

AGES 5-8 / FUN GAMES

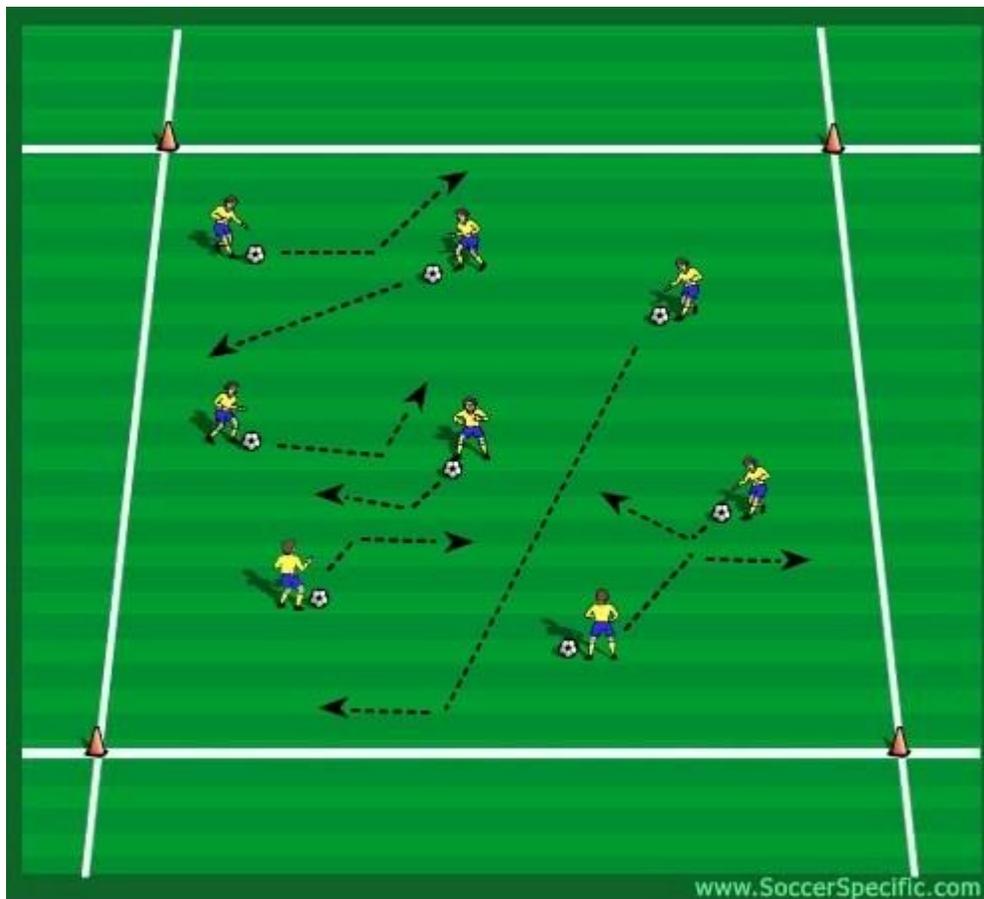
Terminator Tag

Emphasis:

Confidence on the ball while gaining touches.

Set-up:

Each player dribbles their ball throughout a 15 x 20 yard grided area. Structure grid size smaller or larger based on the number of players present. Ideally you want players to have spaces available to run into as the exercise progresses.



Objective:

Fun! This allows for change of direction, tight touches and a change of speed. This forces players to dribble with their eyes up seeing the ball and the open spaces around them as they maneuver through the tight spaces.

Progression:

1. Players try to tag the other players within the grid.
2. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others.
3. As the player is tagged a second time, they must continue dribbling while holding both tagged areas.
4. When the player is tagged a third time, they move to the outside of the grid and completes an exercise before rejoining the group. Example: 5 juggles or ball taps.

Coaching Points:

- Keep the ball tight to the foot
- Eyes up seeing ball
- Avoid running into each other
- Be deceptive – try and sneak up on players from behind
- Utilize the outside of the feet, pushing the ball away from the opposition
- Lower your center of gravity

Knock It Out

Emphasis:

Changing direction and changing speeds while maintaining control of the ball.

Set-up:

One ball per person.

Grid size should be approximately 20 x 20 yards



Objective:

For players to get comfortable on the ball while moving with the ball.

Progression:

1. Each player wants to kick the other players' ball out of the grid.

2. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball.
3. Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches.
4. If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into
- Be strong in the tackle
- Be determined to hold onto your ball

Which Body Part

Emphasis:

Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.

Set-up:

Each player dribbles their ball throughout a 15 x 20 yards grided area.

Structure grid size smaller or larger based on the numbers of players present.

Ideally you want enough space available to run into as the exercise progresses.



Objective:

To have fun! Players need to be able to change direction and speed. Tight touches are encouraged while maintaining ball control. Players must be able to listen to the coach's instruction as the exercise progresses. Vision is all important as players need to see the open spaces within the grid and move into it or out of it as it fills up.

