



Florida Youth Soccer Association

A Fun Guide to Soccer Activities For Young Players

We Are Youth Soccer!



FYSA Young Player Soccer Development Activities

We hope that you enjoy using this Young Player Activity Guide. The activities shown in this guide were part of the former U.S Soccer National Youth License curriculum with additional activities created by the coaching staff of Soccer Academy Inc.

Some of the activities may not look like the game of soccer but involve one of the 4 components of the game – Technical, Tactical, Physical and Psychosocial. They engage the player in both their cognitive and motor skills development.

Remember that the areas shown are, for the most part, rectangles in order to replicate the field that they play their games on and as a coach you may vary them in size due to the age of the players as well as their abilities.

We are all involved in the game to create a fun, enjoyable environment in which to develop our players, and these activities will help create that as well as a love for the game.

Keep kicking,

Mark Godwin

Associate Director of Coaching
Florida Youth Soccer Association

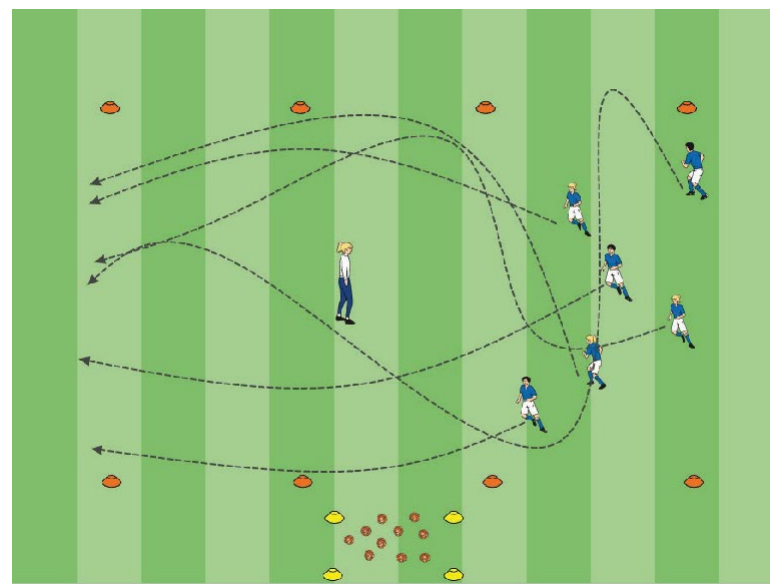
CONTENTS

BLOB MEN	1
BODY PARTS.....	2
BOX GAMES	3
BUMPER BALL	4
CHICKEN RUN.....	5
CLAPPING GAMES	6
CONE TO CONE.....	7
CROSS OVER-PART ONE	8
CROSS OVER-PART TWO	9
CRAB SOCCER.....	10
COD, KIPPER, CRAB (DUCK, DUCK, GOOSE)	11
COWBOYS AND INDIANS.....	12
DISK CONE PINNIE	13
DISC RUNNING HOPPING ETC	14
DRAW	15
EVERYBODY'S IT	16
FIND THE DISK/CONE	17
FOXES AND CHICKENS	18
GATE GAME	19
GET OUT OF THERE!	20
GREAT WALL OF CHINA.....	21
GRID RACES	22
HIT THE CONE	23
HOSPITAL TAG.....	24
I CAN DO THIS	25
JACK AND THE BEANSTALK	26
JUNGLE	27
KNEE TAG	28
LADDER GAMES	29
MUSICAL BALLS	30
OLD MACDONALD	31

CONTENTS

OUCH!.....	32
PASSING IN PAIRS.....	33
KING OF THE RING.....	34
PINNIE COLOR	35
RED LIGHT/GREEN LIGHT	36
RETRIEVAL ACTIVITIES	37
SHARK ATTACK	38
SHARKS AND MINNOWS	39
STEAL THE BACON.....	40
SIMON SAYS.....	41
SNAKE IN THE GRASS.....	42
SUPER HEROS	43
TAG	44
TAIL TAG.....	45
TIGER BALL.....	46
TUNNEL SOCCER	47
TUNNEL TAG/MUD MEN	48
TURTLE TAG	49
WAKE THE GIANT!.....	50
WHAT TIME IS IT MR. WOLF?	51

1. BLOB MEN



ORGANIZATION

15x25 area. Have players stand at one end, without a soccer ball.

HOW TO PLAY

The coach is the tagger in this game (Blob Man). The players must try to get from one side of the grid to the other, without being tagged. If they are tagged, they become a blob man as well. The game continues until everyone is tagged. Next time one of the players can start as the Blob man.

PROGRESSION

Introduce a soccer ball.

2. BODY PARTS



ORGANIZATION

15x25 area. Players with a soccer ball inside area.

HOW TO PLAY

Players start by dribbling ball around area. The coach will call out different body parts. The players must respond by stopping the ball with that body part e.g. Right foot, ear, chest, ankle etc.

COACHING POINTS

1. Keep the ball close to you and under control.
2. Look up don't bump into anyone.

3. BOX GAMES



ORGANIZATION

Set up two small boxes roughly 10x10 (make them color coordinated e.g. red or yellow) and about 10 yards away from each other. Split the players into two teams and place one team into each box.

HOW TO PLAY

There are many different games that can be played with this setup, here are a few. For each variation, award the winners one point. Make it a competition.

1. WITHOUT A BALL-Simply have a race from box to box. Introduce hopping, crawling, skipping, backwards running and other fun stuff.
2. WITH SOCCER BALLS- they must race again but this time carry the ball to the other box and get them to sit on them to finish. Variations include dribbling, carrying the ball between legs etc.

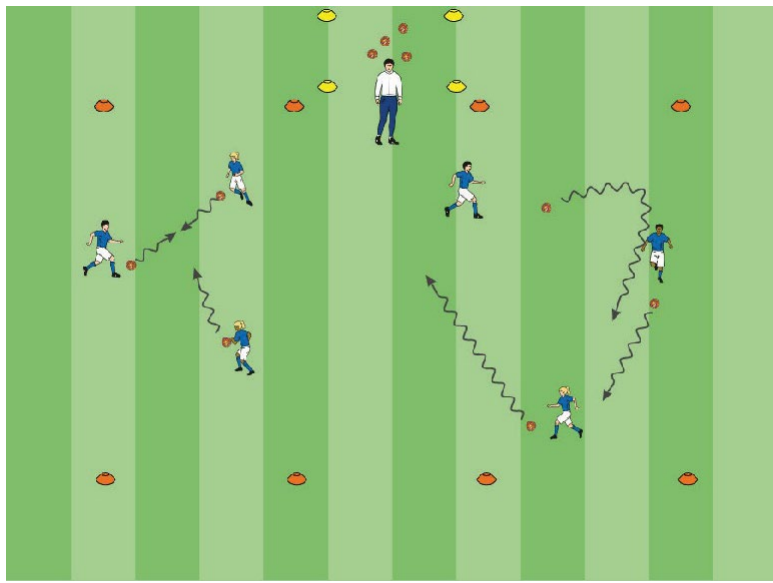
PROGRESSION

Ask players to think of different ways to get to the boxes.

COACHING POINTS

1. Don't bump into players - Look up.
2. Dribbling ball with correct part of foot.

4. BUMPER BALL



ORGANIZATION

15 x 25 area. All the players with a ball each inside area.

HOW TO PLAY

Everyone has a soccer ball and must use their feet in this game. The game starts with the players dribbling the ball around. They must try to hit their ball against the other player's balls. If they succeed, they shout "Bumper Ball". For each time they are successful award a point.

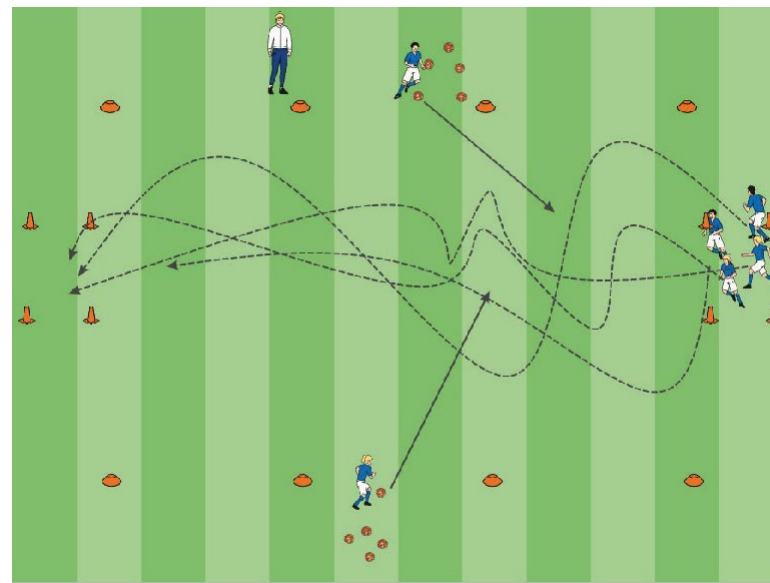
COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

PROGRESSION

Target one player, award ten points for that player. Everyone must now try to get them. Give each player a go at being the target and award points for getting them.

5. CHICKEN RUN



ORGANIZATION

20x10 grid with a 5x5 area at each end of the grid. One team starts in these areas without a soccer ball. The other team lines up outside the grid with soccer balls.

HOW TO PLAY

Team x must try and run from A to B, one player at a time. If they manage this successfully, they will get a point. But as they are running the other team will be hitting balls at them, if the players get hit, they get no points and must return to the start. Switch teams after three outs. The kids are only considered out if a ball hits them on the knee or below.

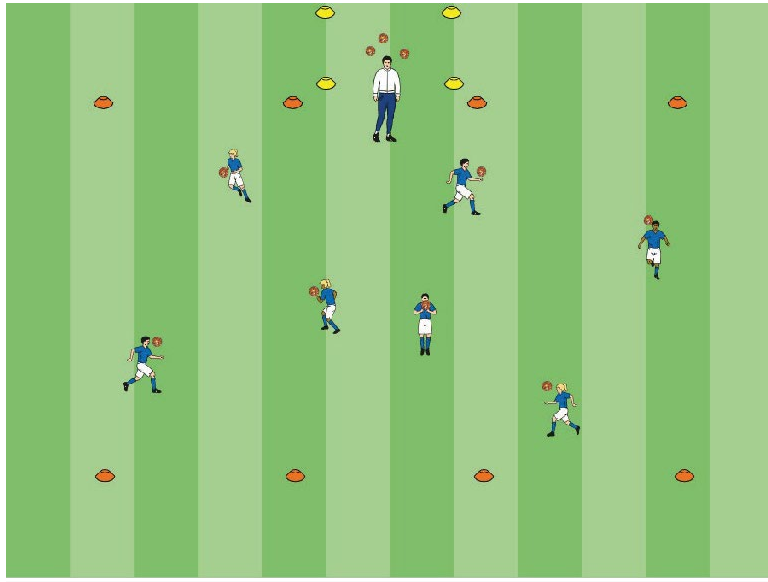
PROGRESSION

Introduce a soccer ball. Players must dribble a soccer ball as they run from A to B.

