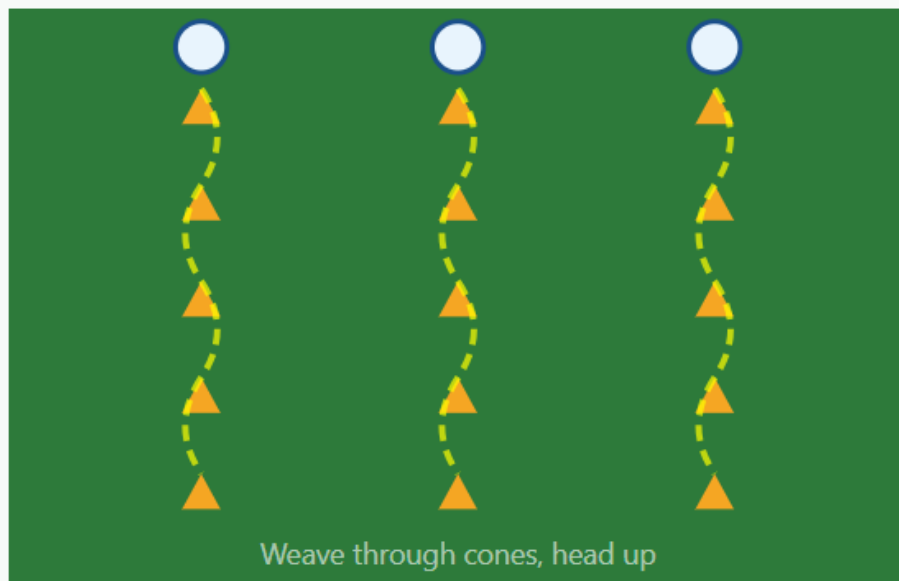
- Round 1: Dribble through cones at own pace (inside foot only)
- Round 2: Alternate inside/outside foot touches
- Round 3: Fastest time – race format against lane partner

Coach Points

- Keep the ball close – no more than one step away
- Head up between cones, eyes on the field
- Small, soft touches – not kicks

Coach Tip:

Celebrate effort over speed in the first two rounds. In the race round, pair players of similar ability.



▲ Cone ○ Player - - Dribble path

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Day 1 - Drill 3

First Touch Trapping (10 min) - Pairs

Setup

- Players pair up, 8–10 yards apart
- One ball per pair
- No cones needed

Rules & Progression

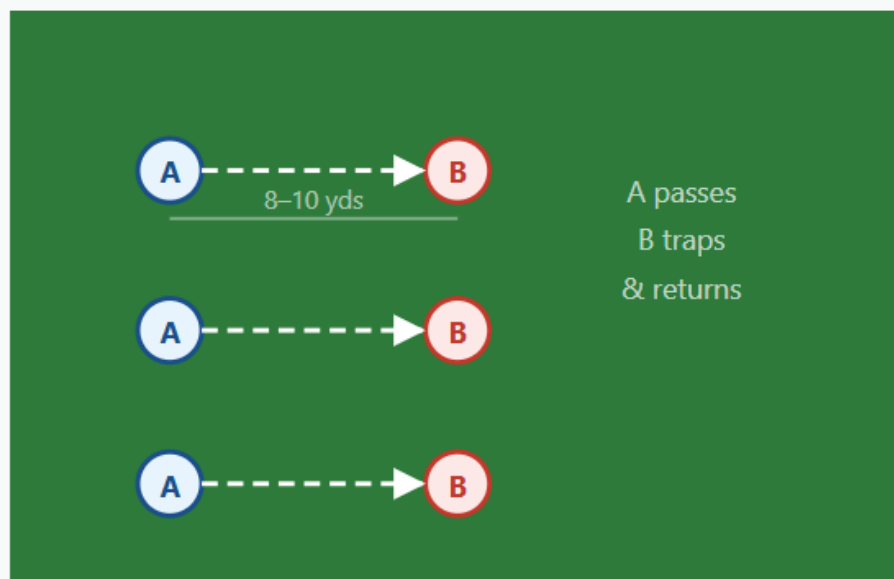
- Player A rolls or passes the ball to Player B
- Player B traps with sole of foot, then passes back
- After 3 min, switch to chest/thigh traps (coach tosses)
- Challenge: trap and turn in one motion

Coach Points

- Cushion the ball – relax the foot on contact
- Position body sideways to the ball early
- Trap into space, not under your feet

Coach Tip:

A good first touch is the difference between keeping and losing possession. Repeat the phrase "soft hands, soft feet" to reinforce the concept.



