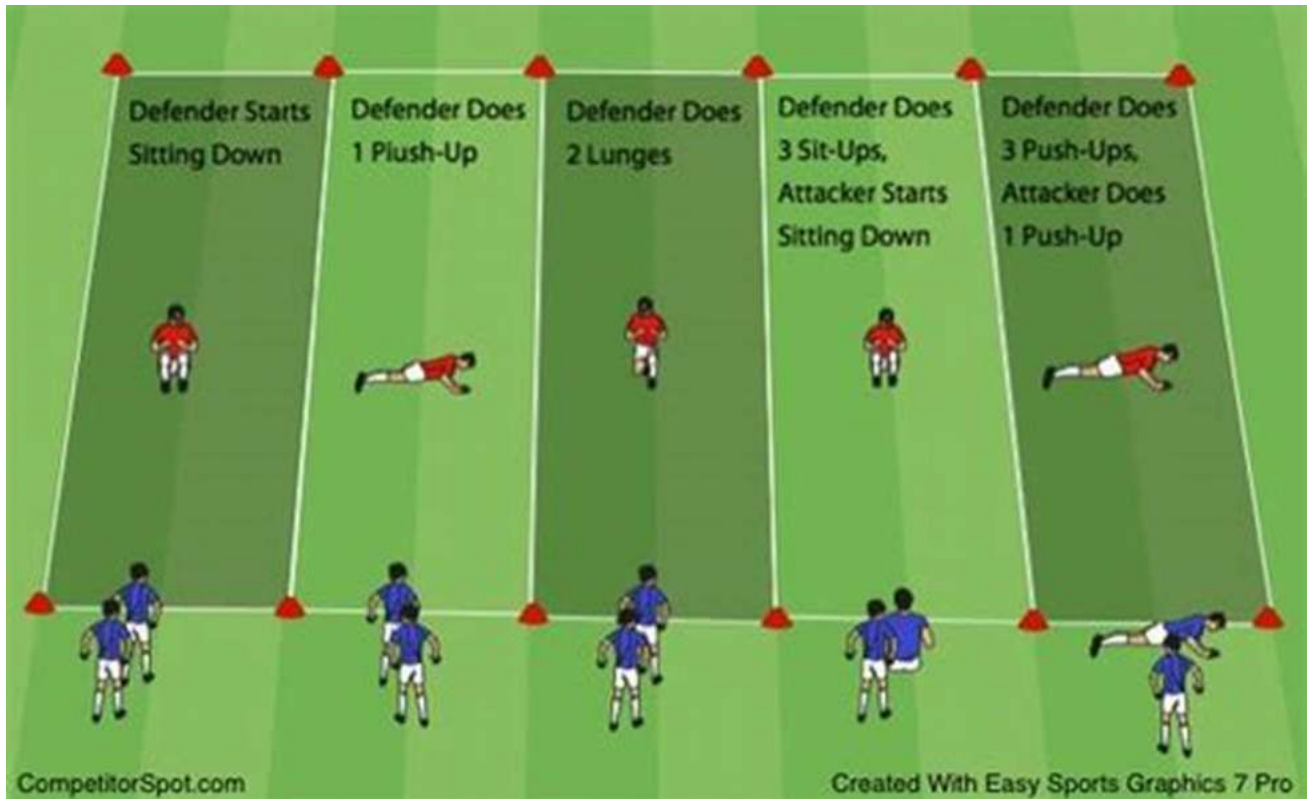
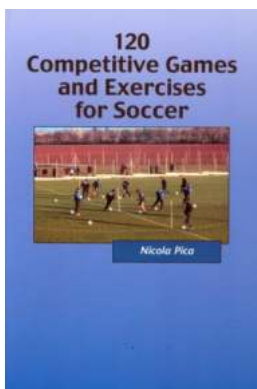
