



Youth Soccer Drills by Age (with Video Links)

Ages 5-7 (Introductory Stage)

Washington Youth Soccer U6-U8 Playlist

- Red Light, Green Light - Dribbling control and listening
- Sharks and Minnows - Dribbling under pressure
- Follow the Leader - Ball control and imitation
- Cone Dribble Maze - Simple dribbling through cones
- Freeze Tag with a Ball - Coordination and awareness

Ages 8-10 (Foundation Stage)

Washington Youth Soccer U8-U10 Playlist

- Dribble Relay Races - Speed and control
- 1v1 Attack and Defend - Basic attacking/defending
- Passing Gates - Accuracy and timing
- Triangle Passing - Movement and communication
- Shooting Alley - Technique and power

Ages 11-13 (Development Stage)

5 Best Drills for 12 & 13 Year Olds (YouTube)

- Rondo (5v2 or 6v3) - Possession and quick passing
- Overlap Passing Drill - Movement and support
- Cross and Finish - Timing and finishing
- Zonal Defending Drill - Defensive shape
- 3v2 Transition Game - Counterattacking

Ages 14-16 (Advanced Development)

SoccerDrive Skills Video Library

- Pattern Play (Build-up from the Back) - Tactical structure
- High-Pressure Pressing Drill - Defensive coordination
- Switching the Field - Vision and long passing
- Set Piece Routines - Corners and free kicks
- Conditioned Scrimmages - Tactical focus (e.g., 2-touch)