○ Player A ○ Player B → Pass

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Day 1 - Drill 4

1v1 Ball Control (10 min) - Pairs in small grids

Setup

- Set up 5×5 yard grids with 4 cones each
- One pair per grid, one ball per pair
- Attacker starts with the ball in center

Rules & Progression

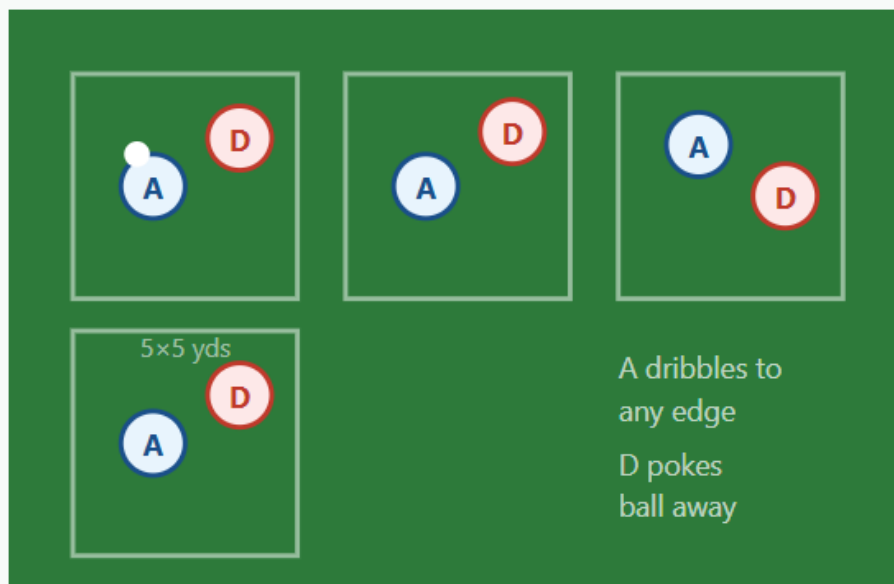
- Set up 5×5 yard grids with 4 cones each
- One pair per grid, one ball per pair
- Attacker starts with the ball in center

Key Points:

- Attacker: use body feints and quick changes of direction
- Defender: stay on toes, don't dive in
- Keep ball shielded using body as barrier

Coach Points

Encourage creativity! If a player tries a move and loses the ball, that's fine — reward the attempt and teach the correction.



○ Attacker ○ Defender

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Day 1 - Small Sided Games

3v3 Dribble King (20 min) - Teams of 3

Setup

- 20×15 yard field with small cone goals (no keeper)
- Teams of 3 – rotate waiting team in every 4 min
- One ball per game

