



Backyard Training Program



One Stripe

- Dribbling

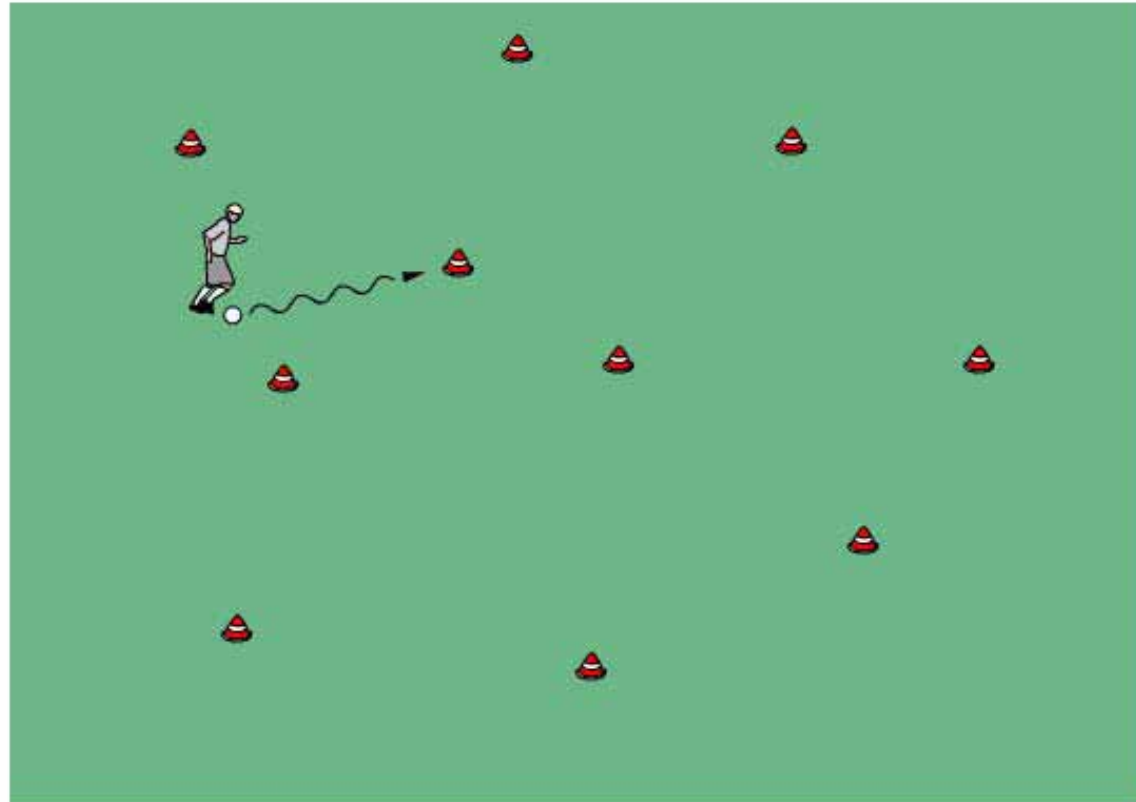
- Yard Dribble

- Around your yard, scatter cones, tin cans, towels, etc throughout the yard. You will then dribble from cone-cone.
 - Stage 1-Dribble to all of the cones using right foot.
 - Stage 2-Dribble to all of the cones using left foot.
 - Stage 3-Dribble to a cone with either foot then roll to another cone. Alternate feet.
 - Stage 4-Dribble to a cone, do a move and then dribble to another cone. Repeat until you do 5 moves.