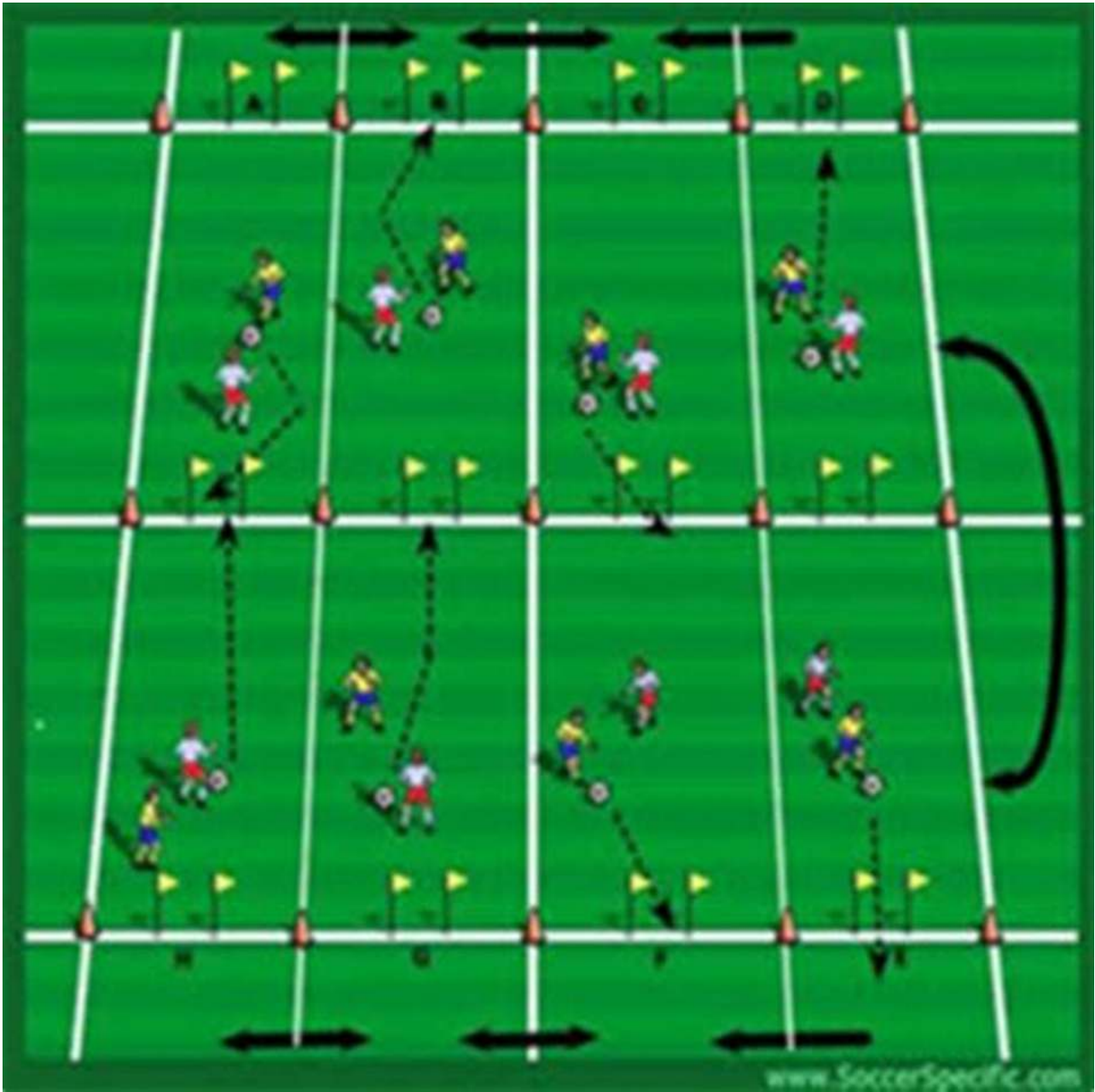