Rules & Progression

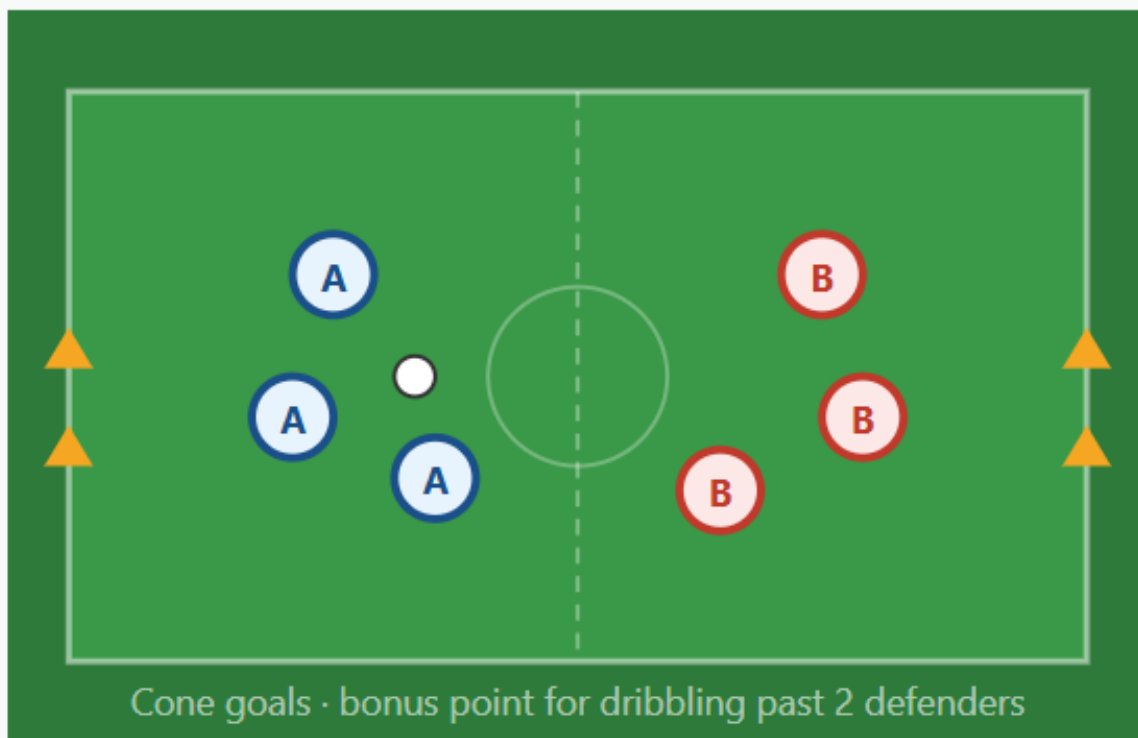
- Standard 3v3 soccer rules
- Bonus point if a player dribbles past 2 defenders before scoring
- No goalkeepers – small targets only
- Kick-ins instead of throw-ins

Coach Points

Reinforce dribbling confidence in a live game setting. The bonus point rule encourages players to attempt 1v1 moves rather than just passing.

Coach Tip

Freeze play occasionally and ask "what move could you try here?" to connect drills to the game situation.



○ Team A ○ Team B ▲ Cone goal

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Day 1 - Small Sided Games

4v4 Possession Game (20 min) - Teams of 4

Setup

- 25×20 yard field, no goals needed
- Teams of 4

Rules & Progression

- Keep possession away from the other team
- Score 1 point for every 5 consecutive passes
- If defenders win ball, they immediately become attackers
- Ball out of bounds = turnover

Coach Points

Transition from individual dribbling to recognizing when to hold the ball vs. release it. Builds spatial awareness and decision-making under light pressure.

Coach Tip

Ask players "when should you dribble vs. pass?"
— there's no wrong answer, but it builds game IQ.



Cool Down & Debrief (10 min)

Cool Down

- Light jog or walk for 3 minutes
- 30 Sec each side
- Standing quad stretch
 - Seated hamstring stretch
 - Hip flexor lunge stretch
 - Calf stretch against the wall or a partner

Debrief

- What dribbling move did you try today?
- When is a good time to dribble vs. pass?
- What's one thing you want to improve tomorrow?

Coach Tip

End on a high note — shout out 2–3 specific players for effort or improvement, not just skill.

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Day 2 - Drills

Warm up Tag Game (5 min)

Setup

- 20×20 yard grid marked with cones
- 2 players are "it" — give them a pinnie
- No balls for this warm-up

Rules & Progression

- Tagged players must freeze in a wide stance
- Free players can crawl under a frozen player's legs to unfreeze them
- Rotate who is "it" every 90 seconds

Coach Points

Tag games are great for agility, change of direction, and building energy without balls. Keep rounds short and swap taggers often.

Dynamic Stretching (5 min)

Setup

- Arm circles (forward & back) — 10 each
- Torso rotations — 10 each side
- Walking toe touches across 20 yards
- Carioca (grapevine) — 20 yards each way
- A-skips — 20 yards

Rules & Progression

- Upper body looseness for passing
- Hip rotation for kicking mechanics
- Balance and coordination

Coach Points

Add a bit of friendly competition — who can do the most perfect A-skips? Keeps players engaged.