COACHING POINTS

1. Pass ball with correct part of foot.
2. Look where you want to pass the ball.

6. CLAPPING GAMES



ORGANIZATION

15x25 area. All players within disked area, with a soccer ball each.

HOW TO PLAY

Coach gives players different tasks to carry out when they have the ball in their hands. Here a few examples.

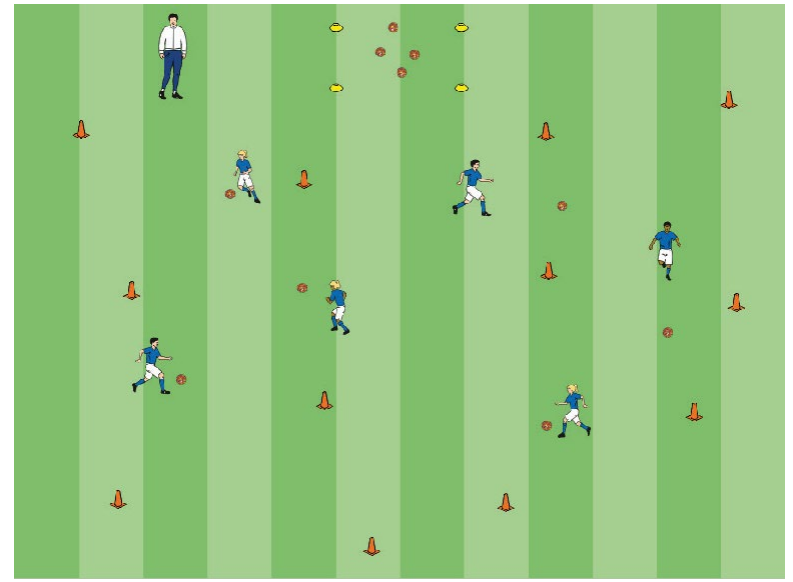
1. Throw ball into air and catch again.
2. Throw ball into air and clap hands (see how many times) and catch again, make it a competition.
3. Throw ball into air turn around and catch the ball.

Many other variations are possible; vary depending on skill level of players.

COACHING POINTS

Keep your eye on the ball.

7. CONE TO CONE



ORGANIZATION

No marked area is needed. Setup lots of tall cones in a random order. Players do not need a ball to start with.

HOW TO PLAY

Coach gives players different commands. E.G. Players start at a cone. One player per cone, they get a point for each cone they can touch with their right hand.

Some other variations.

1. You get a point for running around a cone once
2. You get a point for every time you go around a cone backwards.

PROGRESSION

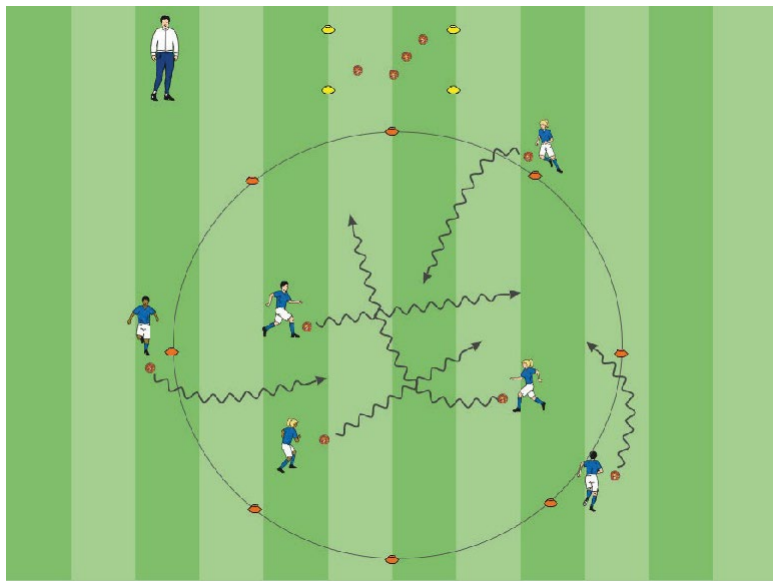
Introduce a soccer ball. This time try some of the following variations.

1. Dribble the ball from cone to cone, one person per cone, when you get to the other cone, stop with your foot on the ball.
2. Dribble to the cone, one point awarded for a drag back turn just before you reach the cone.
3. Dribble the ball around the cone.
4. Use other foot.

COACHING POINTS

How to control ball. How to dribble with ball. Head up etc.

8. CROSS OVER-PART ONE



ORGANIZATION

Set up a large circle about 15 yards wide using disks/cones.

HOW TO PLAY

Kids dribble around the circle. On the coach's signal, the players attempt to cross through the circle without touching each other and continue.

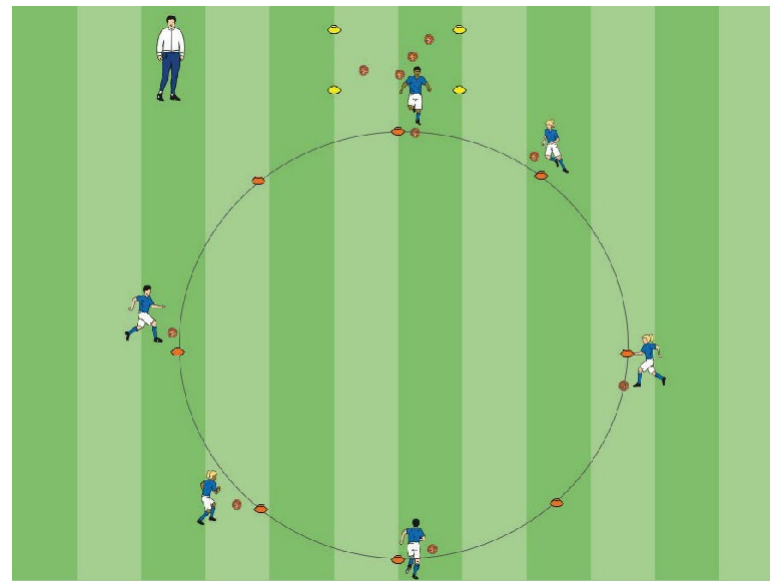
PROGRESSION

Introduce calls e.g. 1# 2# - Change direction, get a new ball.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

9. CROSS OVER-PART TWO



ORGANIZATION

Set up a large circle about 15 yards wide at the center using disks/cones. Have the kids stand at a disk with one ball each.

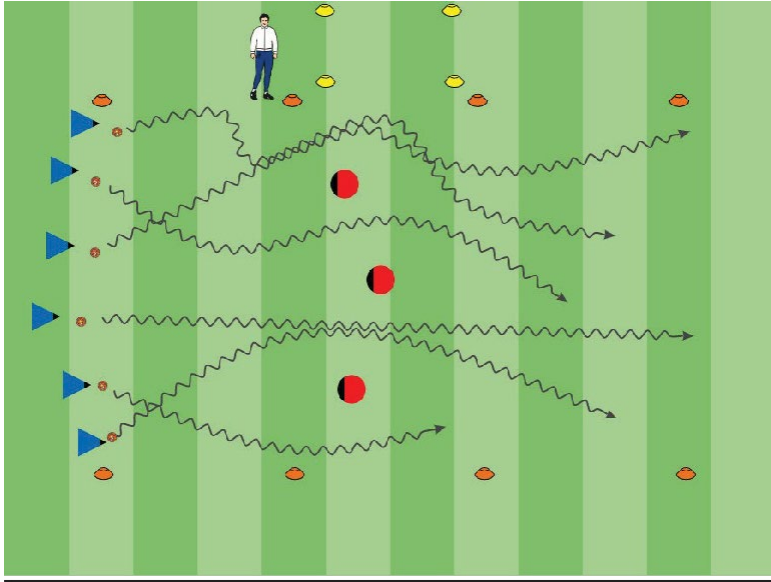
HOW TO PLAY

This is very similar to the last game. This time rather than have the kids run around the circle get them to run across the center of the circle to the opposite side. Get them to carry or dribble balls.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

10. CRAB SOCCER



ORGANIZATION

20x30 grid. One team named the crabs.

HOW TO PLAY

One of the teams must be the crabs and the other team must try to dribble from one end of the grid to the other. The crabs try to stop the progress of the players with the ball. Rotate. (The crabs must be on all fours, arms and legs behind them)

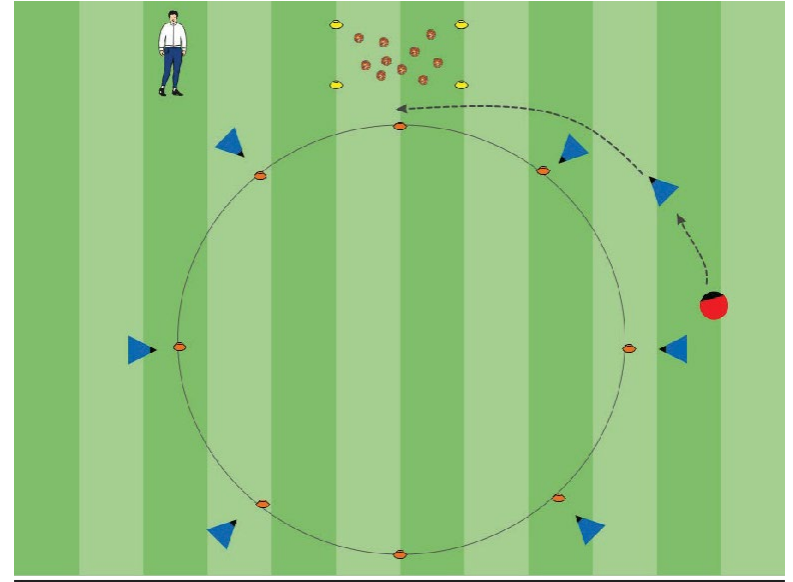
PROGRESSION

Both teams are crabs, introduce goals for scoring.

COACHING POINTS

1. Close control.

11. COD, KIPPER, CRAB (DUCK, DUCK, GOOSE)



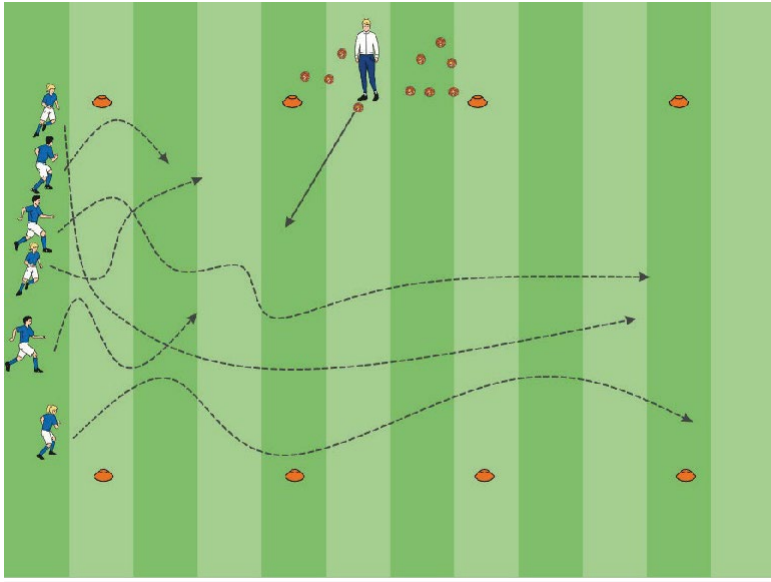
ORGANIZATION

Organize kids into a large circle and get them to sit down, facing inwards.