# 120 Competitive Games And Exercises For Soccer - Boost Your Team's Skills



Soccer is an incredibly competitive and physically demanding sport that requires not only individual skills but also teamwork and tactical strategies. In order to maximize your team's potential, it is important to incorporate various competitive games and exercises in your training sessions. These activities not only keep the players engaged but also help them improve their technical skills, decision-making abilities, and overall performance on the field.

## 1. Dribbling Gauntlet



## 120 Competitive Games and Exercises for Soccer

by Chris Melson (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 2583 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

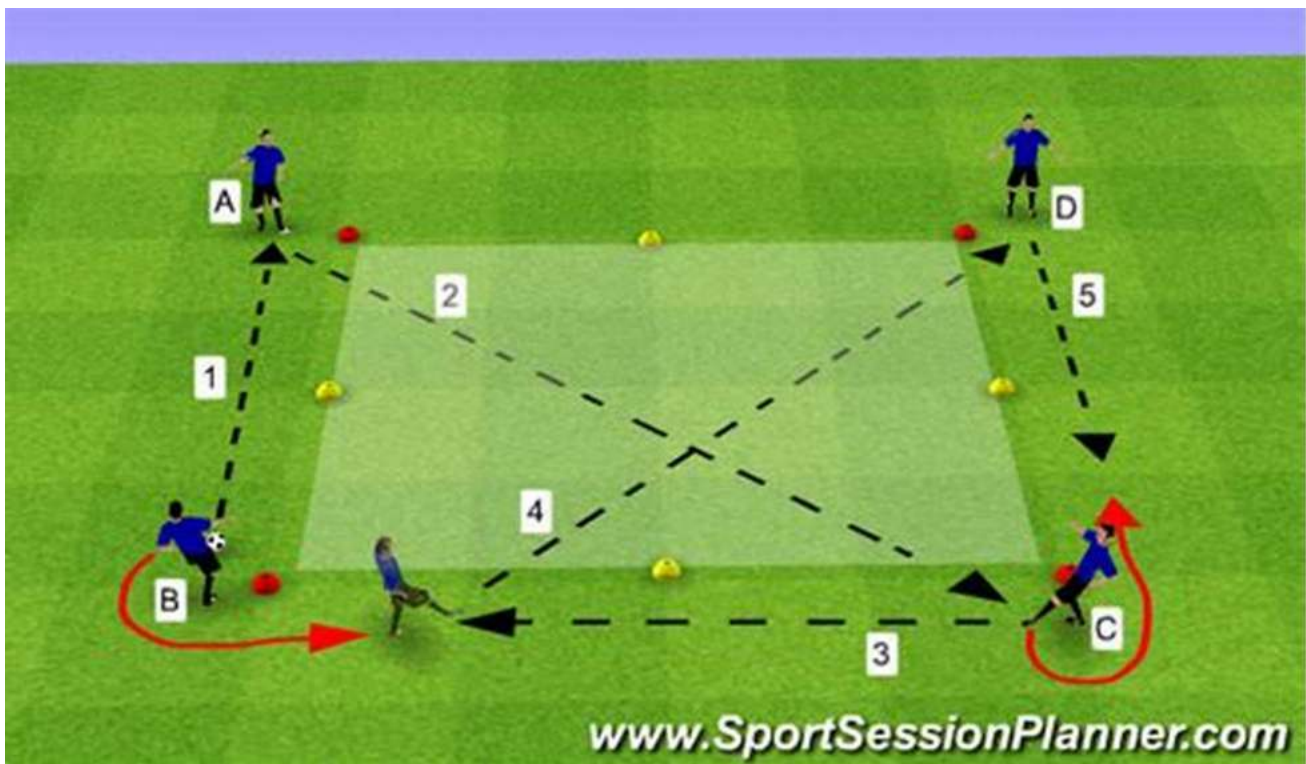
Print length : 245 pages

Lending : Enabled  
Screen Reader : Supported



In this drill, set up a series of cones in a zigzag pattern in a straight line. Each player must dribble a ball through the gauntlet without touching any cones or straying out of bounds. Time each player's performance and keep track of the fastest times to encourage healthy competition and improvement.