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Day 2 - Drills

Short Passing Pairs (10 min) - Pairs

Setup

- Players pair up, 10 yards apart
- One ball per pair
- Two cones mark each player's "gate" (1 yard wide)

Rules & Progression

- Phase 1: Inside foot passes, stationary (3 min)
- Phase 2: Pass & take one step left or right before receiving (3 min)
- Phase 3: Increase distance to 15 yards, outside foot allowed (4 min)

Coach Points

- Plant foot pointing at target
- Strike through the center of the ball
- Follow through toward target — don't stop the foot
- Receive with soft touch into space

Coach Tip:

The gate challenge (pass must go between the cones) adds accuracy pressure without being stressful. Count how many pairs can hit 10 in a row.

Give and Go Combinations (15 min) - Groups of 3

Setup

- Groups of 3 — two players 15 yards apart (A & C), one in the middle (B)
- One ball per group
- B acts as a "wall" player

Rules & Progression

- A passes to B (the wall)
- B plays it back to A one-touch
- A drives past B's position and passes to C
- C becomes the new A — repeat from the other side
- Rotate who plays in the middle every 3 min

Coach Points

- After passing, immediately run into space (the "go" in give-and-go)
- Wall player should open body to redirect quickly
- Communication: call "yes!" or "man on!" to guide teammates

Coach Tip:

The give-and-go is one of the most powerful combinations in soccer. Emphasize that the pass is only half — the run after is what creates the chance.

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Day 2 - Drills

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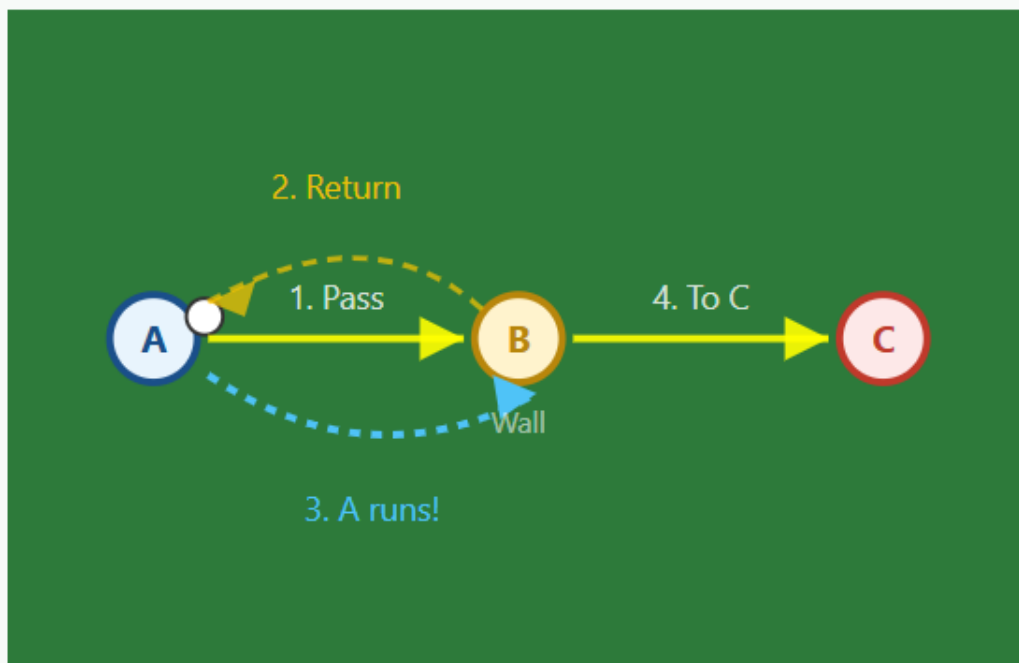
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○ A ○ B (wall) ○ C → Run off ball

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Day 2 - Drills

Switching Play (10 mins) - Groups of 4

Setup

- 4 cones in a 20×15 yard rectangle
- One player at each corner
- One ball starts at corner A

