



Drills vs Activities

Here is some insight into why we choose to use activities, not drills. A drill has a start and a finish with minimal decisions to be made in between. An activity provides multiple situations to make decisions. The activities that you see will seem hectic at first. Our goal is to provide a training environment where the players are able to make decisions based on the situation that they are in, not react to what spectators are telling them to do.

Example - Dribbling Drill vs. Dribbling Activity

Dribbling Drill - We could lay out several cones in a row. Have the kids stand in line and 1 by 1 they would dribble around each cone and then make their way back to the line to wait to do it again. This drill would not allow for many decisions. It will look organized. A result of using cones instead of other players will result in players dribbling with their heads down and give them limited opportunities to react. This also leads to down time and minimal touches on the ball.

Dribbling Activity - Tail Tag - An activity like Tail Tag allows players to react to situations and develop within the game of soccer. The players will be pushed to evade pressure, attack with the ball and stay engaged throughout the game. It is inclusive of all players throughout the activity. If players dribble with their head down they will lose their tail, allowing them the opportunity to adjust for the next time. We can also adjust the size of the grid, number of defenders and other factors to meet the needs of the players while challenging them.