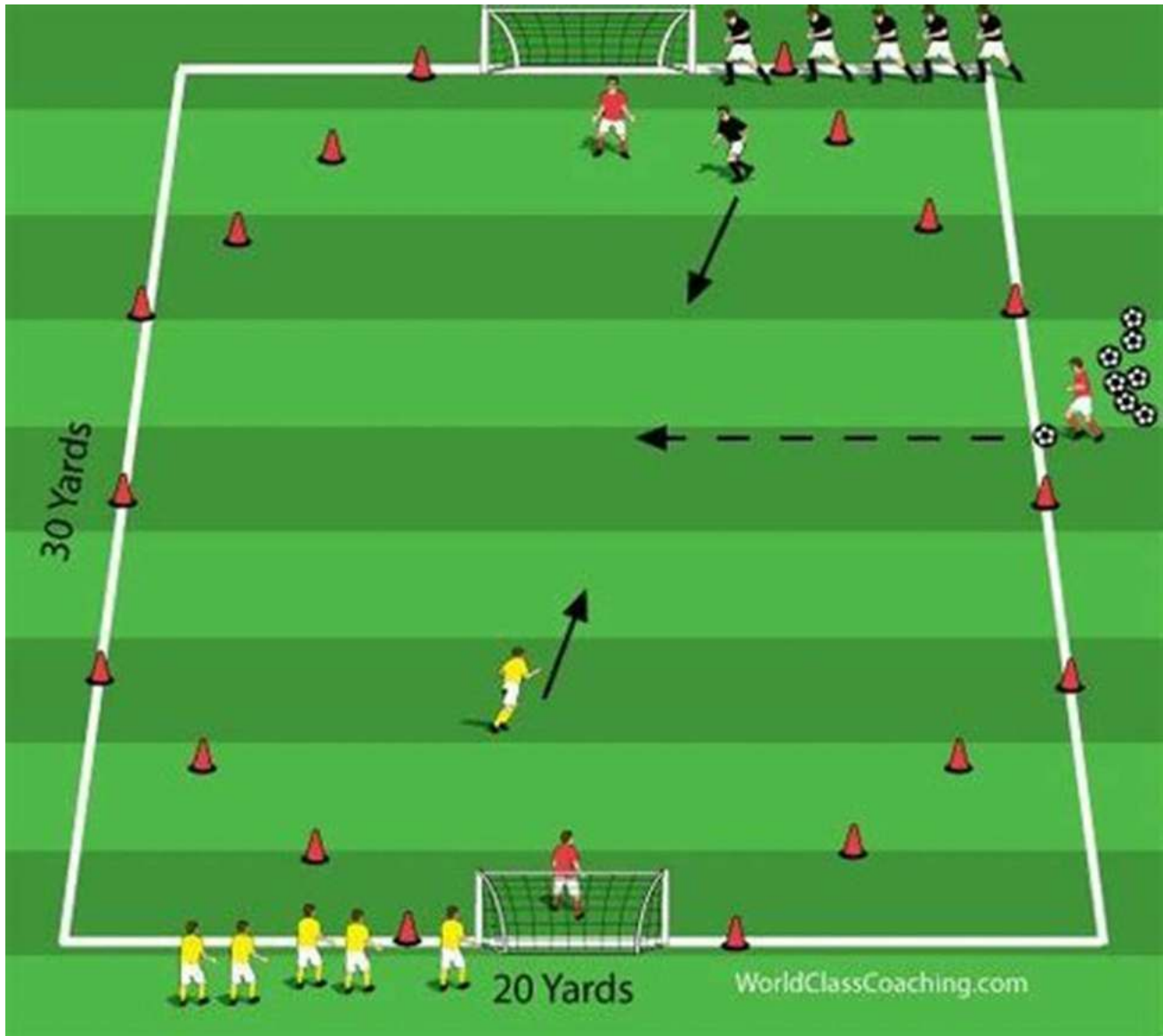
## 2. Passing Square



Create a square-shaped area with cones and divide the players into groups of four. Each player must pass the ball to another player in the square using only one or two touches. Encourage quick and accurate passing while maintaining

control of the ball. Time each group's performance and challenge them to improve their time with each attempt.

