Pearland & Shadow Creek Soccer R-League

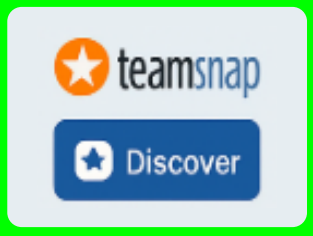
R-League Coach Resources

Short videos to help boost your practice sessions across all age groups.

🎯 Practice Guidelines

To reach **300+ ball touches per player per session**:

- Every player needs a ball.
- Use fun, fast-paced activities like the ones below.
- Provide a quick **15-second explanation**, then let them play.
- Always **end with a full game**.



👉 Videos can also be accessed in **TeamSnap** under the *Discover* icon (ask the team owner/manager to assign you as a manager if you don't see it).

You can also explore the full TeamSnap video library here:
🔗 TeamSnap Soccer Skills & Drills Library

🛠️ Skill Builders (All Ages)

- 🎥 Tic Tacs
- 🎥 Circles
- 🎥 Slides
- 🎥 V-Cut

🐣 U5 / U6 (Pre-K & Kinder)

🎥 Watch Playlist

Activities:

- Red Light Green Light
- Dribble Through Gates
- Body Part Dribbling
- And more…

⚽ U8 (1st & 2nd Grade)

🎥 Watch Playlist

Activities:

- Capture the Balls
- Team Ball Tag
- Shield Steal
- And more...

🔥 U10 / U12 / U16

🎥 Watch Playlist

Activities:

- Hot Spot
- Hawaii
- 1v1 and 2v1 from Sideline to Two Goals
- And more