

## U13 Coaches

I want to first thank you for volunteering your time, effort and energy to the youth players of the Swift Current Soccer Association. In this package you will find drills and activities designed for U13 age players.

The primary focus for players this age is continued growth in fundamentals and nurturing a love for the game. This can be achieved by focusing on practice through play. Consider drills and activities that are fun, engaging and provide opportunities to work on fundamentals through the by product of the environment. For example, when we want to focus on shooting, consider adding the number of goals. If you want to work on dribbling, provide options for more than one decision to be made. Have fun and the players will also.

Consider planning your practice so that the warm up and the last activity are the most fun at practice. This way the young players come to practice excited to get started because they know the first drill is fun. They also leave practice with a good memory.

If you have any questions please do not hesitate to email me at [swiftcurrentunitedsoccer@gmail.com](mailto:swiftcurrentunitedsoccer@gmail.com)

Technical Director

Chad Striker



### Decision Making Dribbling

<https://www.soccerdrive.com/share/drill/35851>

<https://www.soccerdrive.com/share/drill/35826>

<https://www.soccerdrive.com/share/drill/35761>

<https://www.soccerdrive.com/share/drill/35676>

<https://www.soccerdrive.com/share/drill/35671>

<https://www.soccerdrive.com/share/drill/36201>

### Passing Drills

<https://www.soccerdrive.com/share/drill/35696>

<https://www.soccerdrive.com/share/drill/35666>

### Passing Games

<https://www.soccerdrive.com/share/drill/35756>

<https://www.soccerdrive.com/share/drill/35646>

### Relay Races

<https://www.soccerdrive.com/share/drill/35636>

<https://www.soccerdrive.com/share/drill/35651>

### Shooting Drills

<https://www.soccerdrive.com/share/drill/35681>

<https://www.soccerdrive.com/share/drill/36621>

### Small Sided Games

<https://www.soccerdrive.com/share/drill/35846>

<https://www.soccerdrive.com/share/drill/35836>

<https://www.soccerdrive.com/share/drill/35751>

<https://www.soccerdrive.com/share/drill/35726>

<https://www.soccerdrive.com/soccer-drills/4-vs-4-six-goals>

<https://www.soccerdrive.com/share/drill/36191>

<https://www.soccerdrive.com/share/drill/36136>

<https://www.soccerdrive.com/share/drill/36196>

### Positional Awareness

<https://www.soccerdrive.com/share/drill/35861>

<https://www.soccerdrive.com/share/drill/35756>