### 3. 1v1 Attack and Defend

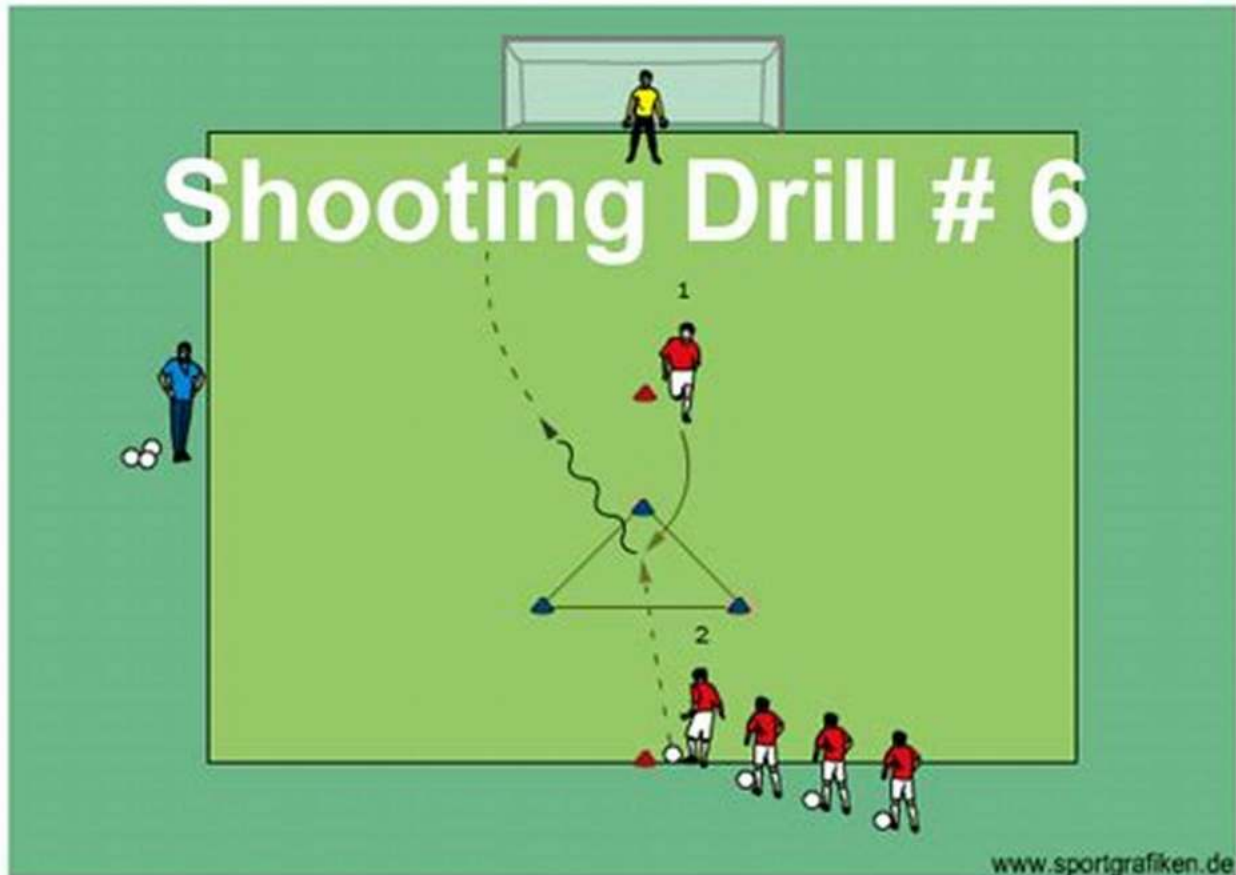


This game focuses on individual attacking and defending skills. Set up a small playing area and divide the players into pairs. One player becomes the attacker while the other becomes the defender. The attacker must try to dribble past the defender and score a goal. The defender's goal is to stop the attacker. Encourage



players to use various feints, changes of speed, and quick turns to outsmart their opponent.

#### 4. Shooting Accuracy Challenge



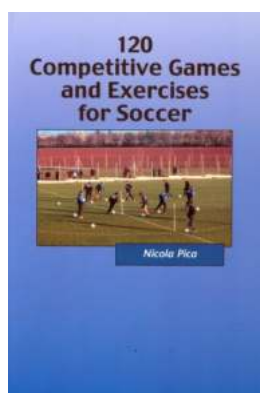
In this exercise, set up a target area with different scoring zones. Each player takes turns shooting at the target from various distances. Award points based on the accuracy of the shots. Keep track of individual scores and encourage players to improve their shooting skills by aiming for higher point zones.

These are just a few examples of the numerous competitive games and exercises you can incorporate into your soccer training sessions. The key is to focus on specific aspects of the game such as dribbling, passing, attacking, defending, or

shooting and create fun and engaging activities that promote healthy competition among the players.

Remember, practice and repetition are essential for skill development, but incorporating competition adds excitement and motivation for the players. So, get creative, set up challenging games, and witness your team's skills soar in the field!