Progression:

1. The coach will call out a specific part of the body. As he does, the player will stop their ball with that part of the body.
2. Utilize the heel, sole, laces, toe, outside of the foot, thighs, rear, stomach, elbows, shoulders, forehead and anything else that may be appropriate.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and space
- Keep arms out for balance
- Avoid running into each other
- Develop a comfort level between the ball and the player

Bumper Balls

Emphasis:

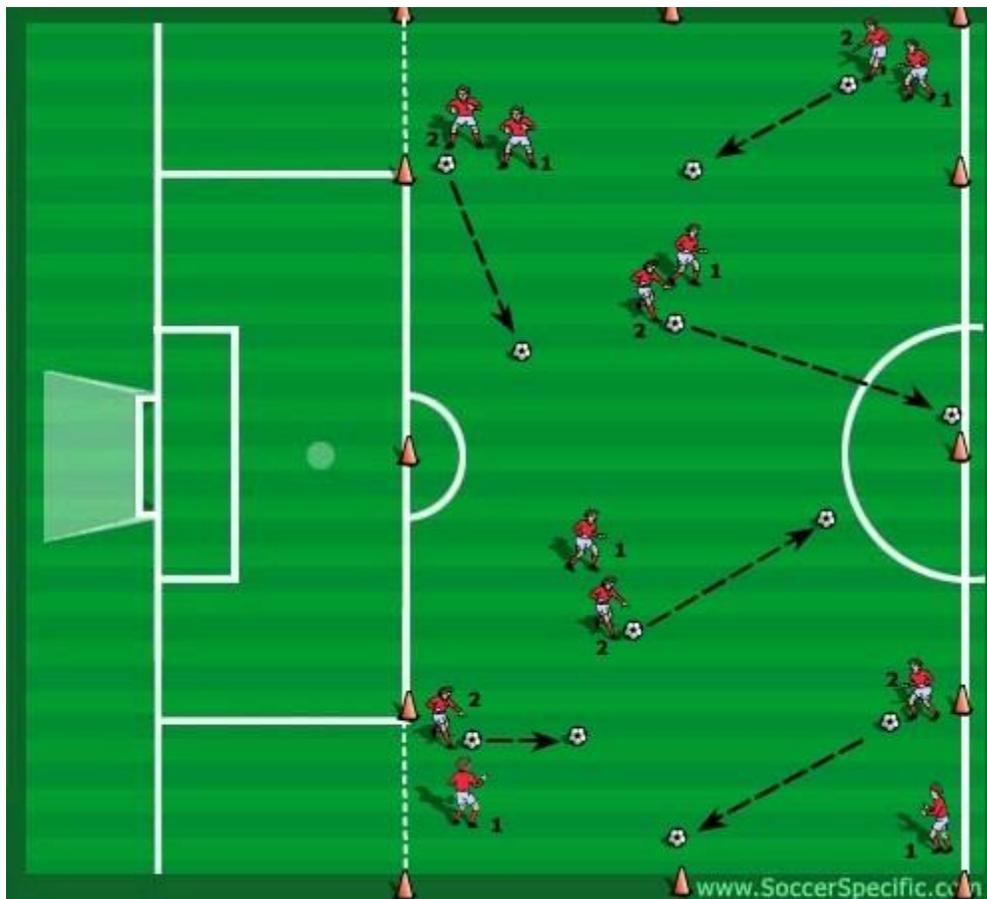
Accuracy of passing.

Set-up:

One ball per person.

Grid size should be approximately 70 x 60 yards.

A full half field would be ideal.



Objective:

For players to get comfortable striking a ball with the inside of the feet for accuracy and utilizing the instep drive over distances.

Progression:

1. Player #1 and #2 stand next to each other to start.
2. Player #1 passes his ball forward. The distance does not matter (10-20 yards approximately). Player #2 let's player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball.
3. Every time a player hits his opponent's ball they collect a point.
4. The player that gets three points first wins.
5. Players keep alternating passes until one hits the other players' ball.
6. Winners and losers from different groups are paired and repeat the exercise.
7. Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to full rest.
8. Final progression to direct players to use a specific part of their foot only during that particular game.

Coaching Points:

- Weight of passes
- Timing of the pass
- Accuracy of the pass
- Utilizing instep with inside the foot as well as the outside of the foot

Learning New Moves

Emphasis:

Learning new moves from other players as well as the coach.

Set-up:

One ball per person.

Grid size should be approximately 20 x 20 yards.



Objective:

For players to experiment with new moves as well as get comfortable on the ball.

Progression:

1. A player is chosen to show his fellow players a favorite move a few times.
2. The player then shows all the players how break the move down.

3. Allow players some time to practice the move.
4. After a few minutes allow a new player the opportunity to show their favorite move.
5. Have players pair up 5 yards apart, alternating dribbling at each other in order to perfect their moves. To build confidence, do not allow the defender to steal the ball until the move has been perfected by each player.