HOW TO PLAY

The game starts with the coach walking around the outside of the circle. The coach touches each kid on the head and each time he calls either cod or kipper. If he calls out crab, the person touched will get up and chase the coach around the circle as quickly as he can and try to tag him. If the coach is tagged he remains the tagger. But if he successfully gets back to the starting position and sits down, the kid then becomes the tagger.

12. COWBOYS AND INDIANS



ORGANIZATION

15x25. The players are at one end without a soccer ball. And the coach along the side with all the soccer balls. Cowboys can use both sides of the grid.

HOW TO PLAY

The players (Indians) must attempt to get from one end of the grid to the other without being hit by the balls from the coach (Cowboys). The players will only become a cowboy if they are tagged with the ball on the knee or beneath. This can be quite a vocal game and you should encourage the kids to make cowboy and Indian noises.

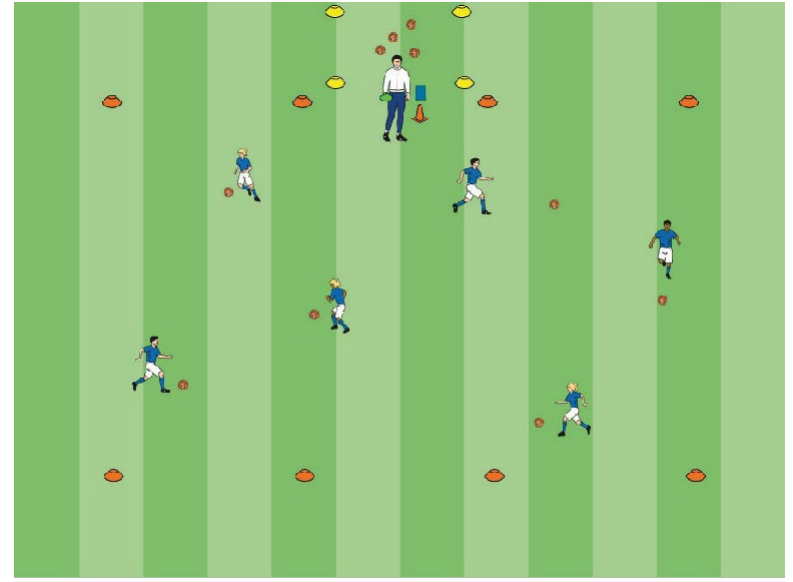
COACHING POINTS

1. Pass ball with correct part of foot.
2. Look where you want to pass the ball.

NOTE

Normally I make the outlines color coded. One side you will have the red mountains and the other side the yellow mountains (using red and yellow disks). At each end of the grid I will place three cones to represent a Wigwam (the players are safe inside their Wigwam)

13. DISK, CONE, PINNIE



ORGANIZATION

15X25 each player with a ball. Coach has a disk a cone and a pinnie.

HOW TO PLAY

Players dribble around the area. If the coach holds up a cone all players must stop with foot on top of the ball. Coach holds up a pinnie, they leave their ball and go and get someone else's. Coach holds up a disk, they must change direction.

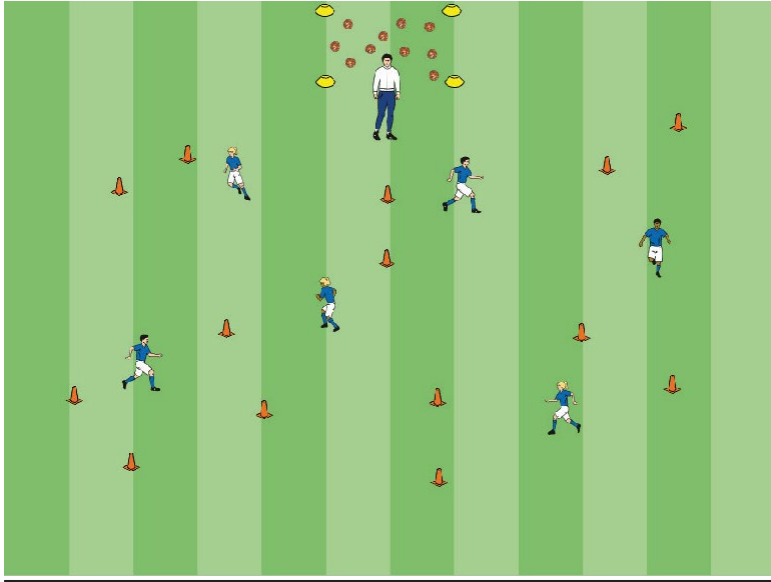
PROGRESSION

Introduce new calls. Coach always moves never stays in the same position.

COACHING POINTS

Head up.

14. DISC RUNNING HOPPING ETC.



ORGANIZATION

No marked area is needed. No balls needed.

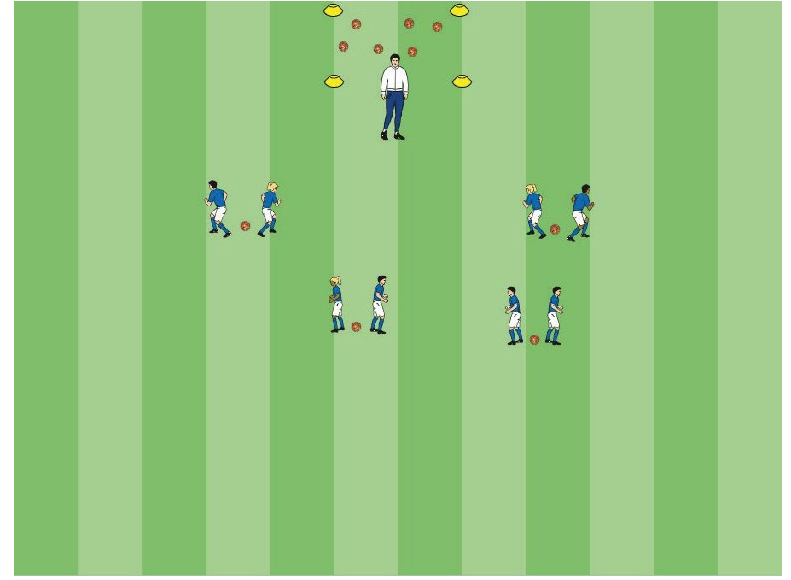
HOW TO PLAY

Coach gives the players different tasks to do such as run forwards through the gates, run backwards through the gates, hop over the cones, skip through the gates etc, etc.

PROGRESSION

Introduce soccer ball.

15. DRAW



ORGANIZATION

No organized area needed. Organize players in pairs with one ball per pair.

HOW TO PLAY

Both kids start with feet parallel. And the ball in between them. On the coach's call "DRAW" the kids try to get their foot on top of the ball and drag (using sole of foot) it back to their side. The first one to pull the ball back to their side gets one point.

16. EVERYBODY'S IT



ORGANIZATION

15x25 area. Each player has a ball; they must dribble the ball inside the area.

HOW TO PLAY

They must try to tag with the other players with their hand whilst keeping control of the soccer ball. Make game competitive by awarding points for each time they tag someone.

PROGRESSION

Use your other foot only.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.
3. Look to see where you are passing the ball.

17. FIND THE DISK/CONE



ORGANIZATION

This game is dependent on what kind of area you are working in. It cannot be played in open space. It is ideal for playgrounds, wooded areas and long grass etc. Simply take several disks and cones and hide them in various locations.

HOW TO PLAY

This can be organized in a couple of ways; everyman for themselves or a couple of teams
e.g. boy's vs girls.

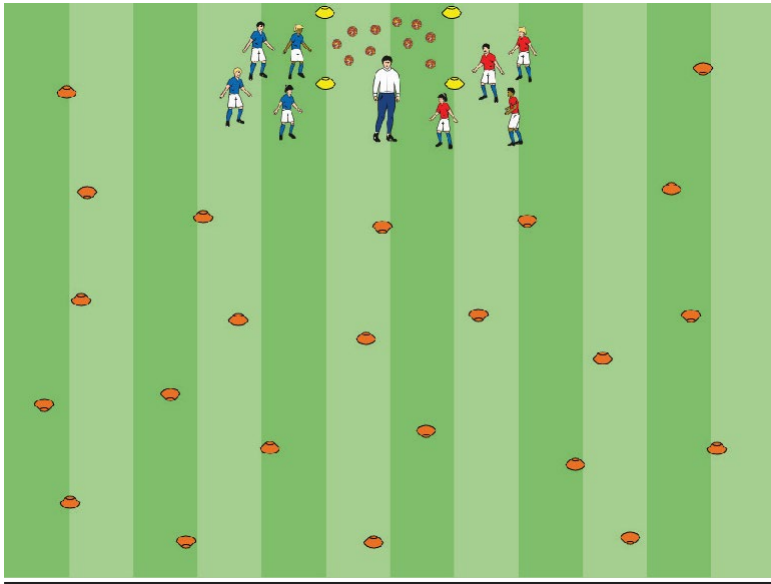
If the latter one is being used set up two bases, one for each team. The kids must now find the disks and bring them back. If using the base, the team with the most disks in the base at the end will be the winner.

Hide disks or cones in trees behind tables in long grass etc...

PROGRESSION

Get the players to dribble the ball as they look for the cones/disks.

18. FOXES AND CHICKENS



ORGANIZATION

15x25 area lay out disks, some facing upwards and some downwards. Now split the players into two equal teams, no soccer ball is needed.

HOW TO PLAY

One team must turn the disks upwards the other team downwards. Set a time limit but don't let them know that, play for 2 mins etc. Each team gets one point for a disk turned their way.

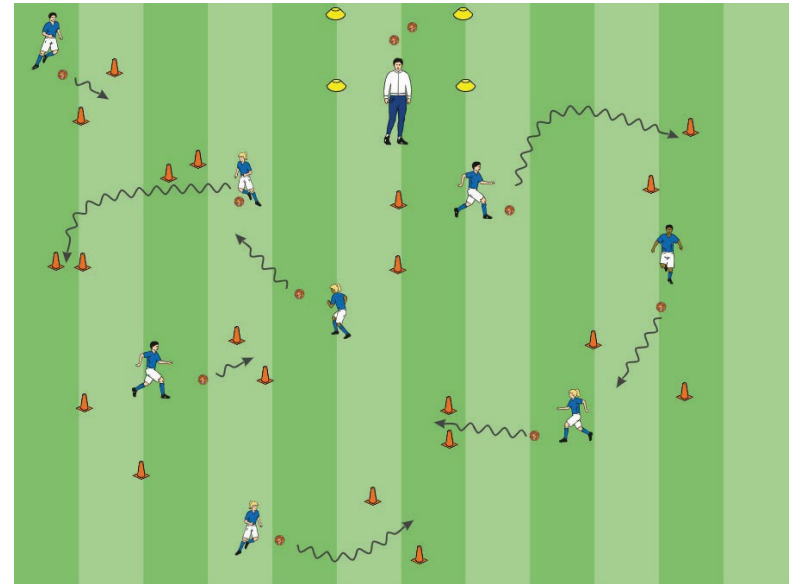
PROGRESSION

Players must touch disk whilst dribbling soccer ball, before they can turn disc over. They must touch disk with soccer ball before picking it up.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

19. GATE GAME



ORGANIZATION

This can be played inside/outside a marked area. Set out several cones in pairs (roughly 2-3 yards apart, make some gates bigger and some smaller). These cones will be the gates for the game.