One Stripe





Two Stars

- Juggling
 - Kick-bounce
 - Feet only-no bounce
 - Alternate Feet-no bounce
 - Two parts-no bounce





Juggling

- Stage 1-Kick-Bounce

- Players bounce ball off ground/floor, juggle -bounce. Alternate Feet. Players can catch ball if needed in between feet. Repeat 10x

- Stage 2-Feet

- Players juggle ball with feet only. No bounce

- 8-10 year olds-juggle with feet 8 times without bouncing. **Target Score-6 times without bouncing.**
- 11-12 year olds-juggle with feet 10 times without bouncing. **Target score-10 times without bouncing.**
- 13-14 year olds-juggle with feet 15 times without bouncing. **Target Score-15 times without bouncing.**







Juggling (continued)

- Stage 3-Alternating Feet

- 8-10 year olds-juggle 6 times alternating feet without bouncing.
Target Score is 5 times without bouncing.
- 11-12 year olds-juggle 10 times alternating feet without bouncing
Target Score is 8 times without bouncing.
- 13-14 year olds-juggle 14 times alternating feet without bouncing.
Target Score is 12 times without bouncing.

- Stage 4-Two body parts juggling

- Players can not use the same body part twice.
 - 8-10 year olds-juggle 6 times without bouncing.
Target Score is 4 times without bouncing.
 - 11-12 year olds-juggle 10 times without bouncing.
Target Score is 10 times without bouncing.
 - 13-14 year olds-juggle 14 times without bouncing.
Target Score is 12 times without bouncing.
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Three Stars

- Receiving
 - Use a wall, kick board, rebounder, etc.
- The object is to strike the ball against a wall and then receive it and strike it back against the wall.
 - Stage 1 Strike ball against wall, receive ball with one foot, strike ball back to the wall with the other foot. Repeat 10x
 - Stage 2 Strike ball against wall, receive ball with foot, strike ball back and then receive with a different part of your feet (outside, inside, etc) Repeat 10x