Coaching Points:

- Keep close control of the ball
- Don't be afraid to make a mistake
- Listen to teammates explain the move
- Pay attention to the details
- Be explosive

Roe-Sham-Bo

Emphasis:

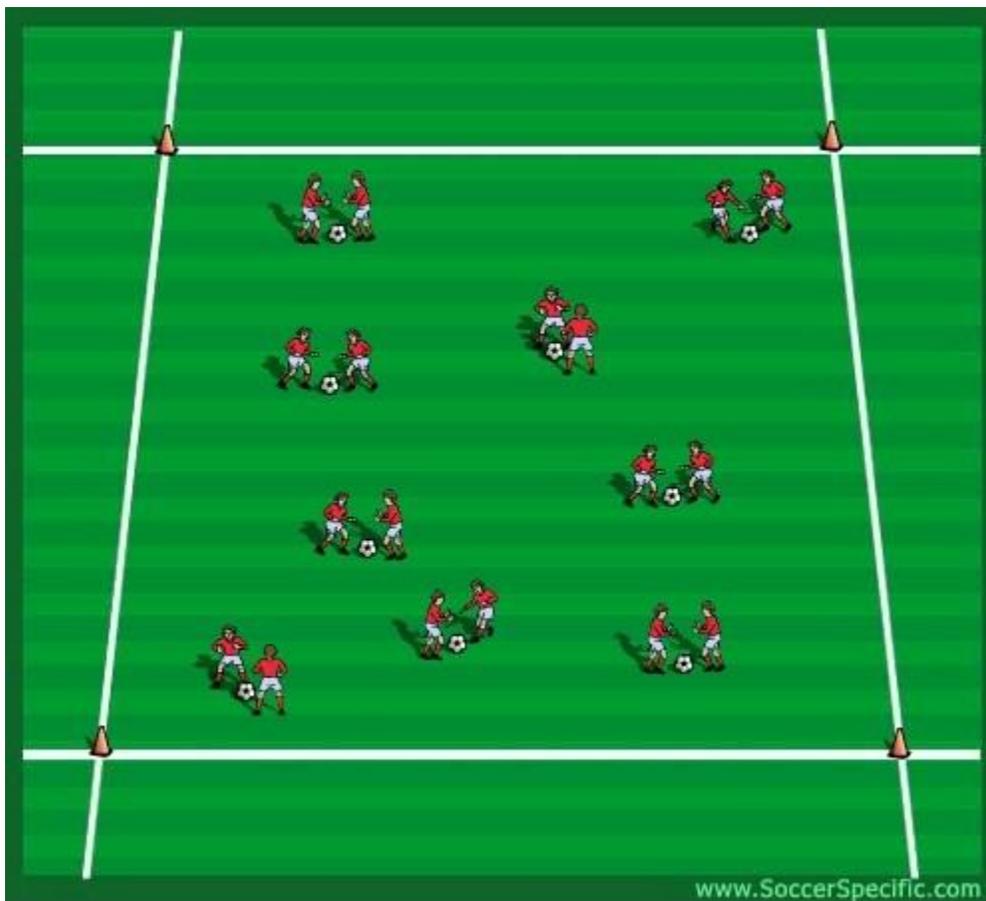
Fun game!

Speed of thought and quick reactions.

Set-up:

Two players form a pair.

Each pair has one ball.



Progression:

1. Each player within his pair counts out loud ROE, SHAM, BO or 1, 2, 3. At the end each player throws down their hand in a symbol of a clenched fist for rock; two fingers for scissors; and open palm for

paper. Rock beats scissors, scissors beat paper and paper beats rock. It must be done quickly and with both players standing within a foot of the ball. If each player throws the same symbol then it's a wash.

2. Once a pair has figured out which player has won, that player has three seconds to try and hit his partner with the ball. If he misses then no points are awarded.
3. The first player to hit his partner three times wins.
4. Put winners with winners of other groups and losers with losers and find a champion.

Coaching Points:

- Agility
- Vision
- Reaction time
- Cheeky little flicks with the ball

Double Headed Snake

Emphasis:

Changing direction, changing speeds, passing and ball control. Players that have a partner will work on communication and agility.

Set-up:

Appoint several players to be it.

These players will each have a ball.

All other players interlock elbows moving as a pair.

Grid size should be approximately 20 x 20 yards.



Objective:

For players to get comfortable on the ball while changing direction and speed. Players will increase their passing efficiency.

Progression:

1. Players with ball will dribble around the grid trying to get close to the double headed snake.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snakes below the knees.
3. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.
4. Switch players so everyone has a chance to be the snake catcher.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Contact on the ball
- Follow thru toward target
- Utilize the outside of the foot to cut the ball

Follow the Leader

Emphasis:

Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.

Set-up

Players need to be in groups of twos.

Each group will have one ball per group of two.