HOW TO PLAY

Each player has a ball and must dribble the ball through the gates. Certain conditions can be introduced e.g. Right/left foot only. Make game competitive by awarding points for each gate successfully passed.

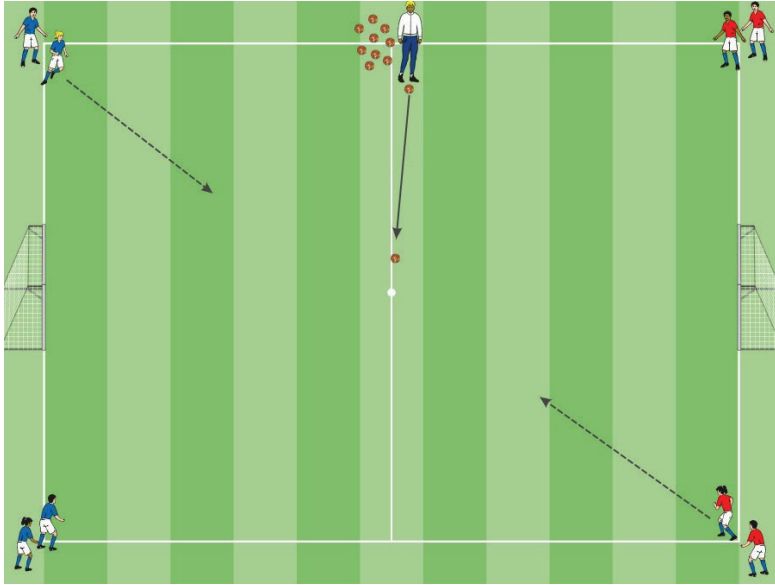
PROGRESSION

Spread gates out, fewer gates, gates smaller.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

20. GET OUT OF THERE!



ORGANIZATION

30x40 field with age-appropriate goals at each end (no goalkeepers). Ball server on halfway line with supply of soccer balls. Two lines of kids at diagonal corners.

HOW TO PLAY

This can be played from 1v1 to 4v4. On the coaches call a ball is played into the play area. The kids play 1v1 to their own goal. Every time a goal is scored their team gets one point.

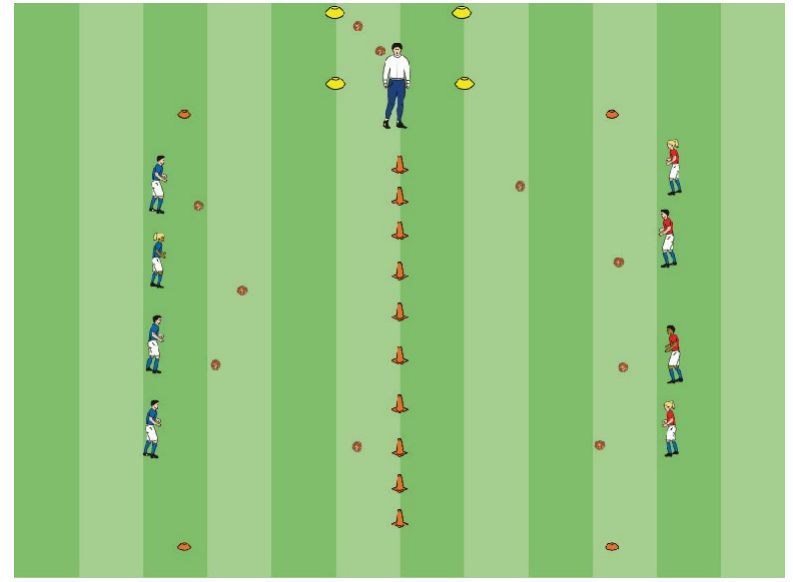
PROGRESSION

Up to 4v4

COACHING POINTS

1. Close control.
2. Hitting ball with correct part of foot.

21. GREAT WALL OF CHINA



ORGANIZATION

Line up several tall cones in a straight line very close to each other (but not touching). Have the kids stand 3-5 yards away with soccer ball.

HOW TO PLAY

On coaches command the kids have one kick at trying to knock down a cone(s). Each time a cone is knocked down a point is awarded to the successful player.

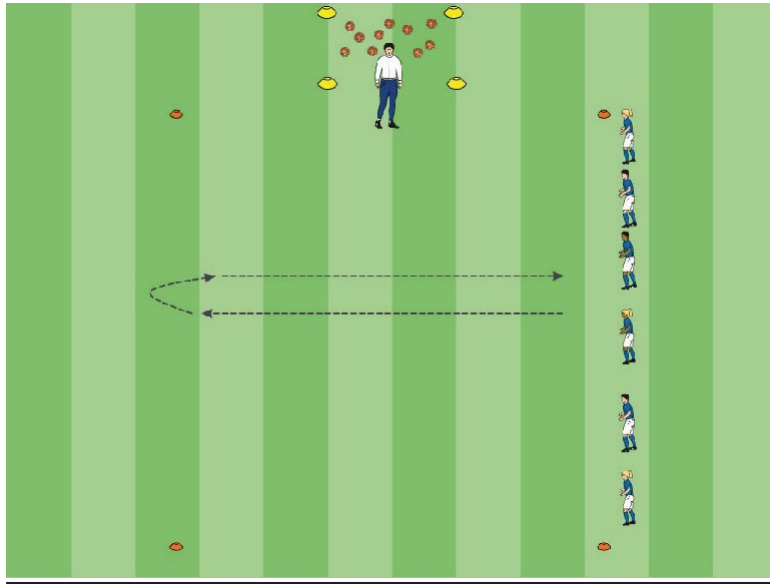
PROGRESSION

Have fewer cones for targets, increase-starting distance from cones.

COACHING POINTS

1. Kick ball with correct part of foot.
2. Look where you are passing.

22. GRID RACES



ORGANIZATION

15x25 area, the players stand at one end, without a soccer ball.

HOW TO PLAY

Several different variations here.

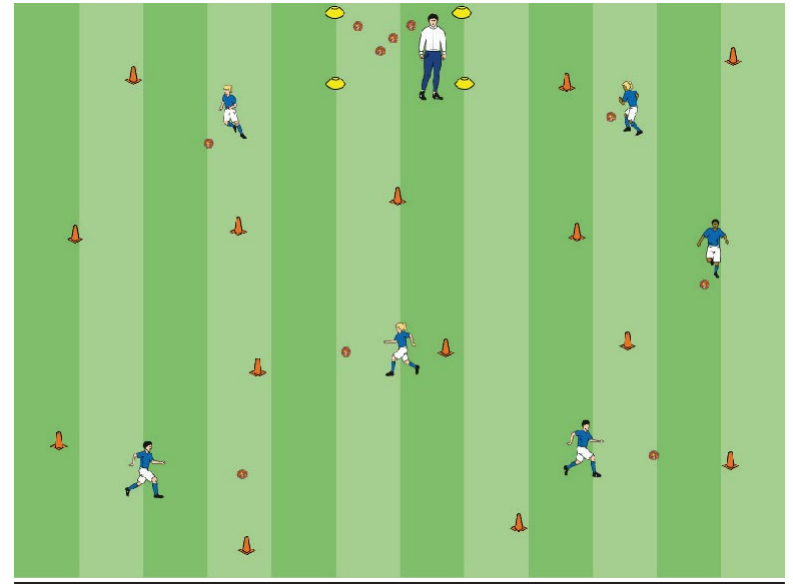
1. Sprints
2. Hopping
3. Crawling
4. Crabs
5. Running backwards
6. Skipping

You can make up your own variations as you go along.

PROGRESSION

Introduce a soccer ball.

23. HIT THE CONE



ORGANIZATION

15x25 area. Inside the area set up tall cones randomly spaced throughout.

HOW TO PLAY

Have the players dribble around and try to knock down as many cones as they can. Each time they knock down a cone they are awarded one point. (Have the kids set the cones upright again after each successful hit, players at this age will like to use their lace to hit the ball. It is very difficult for them to use a push pass)

PROGRESSION

Each time a cone is successfully knocked down by a player; have them pick up the cone and keep it. The kid with the most cones at the end is the winner. Right/left foot only.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.
3. Kick ball with correct part of foot.
4. Look where you are passing.

24. HOSPITAL TAG



ORGANIZATION

15x25 area every player with a ball.

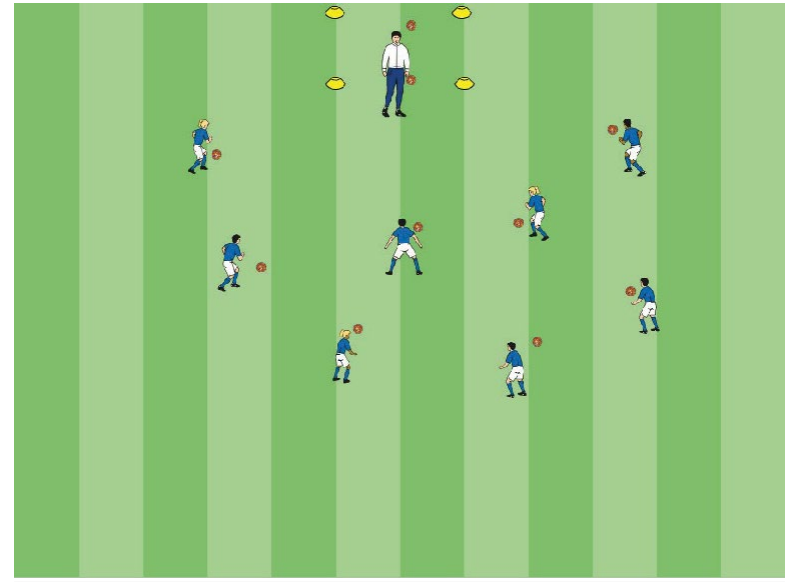
HOW TO PLAY

Same as “everybody’s it”, except each time a player is tagged, the part of the body, which has been touched, must be held e.g. if you head was tagged hold your head with your left or right hand. The players must keep dribbling all the time. If they are touched, again they must hold that body part with their other free hand whilst holding on to the first place that was tagged. The third time they are tagged they must go and see the coach (doctor) who will give them some medicine (toe taps, etc..), which will allow them to continue with their hands free again.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

25. I CAN DO THIS



ORGANIZATION

No fixed area needed. Players with/without ball.