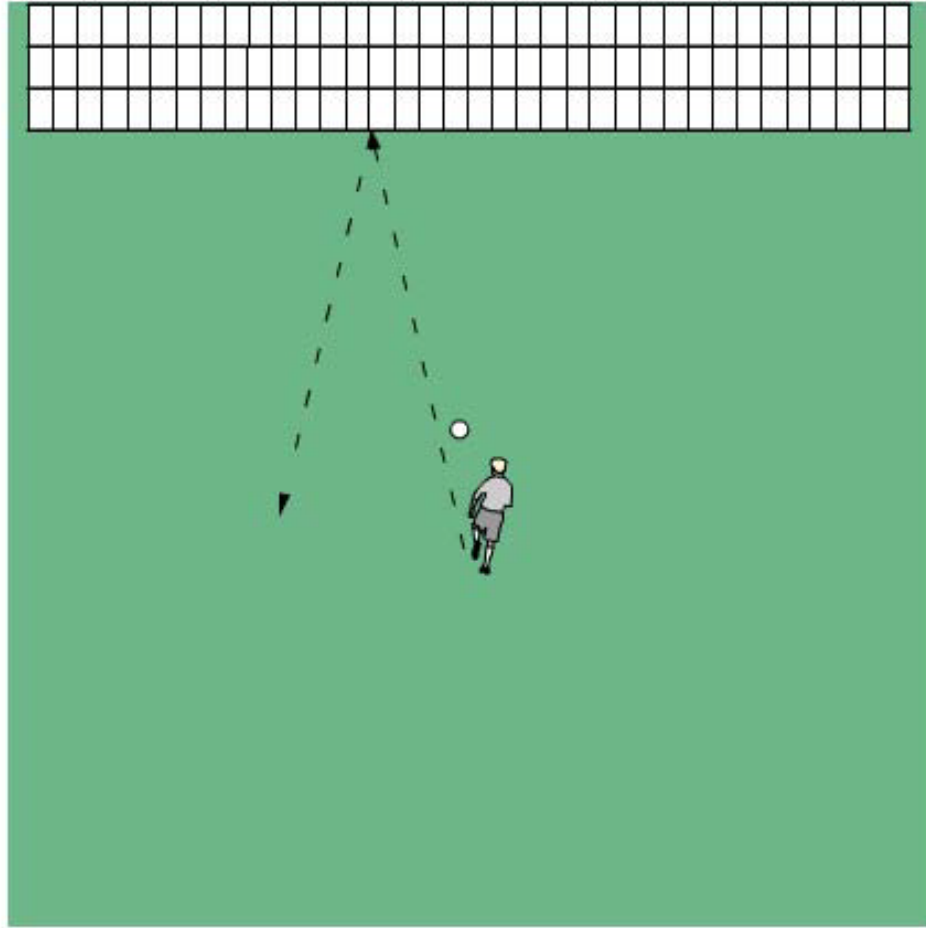


Three Stars

- Receiving
 - Stage 3-Strike ball against wall from your hands (punt), receive ball in the air off the wall and catch. Repeat 10x
 - Stage 4- Strike ball against wall from your hands (punt) receive ball with one body part, transfer to another body part, then catch. Repeat 10x



Receiving Diagram





Four Stars

- Passing
- Soccer Golf
 - Spread out, towels, t-shirts, etc. across a yard or area to create different golf “holes”. If using a towel or a t-shirt the ball must completely stop on top of it in order to count. Try to pass the ball from a distance and have the ball completely stop on a towel or t-shirt.



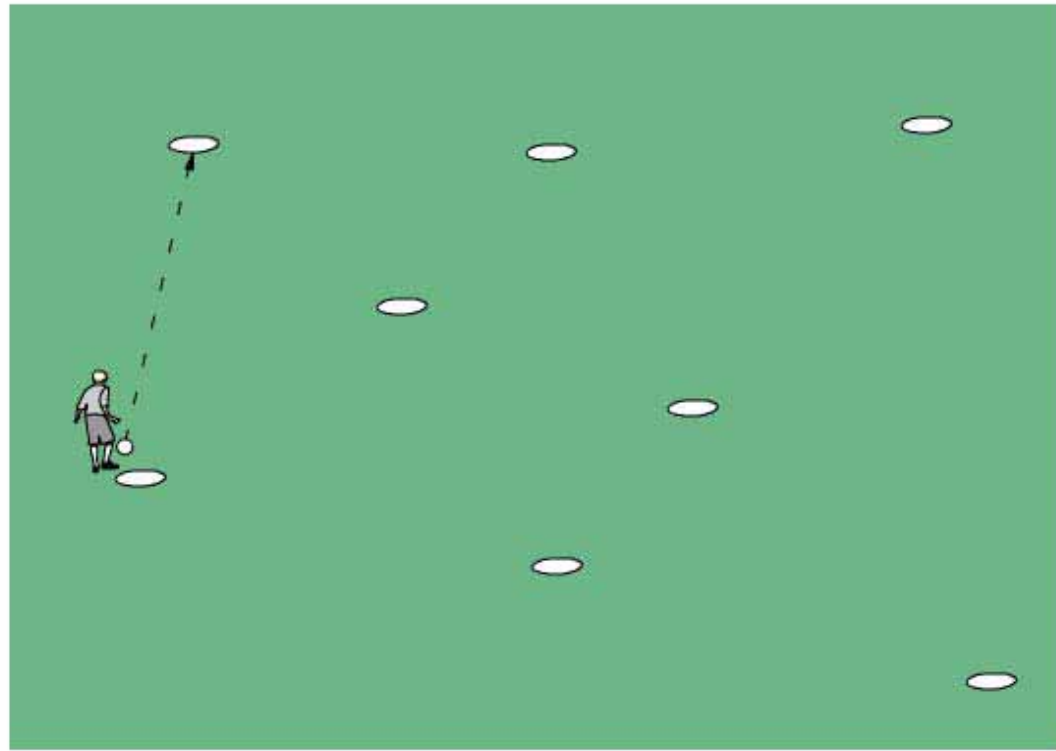


Passing

- Stage 1-Stationary Passing- Stand and pass to a “hole” with right foot. Count number of times you succeed in having ball stop on a “hole”. Repeat 15x
- Stage 2-Stationary Passing- Stand and pass to a “hole” with left foot. Count number of times you succeed in having ball stop on a “hole”. Repeat 15x
- Stage 3-Longer Passing- Stand and pass to a “hole” with either foot but you must always pass to the farthest “hole”. Repeat 15x
- Stage 4-Moving- Dribble in between holes and then aim for a hole. Count number of times you succeed in having ball stop on a “hole”. Repeat 15x



