



# MVSC COACHES CORNER

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### DRILL #1 - FILL THE BUCKET

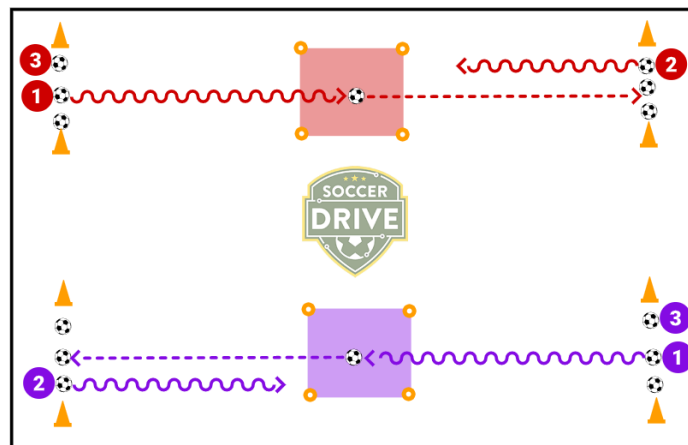
Anytime you add a race or competition into a drill the level of excitement by the kids for that drill increases. This drill not only adds a level of competition but it is also a great soccer dribbling drill.

### SETUP

Divide your players into two teams of at least 3 players each. Each player will need a soccer ball for this drill. Use the diagram below as a guide for how to set up the drill.

### OBJECTIVE

The goal of the drill is for each team to get all of their soccer balls into the “bucket” and all the players back to the end lines. The first team to complete this task wins that round.





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## #2 - EMPTY THE BUCKET

This drill is the opposite of “Fill the Bucket”. The most efficient way to run these two drills is to run them back to back and alternate between the two because this drill requires no setup after the first drill because all of the soccer balls are in the “bucket”.

### SETUP

The setup is exactly the same as the previous drill, “Fill the Bucket”, but now the balls start in the “bucket”.

### OBJECTIVE

This time players will race to remove all of their soccer balls from the “bucket” and get all players back to the end line with their soccer balls.