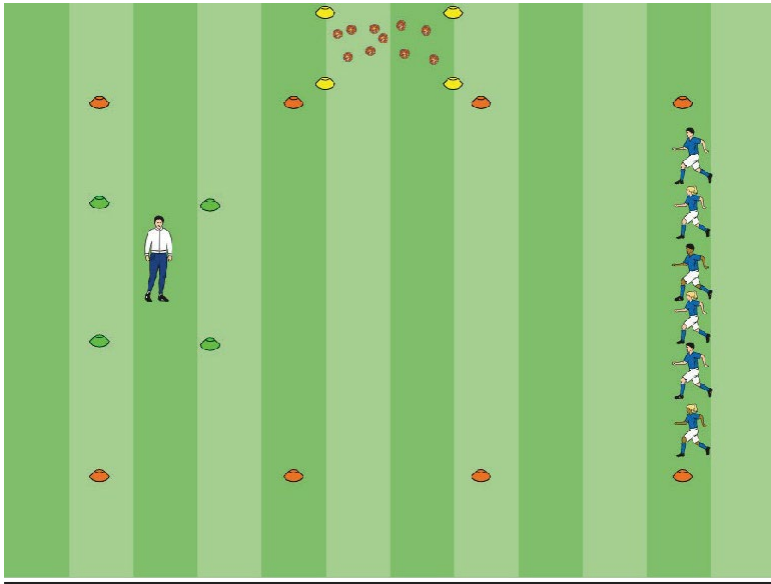
HOW TO PLAY

The coach will show the players some things that he/she can do. E.G Throw the ball up and catch it. The coach asks the players if they can do it? They then try it themselves. Some other examples of things to ask them are, punting, kicking the ball forwards running after it and stopping it, throw ins etc...

PROGRESSION

Now ask the players to show what they can do and see if the rest of the group can do it too.

26. JACK AND THE BEANSTALK



ORGANIZATION

15x25 area. Inside this area, make a smaller area (castle). The coach starts from inside the castle, the players start outside the larger grid.

HOW TO PLAY

When the players think the giant is asleep, they must sneak into the castle and try and steal the giant's gold (soccer balls, only one per player). To start with, they can use their hands to retrieve the gold. If the giant wakes up and manages to tag the players, then they become a giant as well.

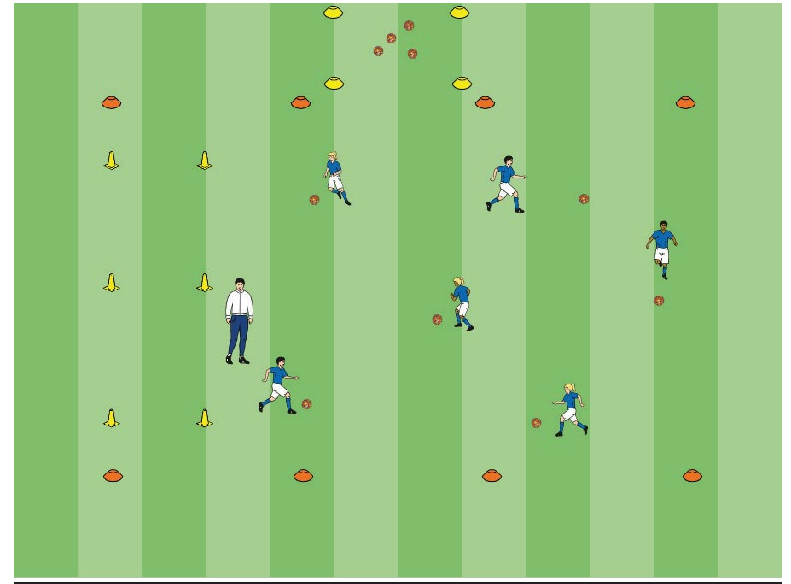
PROGRESSION

Players must now use their feet to retrieve the soccer ball.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

27. JUNGLE



ORGANIZATION

15x25 area. All players inside the area. They choose an animal they want to be, for example: tiger, monkey. At one end of the area set up a coned area (Zoo). The coach will be the Zookeeper. No Balls needed.

HOW TO PLAY

The Zookeeper catches animals from the Jungle and puts them in the zoo. Animals get free from the zoo if another animal sneaks into the zoo and catches them. Have players make animal noises to represent the animal they are.

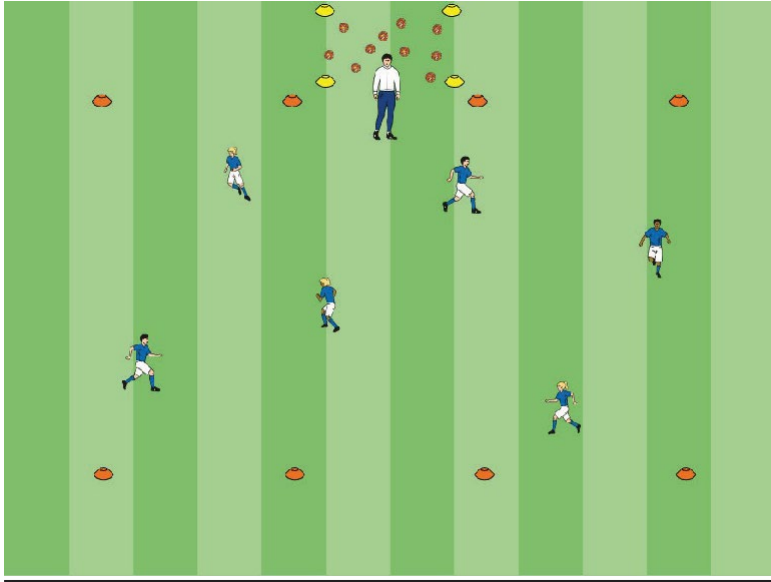
PROGRESSION

Introduce a soccer ball for the animals, this will be their food which they must bring with them everywhere in the jungle.

COACHING POINTS

1. Close control of the ball
2. Control ball with correct part of the foot

28. KNEE TAG



ORGANIZATION

15x25 area. Each player has a ball; they must dribble the ball inside the grid.

HOW TO PLAY

They must attempt to tag the other players on the knee whilst keeping control of the soccer ball. Make game competitive by awarding points for each time they tag someone.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

29. LADDER GAMES



ORGANIZATION

15x20 yard grid set out two parallel lines of discs about two yards apart, without a soccer ball.

HOW TO PLAY

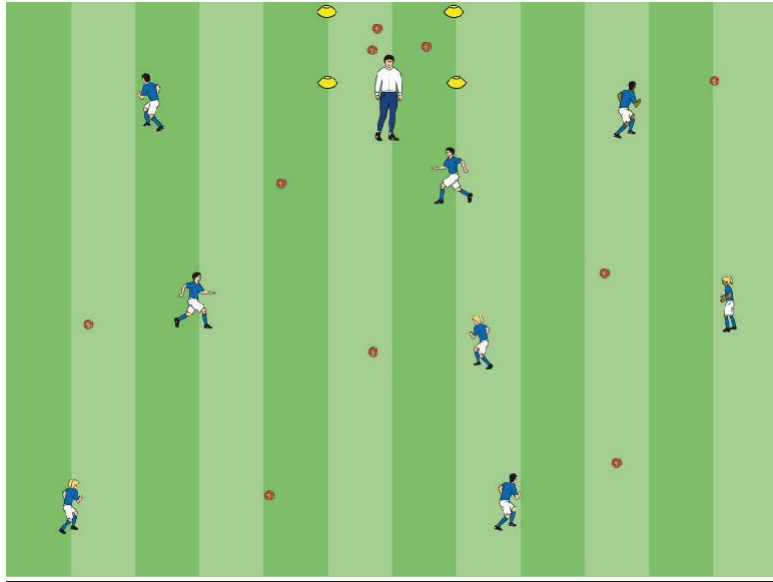
Once again, a couple of variations here.

1. Each kid must sit beside disk facing each other. Now give kids a name e.g. one side could be cats and the other dogs. If coach calls dogs, the cats must chase the dogs. The dogs must try to get to the outside of the grid without being tagged. The opposite happens if coach calls cats. Maybe introduce other animals and noises to make it more fun.
2. This time kids are numbered in pairs. This is a racing game. If the coach calls number one, then both number one's get up and run up the center of the ladder around the cone at the top and back down the outside then through the middle to their starting position and sit down. The first player back is the winner.

PROGRESSION

For each one of the above variations a soccer ball could be introduced to progress this.

30. MUSICAL BALLS



ORGANIZATION

20x30 yard grid with soccer balls spaced out inside the grid.

HOW TO PLAY

Same as musical chairs but take a ball away every time.

PROGRESSION

This time replace the balls with cones. Now the kids must use their dribbling to get to the cones on time.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

31. OLD MACDONALD



ORGANIZATION

15x20 yard grid, kids inside with one ball each ...dribbling.

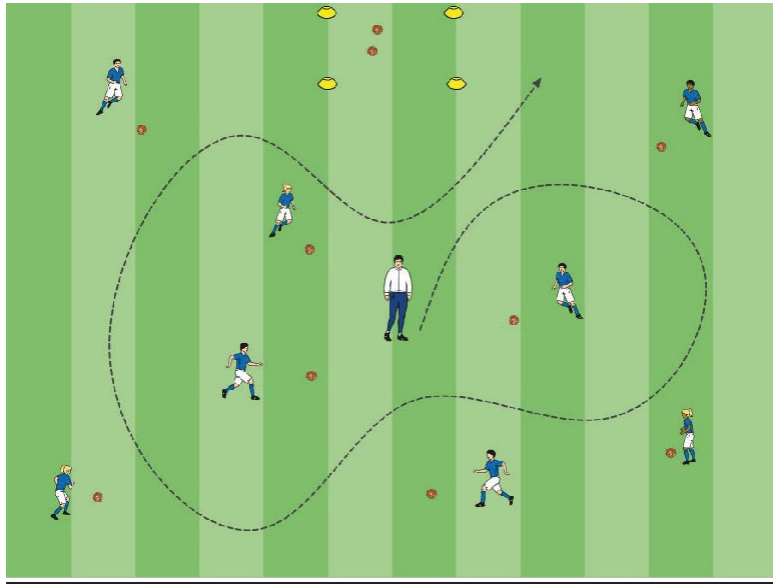
HOW TO PLAY

Coach will start to sing song old Macdonald "had a farm...." If he said he had some sheep, then the kids must make sheep noises etc...

PROGRESSION

Have the players think of your own animals and actions.

32. OUCH



ORGANIZATION

15x25 area. Each player has a ball. The coach has no ball but moves about the field with the player.

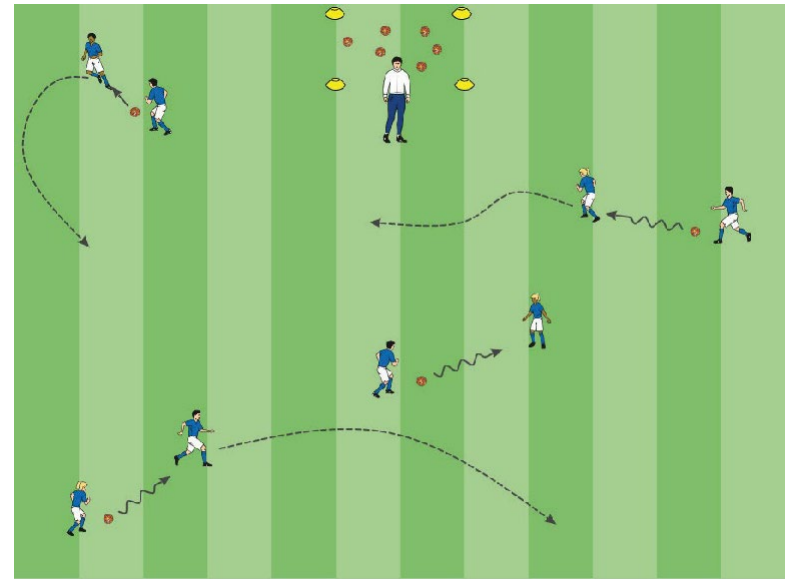
HOW TO PLAY

Each player tries to hit the coach with their ball as often as possible, while the coach tries to dodge all the shots. Whenever the coach is hit, he/she yells "Ouch!" or "ahh". Each hit scores one point.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.
3. Kick ball with correct part of foot.
4. Look where you are passing.