Grid size should be approximately 20 x 20 yards.



Objective:

For players to get comfortable on the ball while changing direction and speed.

Progression:

1. The player with the ball will dribble while following the player without the ball.
2. The player dribbling will try and maintain a close distance between him and his partner.
3. The player without the ball leads by walking fast. As coach feels they are technical enough, the leader may start jogging slowly, increasing the difficulty for the playing following dribbling.
4. Allow players to switch.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Utilize the outside and inside of the foot to cut the ball
- Keep the gap close between the leader and the man with the ball
- Avoid running into each other

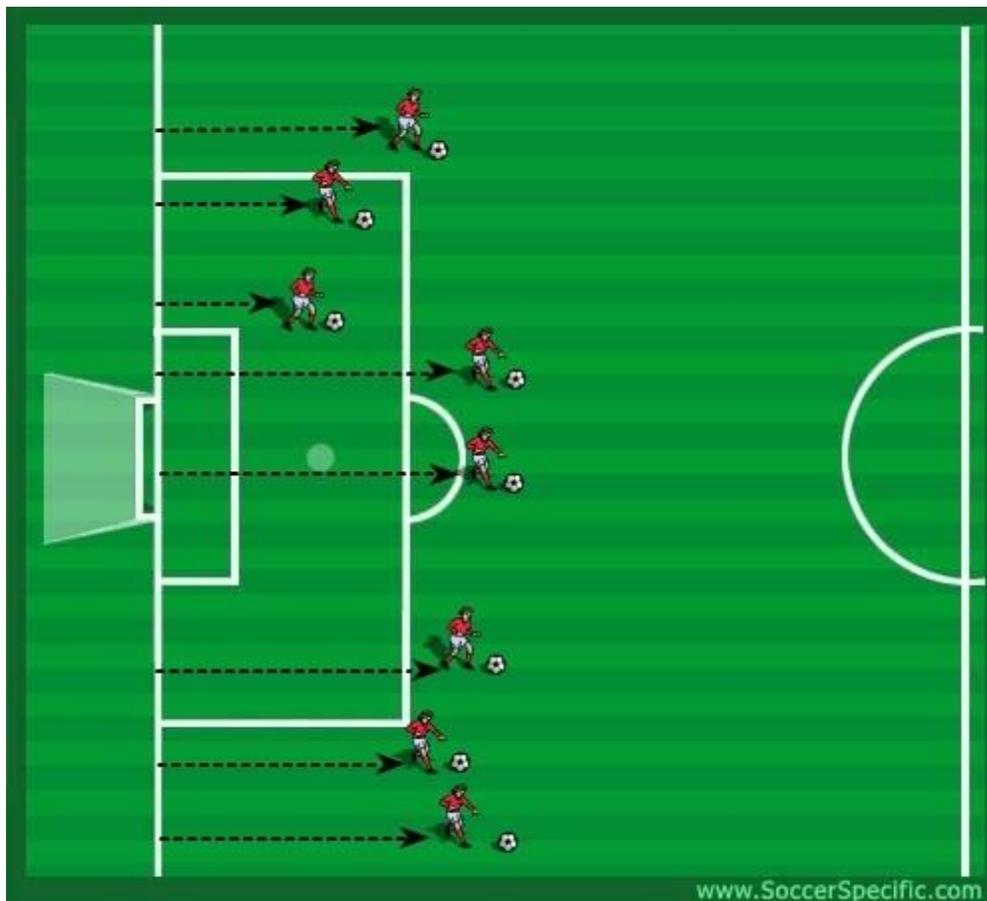
Red Light, Green Light

Emphasis:

Dribbling, ball control

Set-up:

All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away.



Objective:

When the coach yells “green light” the players dribble forward at full speed while maintaining control of the ball. On the coaches command, “red light,” the players must stop the ball immediately with the bottom of their foot. Any player who fails to do so must start at the end line. The first player to stop the ball on the midfield line wins the game.

Progression:

1. “Red light” player must quickly turn back and stop the ball.
2. Players must only use the left foot only....

Coaching Points:

- Maintain body control.
- Touch the ball every other stride.