Rules & Progression

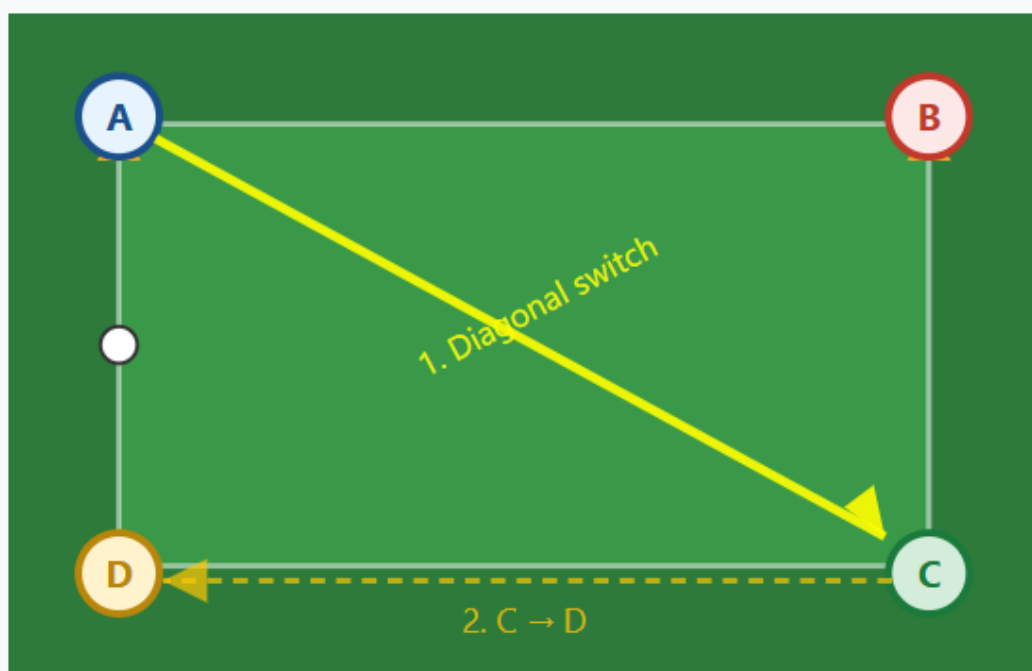
- A passes diagonally to C (switch the field)
- C controls and passes to D
- D passes to B, B passes diagonally back to A
- After 3 min, add movement: after passing, run to next cone

Coach Points

- Diagonal passes stretch the defense in a real game
- Body shape open before receiving — don't face the passer square-on
- Scan before the ball arrives so you know where to go next

Tactical Link:

Talk about "why" switching play matters: "if the defense is crowded on one side, what should you do?" Gets young players thinking tactically.