33. PASSING IN PAIRS



ORGANIZATION

No organized area needed. Organize players into pairs, one with a ball.

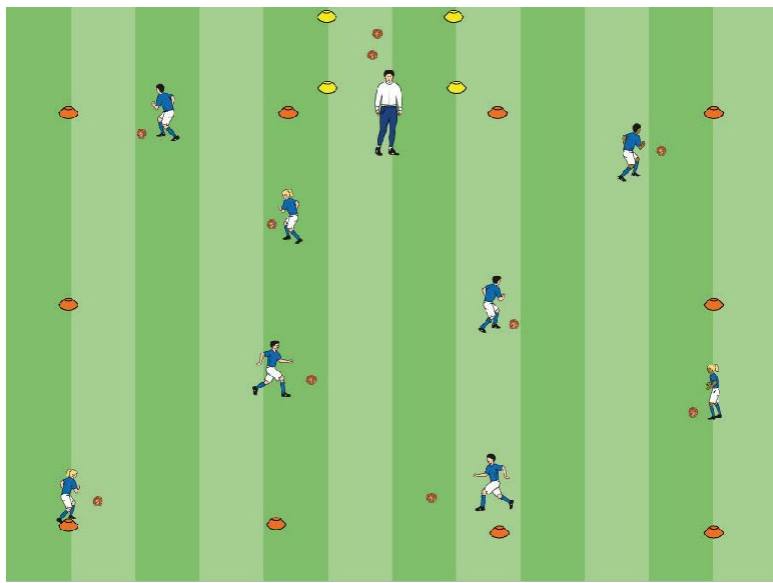
HOW TO PLAY

The kid without the ball is trying to run away from their partner, their partner must dribble the ball soccer style and attempt to stay as close as possible. On the coach's call, both players freeze and face each other. The player without the ball opens their legs and the player without the ball attempts to pass the ball through there partners legs. If they are successful, they get one point and then the roles are reversed for the next time.

COACHING POINTS

1. Pass ball with correct part of foot.

34. KING OF THE RING



ORGANIZATION

20x30 grid. All kids have a ball and must dribble around inside the area.

HOW TO PLAY

The object is to try to kick the others kid's balls out of the grid while keeping control of their own. If their ball is kicked out, players must get it and come back in.

PROGRESSION

If ball is kicked out players stay out.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.
3. Look where you are passing.

35. CONE/PINNIE COLOR



ORGANIZATION

20x30 yard grid. Around the outside of the grid place different colored pinnies on the ground. Each kid must be inside the grid with one soccer ball each.

HOW TO PLAY

Have kids dribble ball around inside the grid on coach's command for example: "BLUE" they must dribble the ball as quickly as they can to a blue pinnie.

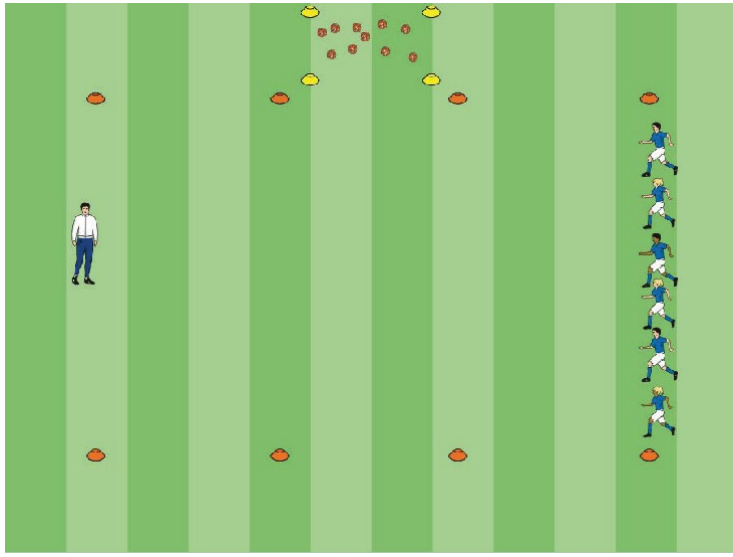
PROGRESSION

Decrease the number of colored pinnies on the outside of the grid.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

36. RED LIGHT! GREEN LIGHT!



ORGANIZATION

15x25 area. Coach stands at one end of the grid, players stand at the other facing coach with no soccer ball.

HOW TO PLAY

The object of the game is for the players to make their way across the area and try to tag the coach. The coach starts with his back turned and gives certain commands. Red means stop, Green means go. The kids can only move on a green light, they must walk slowly towards coach. If red light is called, they must freeze. On a red light, the coach will turn around. If a kid is moving, the coach will send them back to the start. The first kid to tag the coach is the winner.

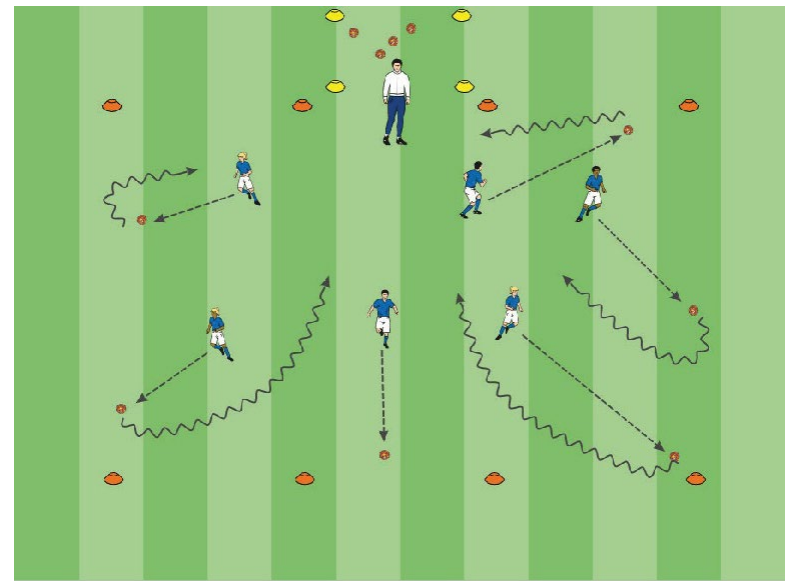
PROGRESSION

Introduce a soccer ball. The kids must dribble the ball towards coach on a green light. Same game but they can go anywhere they want to inside the area. Same calls are used, and they no longer must try and tag the coach. Introduce different calls. Yellow light - slow down, going on to the highway - go fast, who has the fastest car-go super fast, reverse-drag ball back and go other direction etc...

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

37. RETRIEVAL ACTIVITIES



ORGANIZATION

No fixed area needed. All players must have a ball.

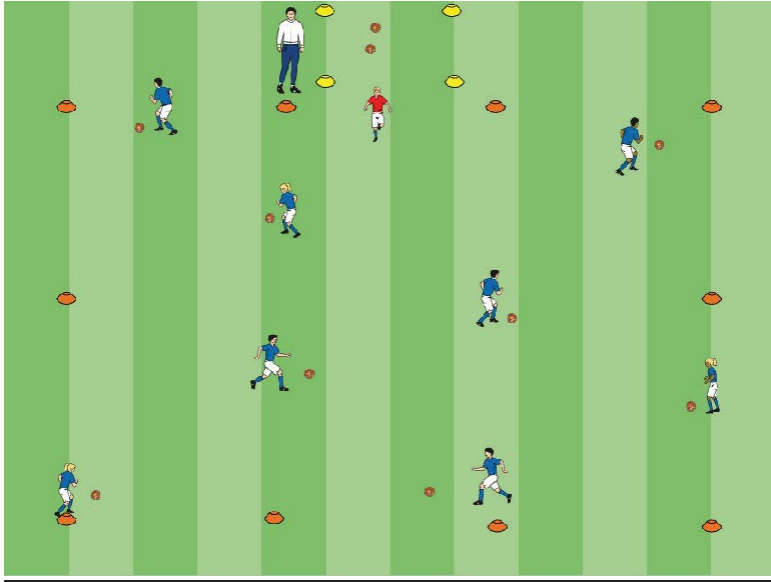
HOW TO PLAY

Take turns to throw the players ball away and ask them to bring it back to you using, their feet, their head, using only their pinkie, using ten touches etc...

PROGRESSION

For more advanced players have them work in a group of two and ask them to bring the ball back with their partner.

38. SHARK ATTACK



ORGANIZATION

15x25 area. All the players have a soccer ball and are inside the disked area.

HOW TO PLAY

The coach or player can be the tagger in this game (shark). Coach chases players around the area and attempts to kick player's ball out. If the player gets to the ball without it stopping, they can bring the ball back in again.

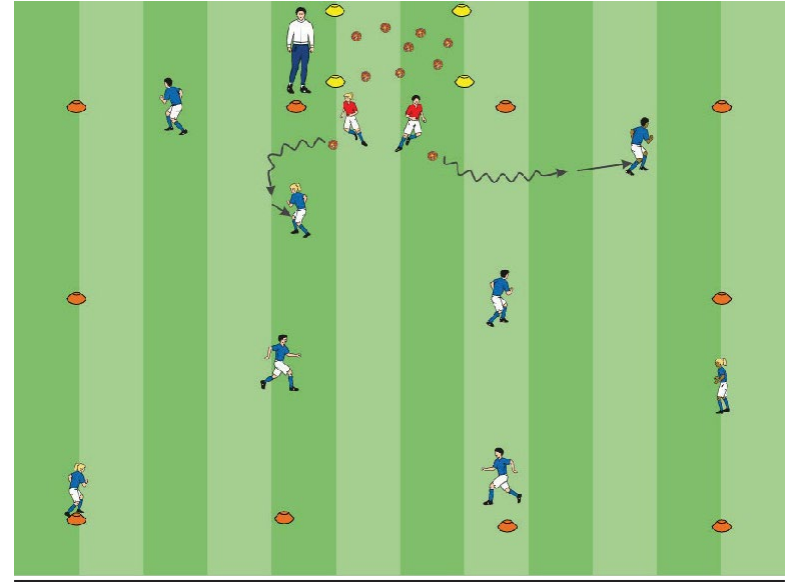
PROGRESSION

1. If the players manage to get to the ball before the ball stops, they must carry out a forfeit e.g. Toe taps.
2. If player's ball is kicked out the player joins the coach as a shark until no one is left with a ball.
3. Also play with the shark circling the outside of the area. When the coach calls "Shark Attack" the sharks enter the area and try to kick the balls out.