Competitive games and exercises are crucial for improving soccer skills. By incorporating these activities into your training sessions, you can help your team develop their technical abilities, decision-making skills, and overall performance on the field. Encourage healthy competition, track progress, and witness the transformation as your team becomes more confident and proficient in the game of soccer. So, let the games begin and watch your team soar to new heights!



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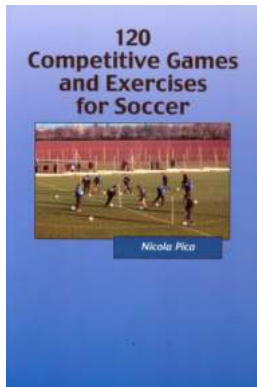


These 120 drills and small games all contain a competitive element which will help motivate young players to stay involved and play to the best of their ability. Coaches will find these exercises very useful to gear a practice session to the

needs and skill level of their players.

Each drill includes a clear diagram, an objective, a detailed description with scoring rules and a discussion of the techniques involved.

An ideal handbook for any coach looking for new ways to keep his or her players interested and motivated while learning the skills and tactical elements of the game.



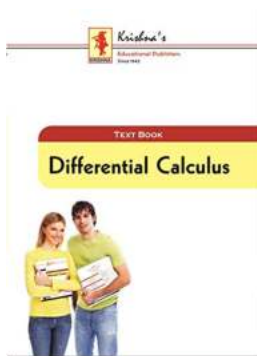
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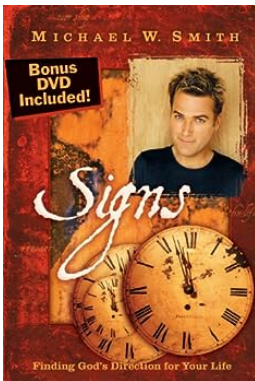
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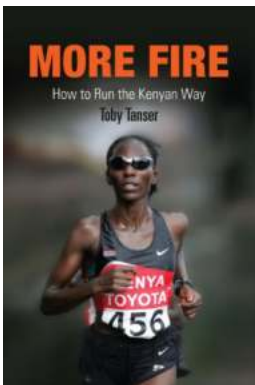
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