



DL Kids Active - Football Drills

Equipment Needed; Football and household objects

For those kids missing their regular DL Kids Football class here are some football drills & practices you can do at home.

Shuttle Run Warm Up

Set out two objects a distance away from each other. Children must continuously run from one object to the other. How fast can they complete 6 shuttle runs?

Dribbling Drill

Set out several different objects in a row with a short distance between each. With a football, children start at one end of the row of objects and dribble the ball using their feet between the objects in a wiggly line. Dribble the ball by gently tapping/doing small kicks continuously.

Shooting Drill

Mark out a goal using two items a distance apart. Layout two more items the same distance apart as the goal. These items should be opposite the goal at a good distance from the goal. Set a starting point where children will start with the ball. Children will dribble the ball from one point to another and then back into the middle to shoot into the goal.

Football Fitness

Toe Taps - Place a football on the floor in front of you. Tap your toes on the top of the ball. Continue doing this and try to speed up as you go. Can you complete 30 seconds of toe taps?

Ball Hops/Jumps - Place a football on the floor and stand next to it. Bounce from one foot to another leaping over the football. Bend your leg when you land. How fast can you go? Alternatively jump with two feet together side to side over the football. How many hops or jumps can you complete in 30 seconds?

Body Parts - Place the football on the floor and jog on the spot behind the ball. Parents call out a body part at a random time and the children will have to put that body part on the football, this will test reaction times. E.g. Elbow - place elbow on the football on the floor. If playing with another child or adult see who can complete the action first & gain a point.

Wall Ball

Practice your ball control. Stand a short distance from a wall or fence. Kick the ball using your left foot at the wall and as it bounces back stop it with your opposite foot. Then kick it with your right foot and stop it with your left. Can you complete 10 of these?

Penalty Shoot Out

Set up a goal using two objects a short distance apart. Parents can get involved with this activity and be the goalkeeper. Children will stand a short distance from the goal and will have 5 attempts at scoring a goal. How many goals did you score?

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