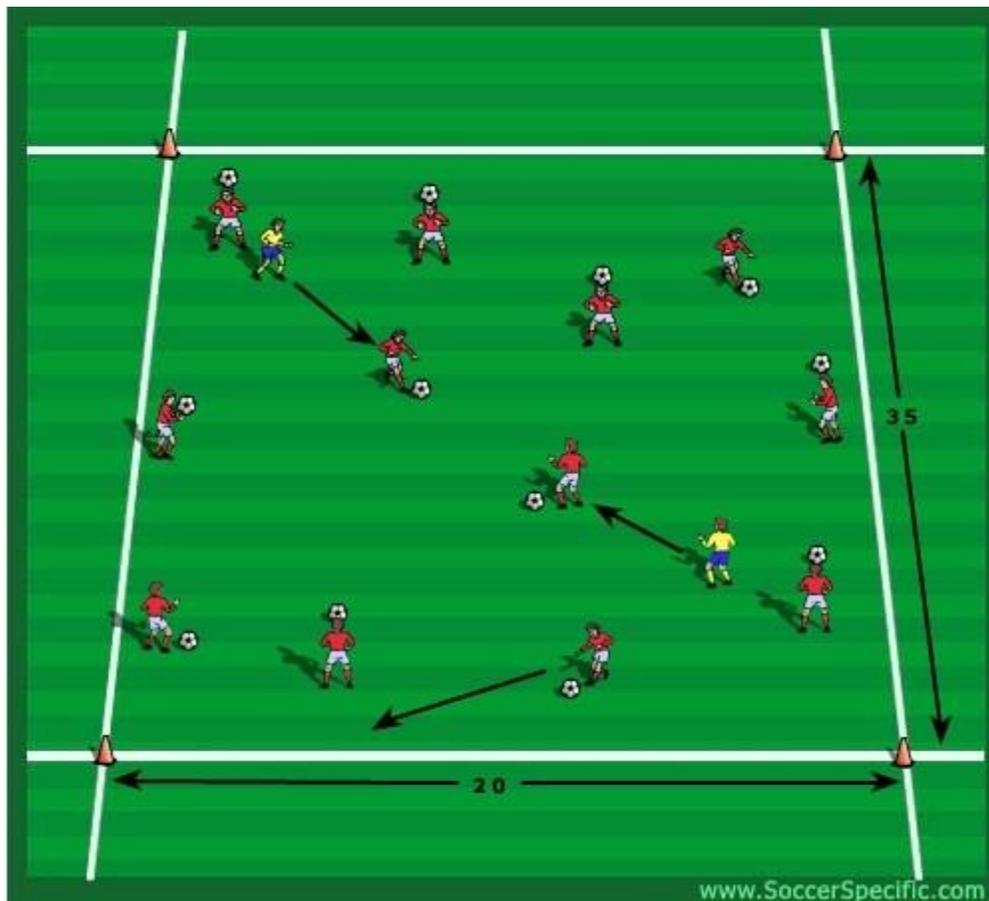
Statue Tag

Emphasis:

Dribbling

Set-up:

12 players, each with a ball, try and avoid two defenders in a 20×35 yard grid.



Objective:

If one of the 12 players is tagged by a defender or if their ball is forced out of the grid, they become a statue. They hold the ball over their head keeping their legs spread apart. The statue may join back in if another attacker dribbles their ball through the statue's legs. Play for 2 minutes and change the roles of the players.

Progression:

1. The statue must do 10 push-ups and then hold the ball above their head.
2. Increase the amount of time working.

Coaching Points:

- Keep your head up at all times.
- Dribble away from pressure.