COACHING POINTS.

1. Keep ball close to you as you dribble.
2. Look up and do not bump into your teammates.

39. SHARKS AND MINNOWS



ORGANIZATION

15x25 area. Two players with a ball. Everyone else without, inside the disked area.

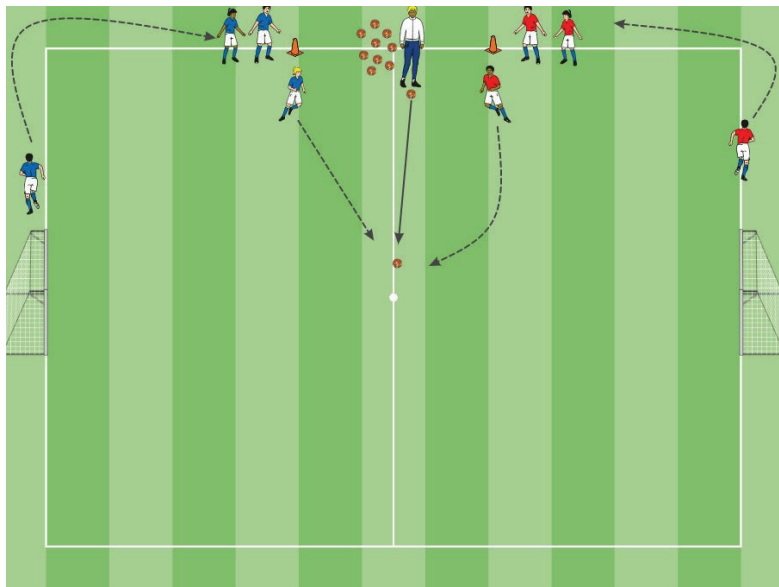
HOW TO PLAY

The players with the soccer balls are the tagger's (sharks). The players without are the minnows. The Sharks must chase the minnows whilst dribbling the ball. They must attempt to hit the minnows with the soccer ball on the knee or below. If this happens, the minnows must get their ball and become a shark. The last two players left can be the sharks the next time. Feet must be used all the time!

COACHING POINTS

1. Keeping ball low.
2. Passing with the instep.
3. Look where you are passing.
4. Look up; do not bump into other players.

40. STEAL THE BACON



ORGANIZATION

30x40 field with age appropriate goals at each end (no goalkeepers). Ball server on halfway line with supply of soccer balls. Two team each line up behind their own goal. Each player is given a number e.g. from 1-4.

HOW TO PLAY

This can be played from 1v1 to 4v4. The coach calls a number between one and four, the players called come out of their goal and compete for the soccer ball (bacon) if they win the ball they must dribble the ball back to their own goal if they are successful they have stolen the bacon and their team gets one point.

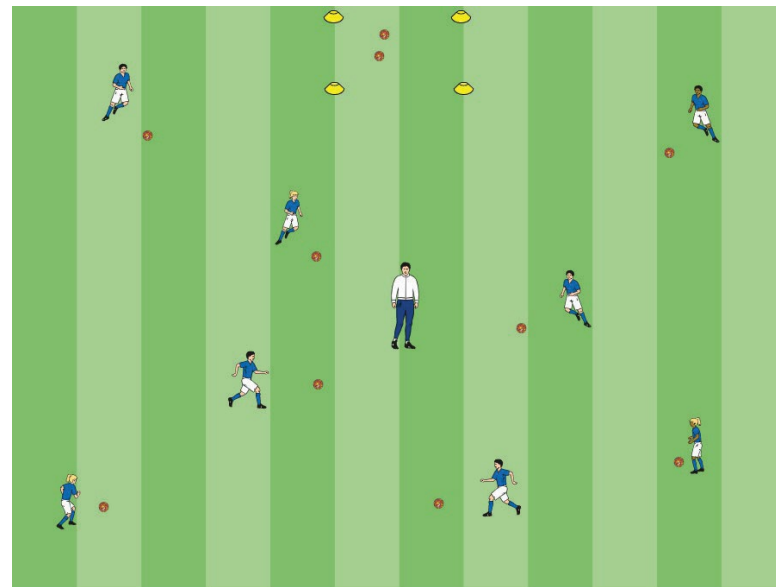
PROGRESSION

Up to 4v4

COACHING POINTS

1. Close control.
2. Hitting ball with correct part of foot.

41. SIMON SAYS



ORGANIZATION

No organization is really needed here (a disked area can be used if necessary). This game can be played with or without a ball.

HOW TO PLAY

When the coach says, "Simon says...." The players must follow that command e.g. "Simon says sit on the ball" they must sit on the ball. If coach just gives a command without first saying Simon says they do not carry out that command.

42. SNAKE IN THE GRASS



ORGANIZATION

15x20 grid. The coach lies down in the center of the grid and the kids line up outside.

HOW TO PLAY

Coach pretends to be a snake and lies down. All the rest of the kids must make their way up to the snake and tag it. As soon as the snake moves, the kids must make their way to the outside of the grid without being tagged. If they are tagged, they become a snake with the coach.

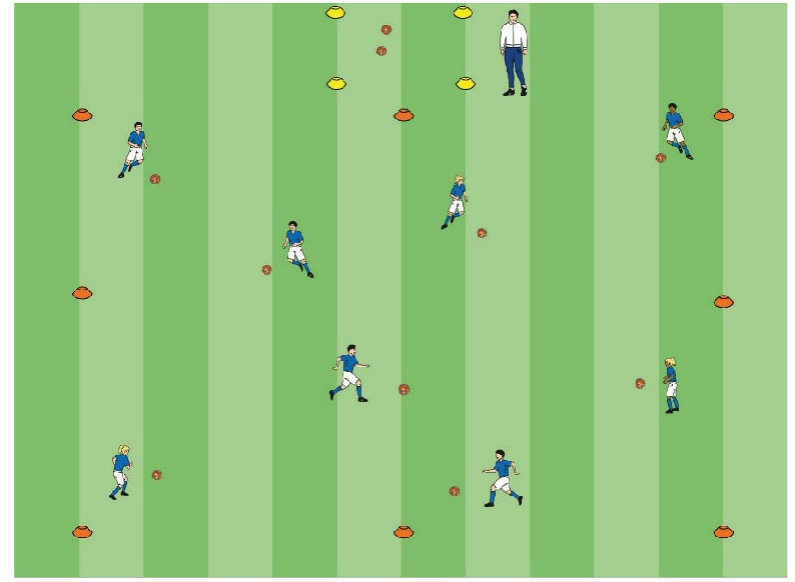
PROGRESSION

Introduce soccer ball

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

43. SUPERHEROES



ORGANIZATION

15X25 area. All players with a soccer ball. Coach on the outside looking in.

HOW TO PLAY

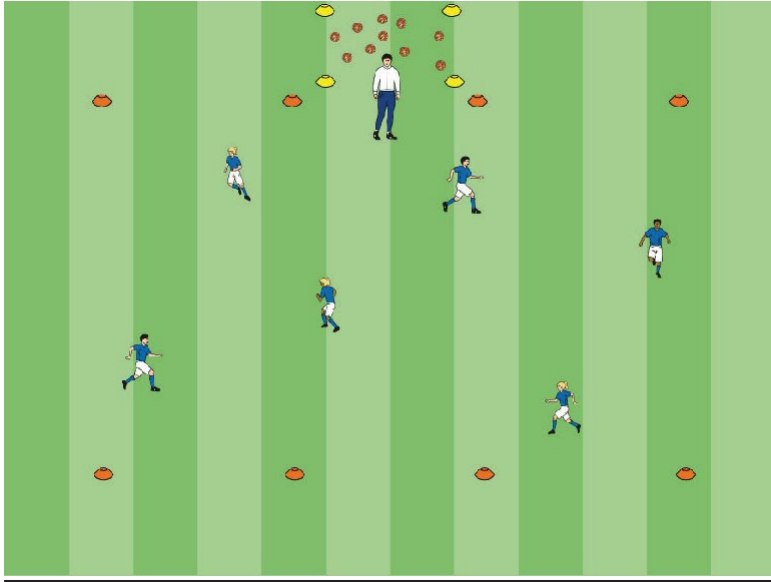
Players will dribble around inside the area. On the coaches call they will imitate a superhero. Here are some examples of superheroes and what to do.

1. Superman/Supergirl, (lie with stomach on top of ball as if you are flying.
2. Flash - (run around the area as fast as you can.
3. Spiderman - (Jump over the ball and fire your web)
4. Hulk - (Look mean and show your muscles)
5. Batman - (flap your wings)
6. Ask them for suggestions and come up with an activity to do.

PROGRESSION

Perhaps change this to movie characters rather than just superheroes.

44. TAG



ORGANIZATION

15x25 area, no soccer balls.

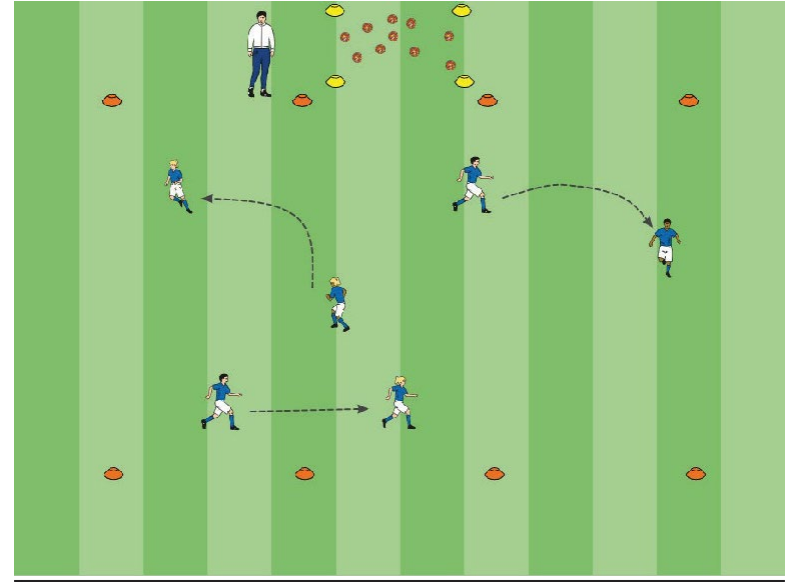
HOW TO PLAY

A very simple but fun game select a tagger(s). If they tag someone then the other person(s) becomes the tagger

PROGRESSION

Introduce soccer ball.