○ A ○ B ○ C ○ D

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Day 2 - Small Sided Games

4v4 No Touch Limit Game (20 min) - Teams of 4

Setup

- 25×20 yard field with small cone goals
- Teams of 4 – no goalkeepers

Rules & Progression

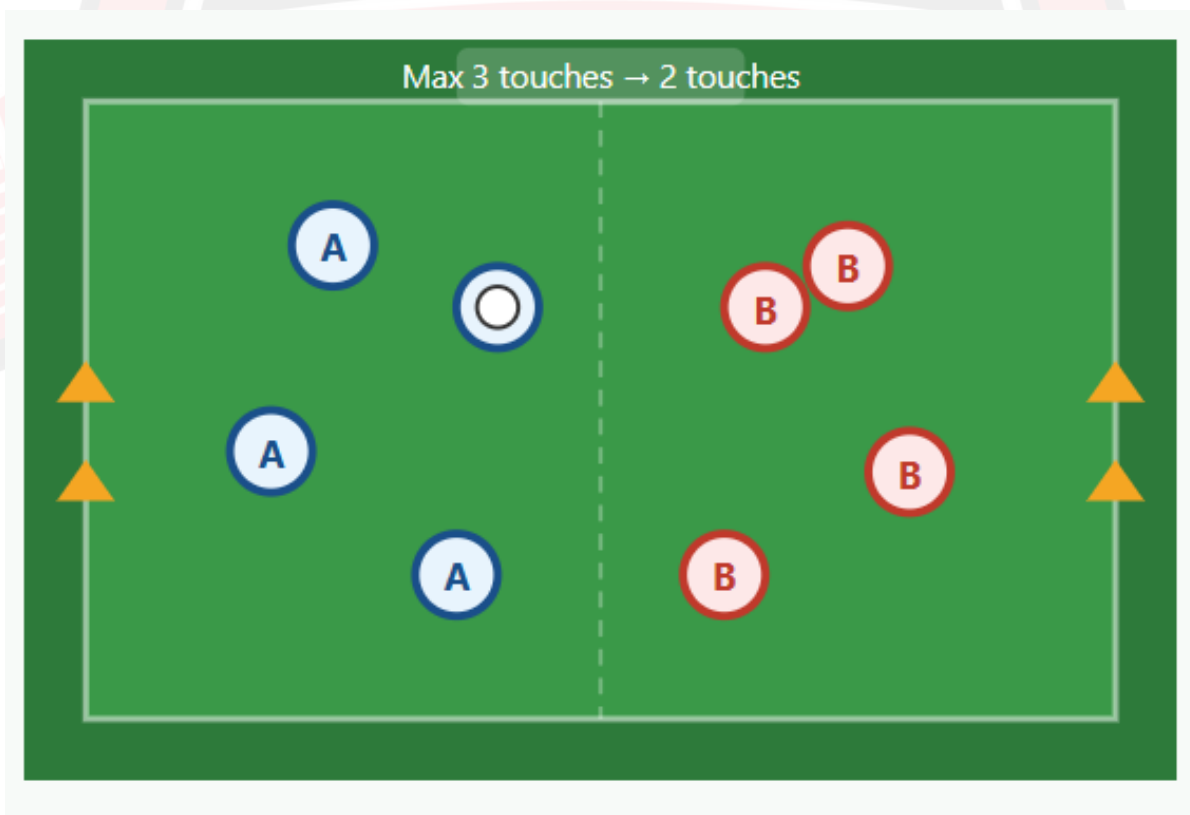
- Players are limited to 3 touches max before passing
- After 10 min, reduce to 2-touch limit
- A player who takes too many touches = turnover
- Standard scoring otherwise

Objective:

Forces quick decision-making and passing rather than over-dribbling. Players must scan and think before the ball arrives, building habits from Day 2 drills.

Coach Tip:

The 2-touch restriction can feel frustrating — normalize this by saying "even professionals train with touch limits."



○ Team A ○ Team B ▲ Cone goal

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Day 2 - Small Sided Games

5v5 Team Passing Game (20 min) - Teams of 5

Setup

- 30×25 yard field with full-size cone goals
- Teams of 5 — one can be a goalkeeper

Rules & Progression

- Normal 5v5 soccer
- Bonus goal if team completes 5 passes in a row before scoring
- Encourage switching sides before shooting

Objective:

Connects all Day 2 themes: passing combinations, give-and-go, and switching the field under real game pressure with proper goals and a keeper.

Coach Tip:

If teams are unbalanced in ability, play a "handicap" — the stronger team must complete 7 passes before shooting.

Cool Down & Debrief (10 min)

Cool Down

- Partner passing walk-down — slow passes while walking to end line (3 min)
- Seated groin butterfly stretch — 30 sec
- Lying hamstring pull — 30 sec each leg
- Standing hip circle — 10 each direction
- Shoulder cross-body stretch — 20 sec each

Debrief

- What does "give and go" mean?
- Why is moving after a pass important?
- When might you switch the field in a real game?

Coach Tip:

Preview tomorrow — "Tomorrow we shoot. Who wants to score the most goals?" Gets them excited to return.

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Day 3 - Drills

Warm up Rondo (5 min) - Groups of 5 or 6

Setup

- 5 cones in a circle, ~8 yards diameter
- 4-5 players on the outside, 1-2 in the middle
- One ball per group

Rules & Progression

- Outside players keep possession from middle defenders
- Outside players: max 2 touches
- If a defender wins the ball or forces it out, they swap with the player who lost it
- Rotate after 90 seconds regardless

Coach Tip:

Focus on quick feet and laughter, not perfection.

Dynamic Stretching (5 min)

Setup

- Leg pendulum swings – 10 per leg
- Walking knee hugs – 20 yards
- Ankle rotations – 10 each
- Power skips – 20 yards
- Short accelerations (50%) – 20 yards x 2

Rules & Progression

- Shooting puts high force on hip flexors and quads
- Explosiveness prep for finishing runs
- Ankle stability is key for accurate striking

Coach Tip:

On Day 3 the kids are tired but also excited – channel that energy with louder, faster warm-up cues.