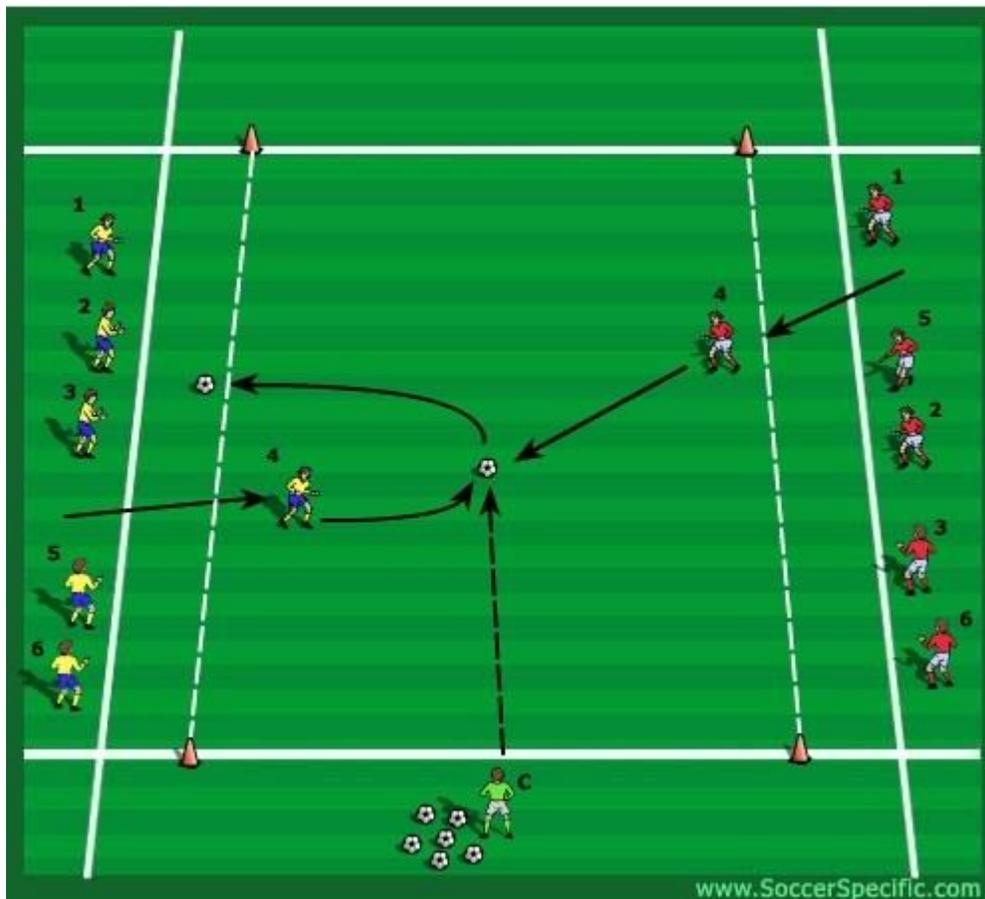
Zone Soccer

Emphasis:

Dribbling and defending

Set-up:

Two teams send out one player into a 15X10 yard grid, with a 2 yard end zone on either side.



Objective:

The coach dictates the point of attack and serves the ball into the area. The two players compete to win the ball and dribble the ball into the opponent's two yard zone, and stop it with the bottom of their foot. Once the point is scored, the defender becomes the attacker going the other way. If the ball leaves the grid, then the next ball is served in and two new players compete. The pair of players is changed following a goal or after 1 minute has elapsed. The team scoring the most goals wins the game.

Progression:

1. Increase the size of the grid.
2. Increase the depth of the end zones.
3. Make it a 2v2 or a 3v3.

Coaching Points:

- Close down your opponent's space quickly.
- Force the opponent to one side.
- Lower your center of gravity and watch the ball.

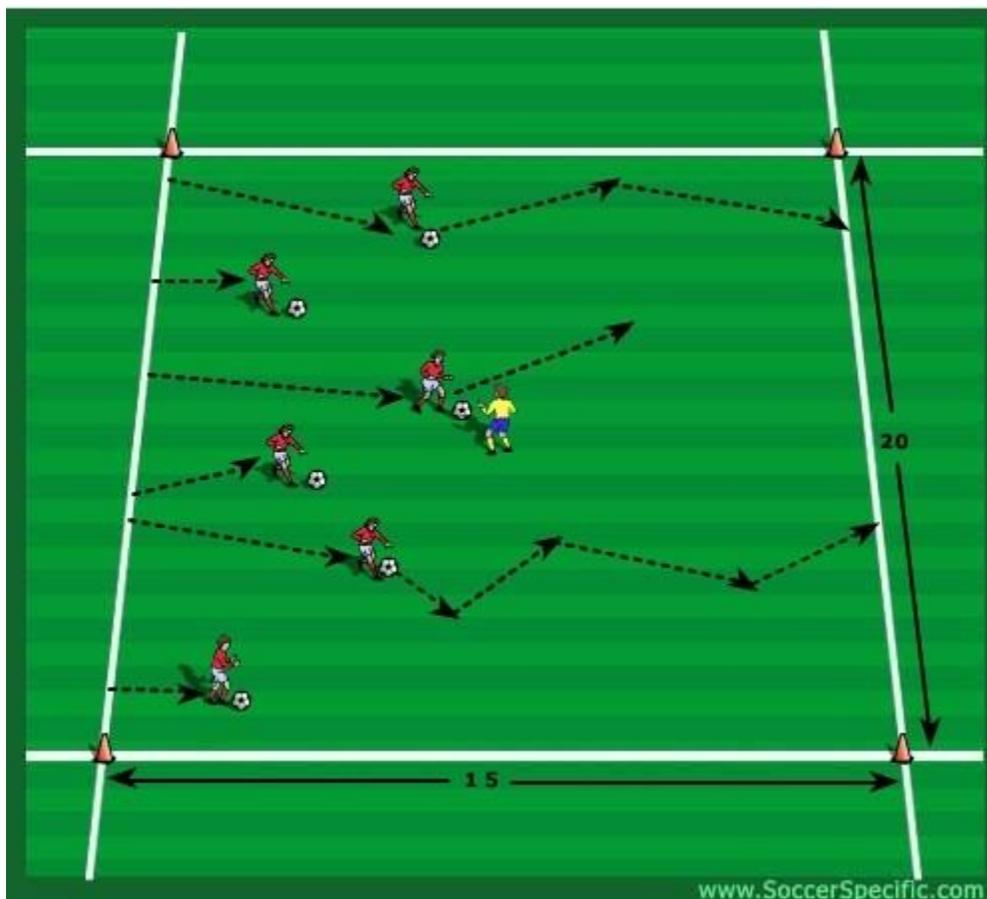
The Dribbling Gauntlet

Emphasis:

Speed dribble and cutting the ball

Set-up:

Make a 20×15 yard grid. One defender, without a ball, stands inside that grid. The rest of your team stands on the longer end line with a ball.