45. TAIL TAG



ORGANIZATION

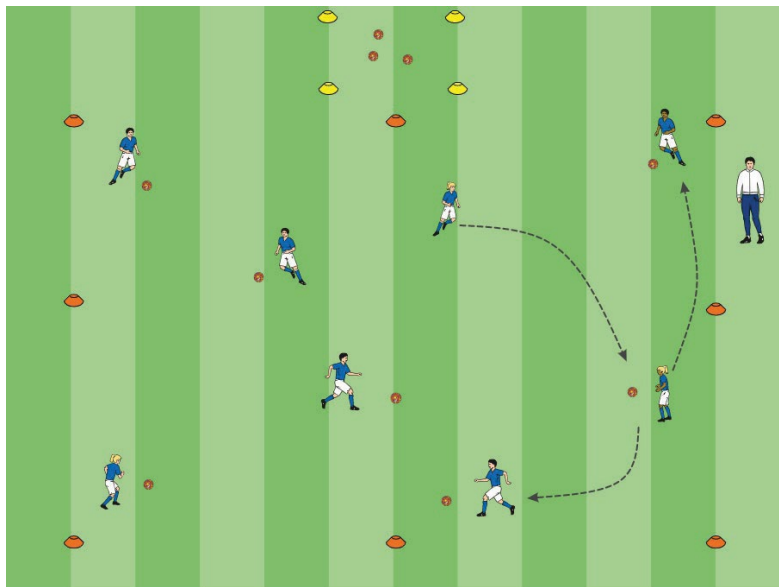
20x30 grid. All kids inside disked area, with tail. Use a pinnie to represent a tail and tuck into the back of the shorts. Have two teams a blue and a red team (or whatever colors are available).

HOW TO PLAY

The kids try to get the others player's tails. If they are successful, they must throw them outside the grid. For a kid to come back into the game they must go to the outside and pick up their pinnie (tuck in their pinnie then come back in).

This game can be played as a simple everyone for themselves knockout or as a team game.

46. TIGER BALL



ORGANIZATION

15x25 area. All players with a soccer ball and one without.

HOW TO PLAY

Players with soccer ball dribble and remain inside the disked area. The coach stands at one end of the grid. The catcher must run around as fast as they can and try to grab the soccer balls off the other players by using his hands (one ball at a time) all the balls must be brought to the coach. If someone has had their ball taken away, they help too. The last player with the ball is the catcher in the next game.

PROGRESSION

1. Start with two catchers
2. The catchers can only take the ball away by using their feet.

47. TUNNEL SOCCER



ORGANIZATION

15x25 area. Each player has a ball. The coach has no ball but moves about the field with the players.

HOW TO PLAY

While moving around the field, from time to time the coach stops and opens their legs to form a "tunnel." The players must dribble after the coach and try to shoot through the tunnel whenever the coach stops. Normally the coach will give a call "Tunnel Moving" (can pass the ball through the legs) and "Tunnel Stopped" (can pass the ball through the legs).

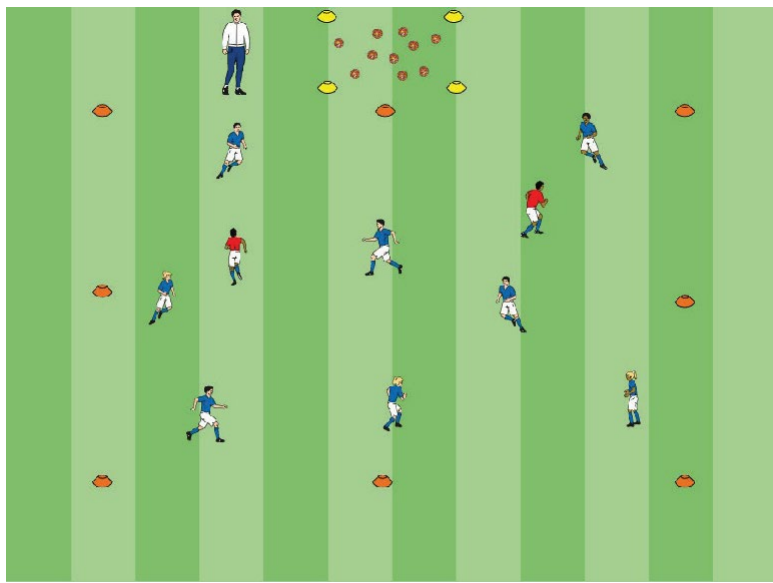
PROGRESSION

Have some players help be tunnels. Have them wear pinnies to distinguish them from the other players.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.
3. Kick ball with correct part of foot.
4. Look where you are passing.

48. TUNNELL TAG/MUD MEN



ORGANIZATION

15x25 area. Two players start with pinnies on and they will be the taggers.

HOW TO PLAY

The taggers attempt to tag the other players. If they are tagged, they must stand still, put their hands on their heads and have the legs apart. The only way they can be freed now, is if someone from their team crawls between their legs.

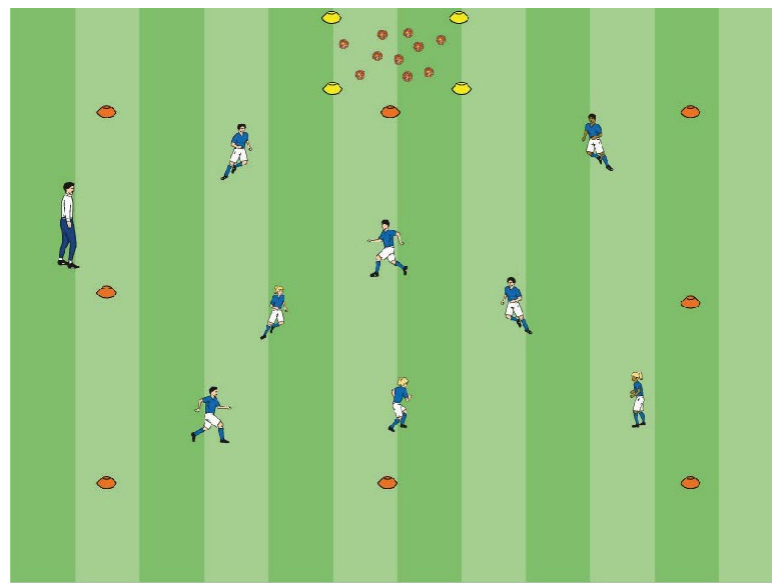
PROGRESSION

All players apart from the taggers must have a ball. They dribble ball the around and if tagged put ball on top off their head and stand with their legs apart. The only way they can be freed is if someone from their team passes the ball between their legs.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.
3. Kick ball with correct part of foot.
4. Look where you are passing.

49. TURTLE TAG



ORGANIZATION

15x25 area. All players inside, with no ball.

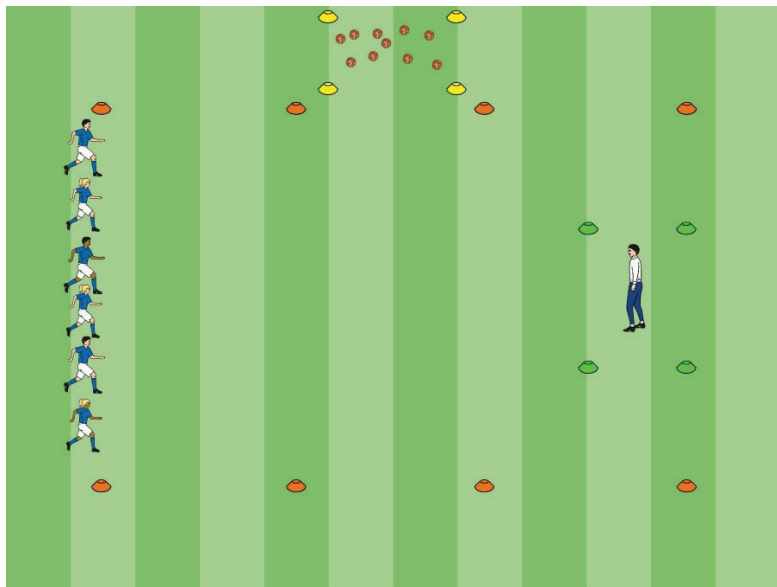
HOW TO PLAY

Explain to the players that they are turtles. The coach is trying to catch them. If they are caught, they must lie on their back kicking their legs and arms in the air. As turtles can get off their backs by themselves ask the players how the turtle gets back up the right way. The answer to flip them over. Basically, the coach will chase the players if he catches them, they can only be freed when one of their team flips back over the right way.

PROGRESSION

Introduce a soccer ball. This time if the coach touches the ball they are caught. Have some players help you.

50. WAKE THE GIANT!



ORGANIZATION

15x25 area. Inside this area, make a smaller grid (castle). The coach starts from inside the castle, whilst the players start outside the larger area with a soccer ball each. (sometimes organize some different colored cones for the players to recognize as their home where they are safe).

HOW TO PLAY

Coach pretends to be a sleeping giant and lies down inside the castle. All the rest of the players must sneak into the castle and shout at the giant to "wake up, wake up". As soon as the giant wakes the players must run away without being tagged. If they do get tagged, they become a giant with the coach.

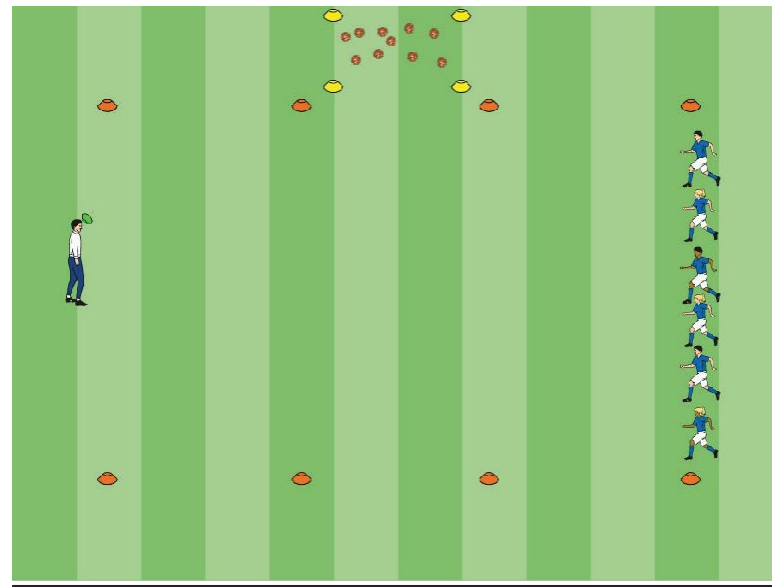
PROGRESSION

Have the players dribble a soccer ball into the castle. This time if the giants get their soccer ball or them, they become a giant as well.

COACHING POINTS

1. Close control.
2. Control ball with correct part of foot.

51. WHAT TIME IS IT MR. WOLF?



ORGANIZATION

15x25 area. Coach stands at one end of the grid, players stand at the other facing coach with no soccer ball. (sometimes organize some different colored cones for the players to recognize as their home where they are safe).

HOW TO PLAY

Like red light/green light. However, this time the coach is the wolf. Every time the coach puts his hand to his ear, the players have to shout, "WHAT TIME IS IT MR. WOLF?" EXAMPLE: If the coach says it is ten o'clock, then the players take ten steps towards the coach and stop. If the coach says it's "DINNER TIME!" The players must try to get back to their home without being tagged by the coach. If they are tagged, they join the coach and become a Wolf as well.

PROGRESSION

Have the players dribble a soccer ball towards the wolf. Ten o'clock would mean ten kicks of the soccer ball. This time if the coach gets their ball, they become a wolf too. If players are afraid of the term "Mr. Wolf" change to "Mr. Fox".

COACHING POINTS

1. Close control of the ball.
2. Control ball with correct part of the foot.



Many thanks go out to Soccer Academy Inc, and the Leadership of John, Margaret, Paul and Jill Ellis for their help in producing this document in association with Mark Godwin.