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Day 3 - Drills

Shooting on Goal (15 min) - Line Drill

Setup

- Full-size or cone goal with a goalkeeper
- Balls lined up on the penalty spot (or 12 yards out)
- Players form a single-file line

Rules & Progression

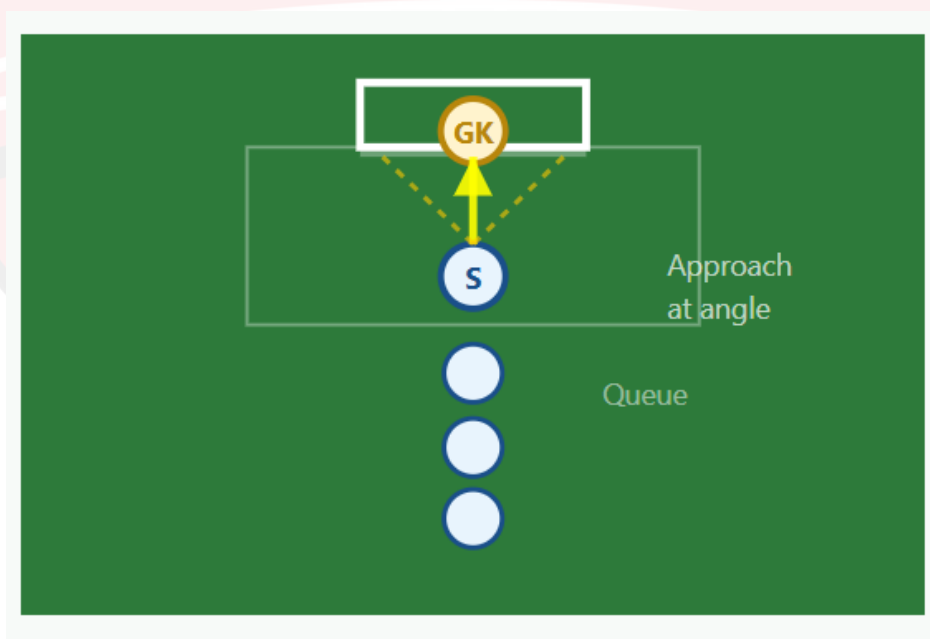
- Round 1: Stationary ball, instep drive – aim at corners (5 min)
- Round 2: Coach rolls ball – player runs onto it and shoots (5 min)
- Round 3: Player dribbles forward 5 yards, cuts left or right, shoots (5 min)

Coaching Points:

- Approach at an angle, not straight on
- Plant foot beside the ball – not in front or behind
- Lock the ankle, strike with laces through center of ball
- Follow through – kicking leg should finish high
-

Coach Tip:

Cheer every shot attempt, not just goals. "Great technique!" matters more than the result for young players building confidence.



○ Goalkeeper ○ Shooter → Shot

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Day 3 - Drills

Breakaway Finishing (10 min) - 1v1 vs goalkeeper

Setup

- Full goal with goalkeeper
- Cone gate 25 yards from goal (players start here)
- Coach or feeder stands at midfield with extra balls