Objective:

Upon the coach's shout, the attacking players dribble at speed to the other side line. If the defender kicks the ball out of the grid, that attacker now becomes an additional defender without a ball. The last player to make it through the gauntlet wins the game.

Progression:

1. The defender must start 5-10 yards back from the line.
2. Must only dribble with the left foot, right foot....

Coaching Points:

- Keep your head up at all times.
- Dribble away from pressure.

Multiple Goal Dribbling

Emphasis:

Dribbling and defending

Set-up:

Create a 20×20 yard grid and randomly place four, six foot wide goals made by cones or flags. Divide your players into pairs, each with a ball. Have plenty of extra balls on the perimeter of the grid.



Objective:

One of the players starts as the attacker and the other is the defender. All pairs are working at the same time, and the attacker is trying to dribble through as many gates as possible while maintaining possession. If the ball

is won by the defender, the ball is returned to the attacker. After 1 minute, switch the roles of the players and play for another minute. The player that goes through the most gates wins.

Progression:

1. Must find a new gate each time.
2. On a turnover, switch the roles.

Coaching Points:

- Score early and break the opponent's mentality.
- Force the opponent away from the gates.
- Use fakes and shot fakes to get the defender off balance.

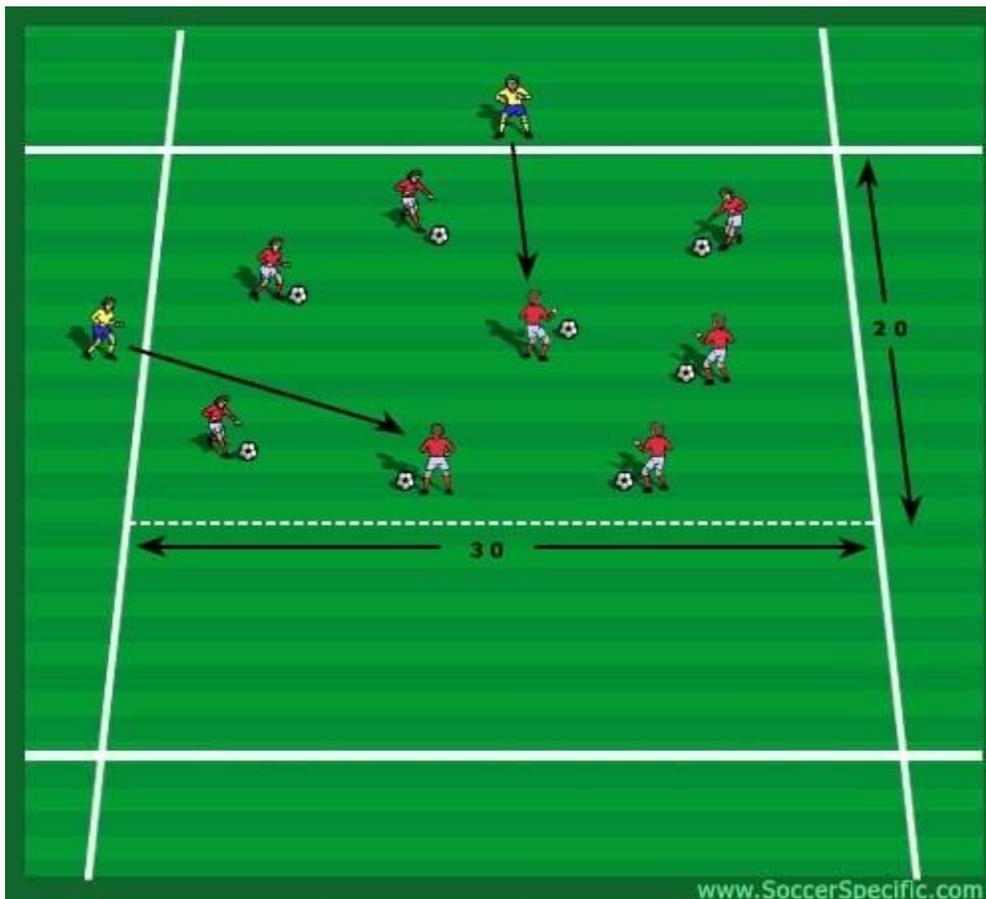
Ambush

Emphasis:

Dribbling, passing, receiving, and tackling

Set-up:

Make a 20×30 yard grid. Place two players (hunters) on the outside of the grid in bright colored pennies. The remaining players are inside the grid with a ball each.



Objective:

The hunters yell “ambush”, and enter the grid and try and kick the balls away from the dribblers and out of the grid. If the ball is kicked out, those players remain in the game and can now combine passes with the remaining players with balls. The game ends when the last ball is kicked out of the grid. Assign new “hunters” after each game.

Progression:

1. Increase the number of hunters.
2. Make the grid smaller.

Coaching Points:

- Dribble away from pressure.
- Shield the ball if attacked.

