

Flintstones Game

Free soccer drills that will coach your players vital skills to become good soccer players. This game is called the Flintstones.

Preparation

Take a look at the diagram below. The players will be split up equally into the four corners as shown with soccer balls placed in the center.



Explanation

This drill is a competition of speed and accurate dribbling. The four separate teams from each corner will compete to get the most soccer balls back to their homes. Tell them that they are the Flintstones and they need rocks to build their homes stronger (which will be the balls).

On your command one person from each corner will run toward the center, collect a soccer ball and dribble it back to their starting point. Once all of the soccer balls have been collected count up the amount of balls and award a point to the team with the most.

The next game is the same but this time the players will dribble the ball into the middle, one at a time from each corner, and run back to their starting point until all the balls are back in the center.