Rules & Progression

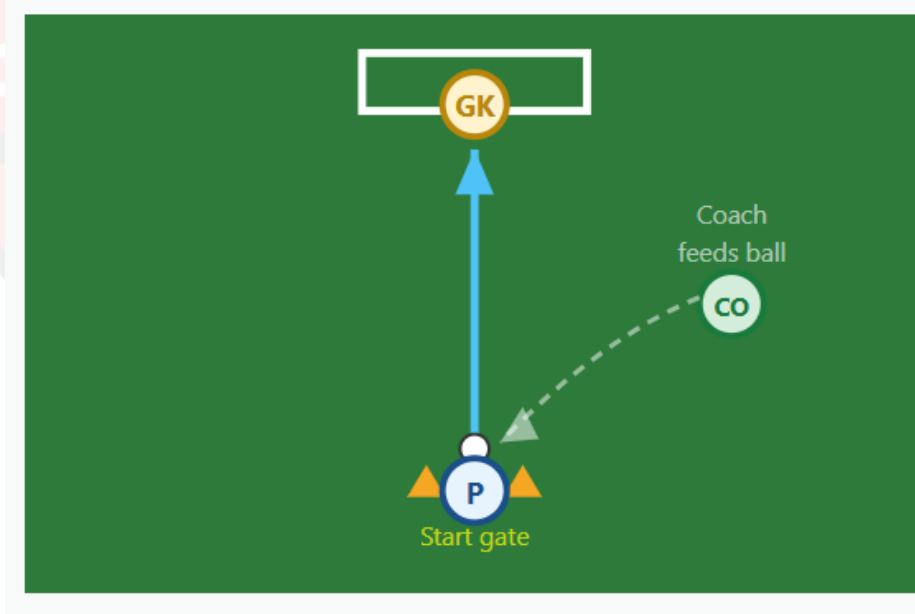
- Coach plays ball through the gate
- Player chases, controls, and attacks goal 1v1
- Goalkeeper can come off line but must start on goal line
- Next player goes as soon as the shot is taken

Coach Points:

- Power shot early (before keeper narrows angle)
- Chip over advancing keeper
- Cut to one side and side-foot into open net

Coach Tip:

Talk about reading the keeper — "if they come out fast, chip or go around. If they stay back, shoot hard." Decision-making under pressure.



○ Goalkeeper ○ Player ▲ Start gate → Run

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Day 3 - Drills

Defensive Shape & Press (10 min) - Groups of 4, 2v2

Setup

- 15×10 yard zone in front of a small goal
- 2 attackers vs 2 defenders + goalkeeper

Rules & Progression

- Attackers try to score; defenders try to win ball and clear
- First defender pressures the ball
- Second defender covers / supports in behind
- Rotate roles every 2 min

Coach Points:

- Don't both go for the ball – one presses, one covers
- Stay goal-side of attacker (between attacker and goal)
- Win the ball cleanly – no pushing or holding

Coach Tip:

Defenders are just as important as scorers – frame it that way. "Great teams win because their defenders are just as dangerous as their attackers."

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Day 3 - Drills

5v5 Tournament Rounds -Round Robin

Setup

- Divide into 3-4 teams of 5 (adjust for group size)
- Full-size or large cone goals with keepers
- Each game is 8-10 minutes

Rules & Progression

- Round-robin: every team plays every other team once
- 3 pts for win, 1 pt for draw, 0 for loss
- Top 2 teams by points advance to the final
- Tiebreaker: goal difference

Objective:

- Bring together all three days of skill work – dribbling, passing, and shooting – in a competitive but fun setting. Emphasize sportsmanship throughout.

Coach Tip:

Announce scores loudly and keep energy up. Waiting teams can do keep-ups or passing challenges while they wait.

Championship Match (15 min)

Setup

- Top 2 teams from round-robin
- All other players become the crowd / cheer squad
- 15-minute match, full rules

Rules & Progression

- 3-player penalty shootout per team
- Each player gets one shot
- Most goals wins – sudden death if still tied

Sportsmanship:

- Shake hands before and after
- Cheer squad must encourage both teams
- No arguing calls – coach is final referee

Coach Tip:

Make it theatrical – announce players by name, use a funny commentary voice. This is their World Cup final moment!

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Day 3 - Small Sided Games

Awards, Cool down and Debrief (15 min)

Cool Down

- Slow walk around the field together (2 min)
- Full static stretch: quads, hamstrings, hips, calves, shoulders
- 30 seconds each stretch – hold, don't bounce

Rules & Progression

- Tournament Champions
- Best Dribbler (Day 1 skill)
- Best Passer (Day 2 skill)
- Top Scorer
- Most Improved Over 3 Days
- Best Team Player / Sportsmanship
- Best Shot
- Best Passer

Final Player Challenge:

Go around the circle – every player says one thing they learned or their favourite moment. End with a group cheer. Make sure every player leaves feeling celebrated.

Coach Tip:

Have an award for every player if possible – even if it's "Most Enthusiastic High-Five." No player should leave without recognition.

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