

### Soccer Drills and Soccer Tips for Coaching Youth Soccer!

---

[Home](#) [Soccer News](#) [Soccer Drills](#) [Soccer Tips](#) [Individual Skills](#) [Fitness](#) [Nutrition](#) [Resources](#) [Soccer Store](#) [RSS Feeds](#)

[U6 - U8 Soccer Drills](#) | [U10 - U12 Soccer Drills](#) | [U14 - U16 Soccer Drills](#) | [U17 and Up Soccer Drills](#) | [All Soccer Drills](#)

Soccer Drill Search

[Soccer Drill Search](#) New!

Ads by Google

[Fun Soccer Drills](#)

[Soccer Practice Ideas](#)

[Soccer Attacking](#)

[Youth Soccer Skills](#)

[Soccer Tip](#)

Sponsors

Study Explains Bo Obama's Look

Apollo Veteran Reveals His Paintings

Civilis Blamed for Couple's Breakup

Wal-Mart Recalls Hazardous Items

College Star Shot In Robbery Attempt

Willmet Houston New CD Plus \$100

How to Smooth Out Frizzy Locks

ON NOW 10:07 am

AOL.com

## Ouch!

This drill should be used with younger players (U6 and U8) to introduce dribbling, looking up and properly striking the ball at a target. AND IT'S FUN!

---

Drill Rating 4.32 from 80 user votes. Viewed 67697 times.

### U6, u8, soccer drill, fun soccer drill, free soccer drill, youth soccer drill, dribbling

#### Kids Soccer Drills

Fun drills that are games. Easy, self-teaching. Ages 4 to 16.  
[www.soccerhelp.com](#)

#### Emory Coaching Class

Learn to coach your employees effectively in classes at Emory.  
[cfl.Emory.edu/Pro/Classes](#)

#### Coach Training Videos

Quickly Discover How To Coach Live Examples and Diagrams Included  
[www.CoachesTrainingBlog.com](#)

Ads by Google

#### Setup

Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball.

#### Instructions

The coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach. The coach should yell OUCH eah time they are hit to make the game FUN! , \*\* Make sure the players are striking the ball with the proper part of the foot.

#### Variations

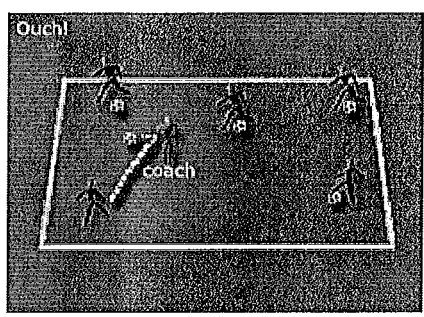
- o If the players are struggling to hit the coach, the coach should stop for a couple seconds to give the players a chance.
- o Use different parts of the foot: Inside, Instep, Right and Left foot.

#### Coaching Points

-

#### Focus

- o [Dribbling Drills](#)
- o [Passing Drills](#)
- o [Warm up Drills](#)
- o [Fun Soccer Drills](#)



Titled: [Ouch!](#)

Tagged: [U6, u8, soccer drill, fun soccer drill, free soccer drill, youth soccer drill, dribbling](#)


URL: <http://www.soccerxpert.com/soccerdrills/id1224.aspx>

Published by: [Chris Johnson](#)

NEW

Tired of training videos that don't live up to your needs?

Want the ULTIMATE series?



#### Soccer Drills By Focus

- [Dribbling Drills](#)
- [Passing Drills](#)
- [Receiving Drills](#)
- [Heading Drills](#)
- [Crossing Drills](#)
- [Fitness Drills](#)
- [Possession Drills](#)
- [Defending Drills](#)
- [Attacking Drills](#)
- [Shooting Drills](#)
- [Goalkeeping Drills](#)
- [Warm up Drills](#)
- [Fun Soccer Drills](#)

#### Soccer Drills By Age

- [U6 - U8 Soccer Drills](#)
- [U10 - U12 Soccer Drills](#)
- [U14 - U16 Soccer Drills](#)
- [U17 and Up Soccer Drills](#)
- [All Soccer Drills](#)

#### Soccer Tips By Topic

- [Getting Started Coaching](#)
- [Planning Soccer Practices](#)
- [Position and Game Mgmt](#)
- [Taking it to the Next Level](#)
- [Offensive Soccer Tactics](#)
- [Defensive Soccer Tactics](#)
- [Individual Soccer Skills](#)
- [Soccer Fitness](#)
- [Soccer Nutrition and Diet](#)