

Coach Mel's Lot Drills; Practice Anywhere!

No field? No problem.

These fun soccer drills are straight from the Hot Steppers' cracked-lot playbook. You can do them alone or with friends, using whatever space you have, driveway, park, gym, or backyard.

1. Cone Chaos

Purpose: Improve ball control and lightning-fast footwork.

You Need:

- 4–6 “cones” (anything works: water bottles, old shoes, rocks).
- A soccer ball.

Setup:

1. Place your cones randomly in a 10 x 10-foot area.
2. Keep the gaps between each object uneven for extra challenge.

How to Play:

1. Start at one edge of the square.
2. Dribble the ball through the obstacles as quickly as you can—no touching the “cones!”
3. When you reach the far side, turn and weave back.
4. Time yourself for 1 minute. Count how many complete laps you do.

Coach Mel's Tip:

“Small touches win big games. The more touches you take, the more control you own.”

2. Wall Pass Wonder

Purpose: Master quick passing and one-touch control.

You Need:

- A sturdy wall or fence.
- A soccer ball. (A softer futsal ball works great indoors.)

Setup:

Find a flat surface with at least 8 feet of clear space in front.

How to Play:

1. Stand about 6–8 feet from the wall.
2. Pass the ball firmly so it rebounds to you.
3. Use only one touch to control and pass it again.
4. Count how many successful one-touch passes you can make in 60 seconds.
5. Challenge yourself to beat your own record.

Coach Mel's Tip:

“Picture a teammate on the other side of that wall. Pass like you mean it.”

3. Lot Sprints

Purpose: Build game-day speed and endurance.

You Need:

- Two markers (cones, backpacks, or even chalk lines).
- 15–20 yards of open space.

Setup:

Place one marker at the start and one at the finish.

How to Play:

1. Sprint from start to finish at full speed.
2. Walk back to recover for 20 seconds.
3. Repeat 10–12 times.
4. Time each sprint and try to keep them all within the same few seconds.

Coach Mel's Tip:

“Speed is nothing without stamina. Train like the last minute of the game depends on it—because it does.”

Safety & Fun Reminders

- Warm up for 5 minutes (jog in place, stretch).
- Stay hydrated—take water breaks.
- Invite friends or teammates and turn it into a friendly competition.
- Celebrate every personal best!

Keep practicing and remember:

“Greatness isn’t about the field you play on, it’s about the effort you bring every time you show up.”

– Coach Mel