Capture The Ball

Emphasis:

Dribbling

Set-up:

Make a 30×30 yard grid. In all four corners of the grid, place four 10×10 yard zones. Within each of the zones are three to four players, depending on how many you have. Place an equal amount of balls in each of the four grids.



Objective:

At the start of the game, any or all teammates may venture out and try and enter an opposing teams grid, steal a ball, and dribble it back to their own grid without losing possession. Only one player can guard the grid at a time. The team with the most balls after a minute wins the game.

Progression:

1. Make the grid smaller.
2. Eliminate the guarding player.

Coaching Points:

- Attack in numbers.
- Communication between each team is crucial.

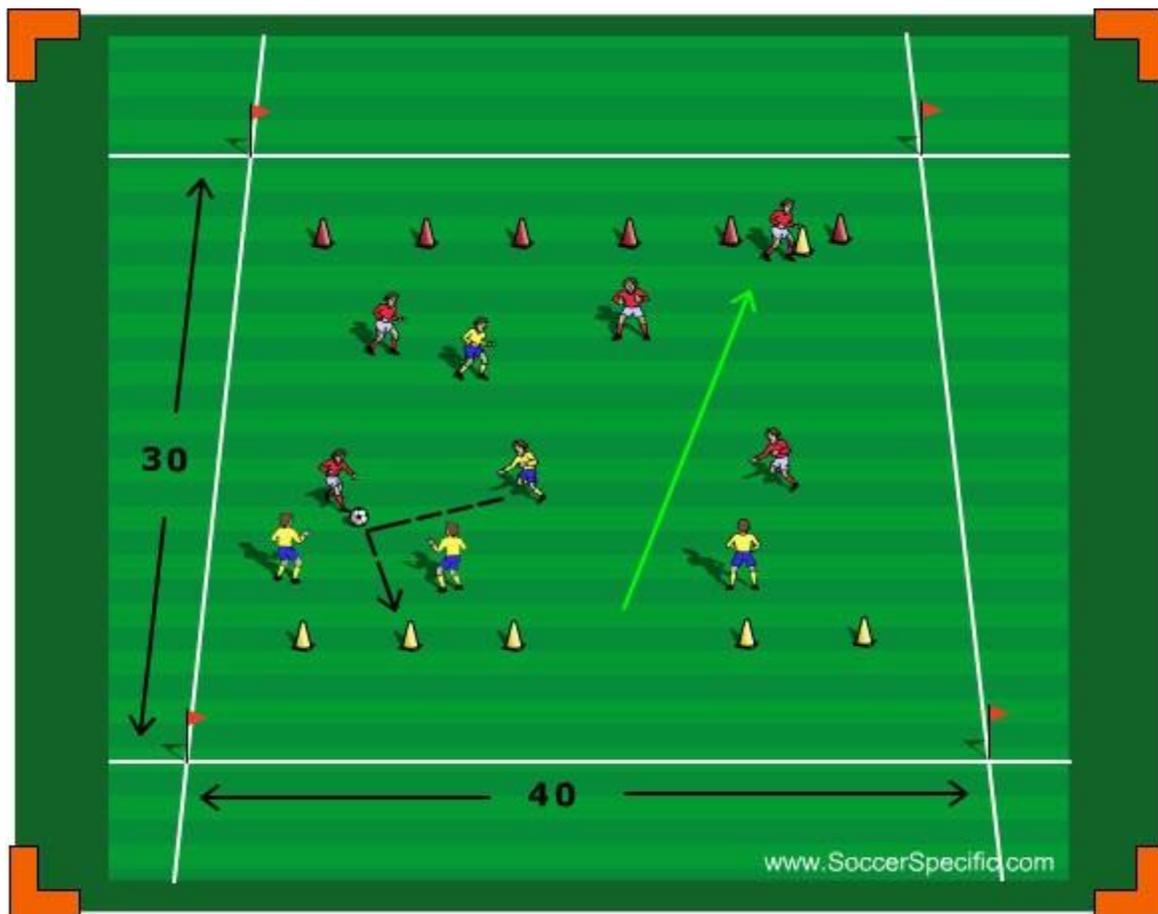
Defending The Cones

Emphasis:

Passing and dribbling

Set-up:

Create a 40×30 yard grid. Evenly place six cones, five yards in from each end line as shown. Divide the team into 5v5 and place them in the grid.



Objective:

Both teams attempt to maintain possession and pass the ball to knock over the opposing team's cones. If the cone is knocked over, the attacking team must grab that cone, bring it back, and add it to the cone line that they are defending. Play for a designated period of time. The team that has more cones in their defensive line is the winner.

Progression:

1. Lower the touch stipulation (1 and 2 touch max).
2. Decrease the size of the grid.
3. Using the weaker foot counts as double.

Coaching Points:

- Play the way you face.
- Must pressure the ball-no free service.