Passing Diagram





Shooting

- Create a tunnel with cones 5 yards wide and 12-16 yards in length. A small 3 yard cone is made on each end. Players should strive to have the ball go through the cones on the ground with pace or low, with the ball skipping as they it is going through the cones.
- Stage 1-Dribble and Shoot. Player stands on one end dribbles the ball up to the two cones and then shoots with strong foot. Repeat 4 times shooting twice with strong foot and twice with weaker foot.





Five Stars

- Shooting
- Tunnel
 - Dribble and Shoot
 - Dribble and Shoot across
- Players can use a “wall” as a substitute for a goal.





Shooting

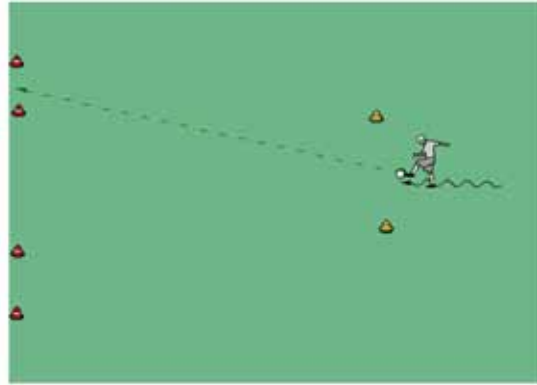
- Stage 2 Shooting-Dribble and Shoot Across. Player starts on one end, dribbles past the cone directly opposite and then shoots back to the far cones with weaker foot. Repeat 5 times.
- Stage 3-Same as stage 2 except use the stronger foot. Repeat 5 times.



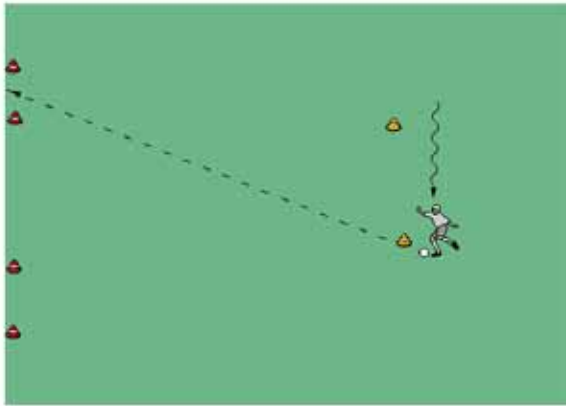


Shooting Diagrams

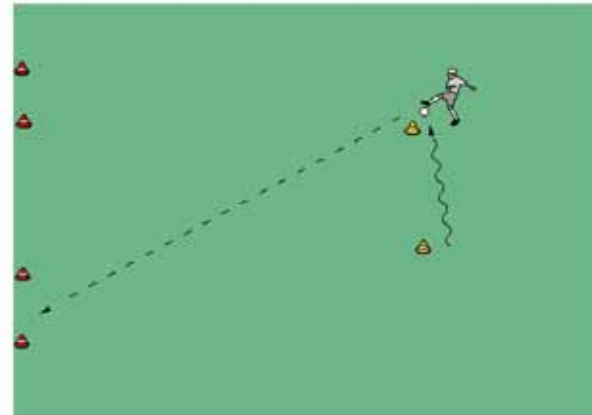
Stage 1-Dribble and Shoot



Stage 2 Dribble and Shoot Across-Weak



Stage 3 Dribble and Shoot Across-Strong





Questions?

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