



Soccer Practice Activities and Games Manual

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Section I – Introduction

At the youth level, the primary focus of soccer training should be on learned skills, which can be introduced at an early age and fully developed as the player matures. Learning and developing “Ball Skills” is in many ways similar to learning a language. The earlier a child can be introduced to it, the easier it is to learn.

While learning ball skills at the high school age can be accomplished, most high school age players find it difficult and frustrating if they have not been introduced and trained at an earlier age. As competition continues to grow for players at a higher level of play, those players who do not have these skills will often find it difficult to make the team and succeed. Unlike football where size and speed are key attributes, in soccer, ball touch is the most important attribute.

As with a language, the earlier the better. And, as with a language, learning and developing the basic skills does not require expensive equipment or expensive “Professional” training. It requires a soccer ball, a little encourage and repetition. Like learning a language, the key to developing the basic skills requires parental involvement.

If a parent expects their child to develop and grow these basic skills, they need to understand that it is totally unrealistic for this to happen by bringing their child to a once per week 1 hour team practice and a once per week game. There is usually a reason why the coach’s kid is often one of the better players on the team and many times it is because the parent and child are practicing when the team is not.

Touch on the ball is key. Ball touch is the foundation upon which all other skills will be developed. To receive a ball the player needs to first have touch to then control the ball. To make a pass, the player first needs to be able to receive the ball. Touch is key.

Soccer is not the only sport, which requires ball touch. This is true in soccer as it is true in other sports such as golf. Touch allows the player to become one with the ball. Tiger Woods through his golf club becomes one with the ball and with his gold club can “juggle” his golf ball thousands of times. He feels the ball. This same approach needs to be taken with soccer and the player’s feet and body as a whole.

One of the best ways to develop touch is by soccer juggling. It doesn’t cost anything and it can be done almost anywhere. As a coach the biggest thing you can do is encourage, because at first it can be very frustrating as the ball rolls across the field. Beach balls, nerf balls and alike can help reduce this frustration and allow a little more time for the player to develop body control.

While all training session should start with a short juggling session, the message should be this should to be done every day.

Section II – Basic Skills

Dribbling

Players should be shown that dribbling involves using all parts of the feet (i.e., inside, outside, instep, sole, heel, toe) and then put into situations in which they are allowed to experiment. Don't worry about particular fakes at the young ages. Players should be introduced to dribbling activities that expose them to changes of speed, direction and in general stresses their ability to stay balanced.

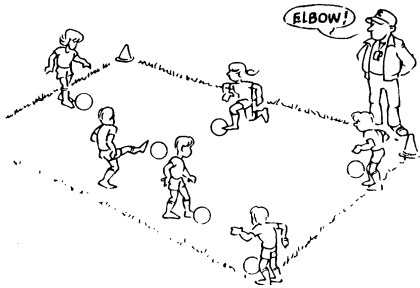


Figure 1

Each player must have a ball of his/her own. Define a playing area with cones and start with all players inside. Have them move randomly in and out of traffic with a ball at their feet. To add some fun, call out a particular body part (e.g. foot, knee, nose, elbow, etc.) and have the players stop the ball with it. Have them sit on it, roll on it, or run around it. The goofier, the better!

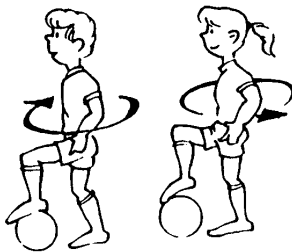


Figure 2

Tap Dance - Ask players to alternate touching the ball with the bottom of both feet. As they get the rhythm, ask them to spin around the ball while still tapping it.

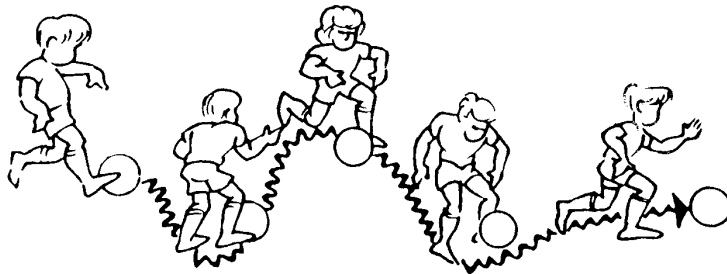


Figure 3

Snake Run - Simply follow the leader at the front of the line. Try to stay in the path created by this first person. Alternate the leader.



Figure 4

Speed Dribble - Jog ten yards, sprint, dribble ten yards, pick the ball up and kick it as high as you can. Repeat five times.

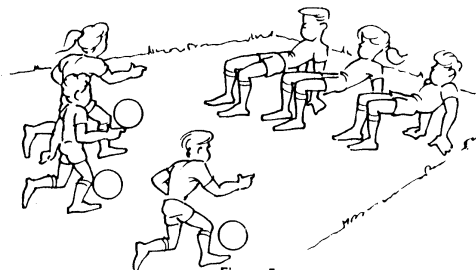


Figure 5.

Crab Catch - Ask half of your team to sit in a defined area. They can move about on their hands, rear and feet (crablike). Their object is to kick the balls of the dribblers out of the defined area. Dribblers chase their ball and come back into the area. Change roles.

Crab Trap – Take half your team. Put them in a line , 2 yds from each other. Use cones to bound an area 2 yards on each side of each player in line and 1 yard in the front and back of the lined up player. Each player in line then assumes the crab position and must stay in their bounded box. The other half of the team lines up and 1 player at a time attempt to dribble through and to the end of the crab line. Keep score of how many players get through the entire line.

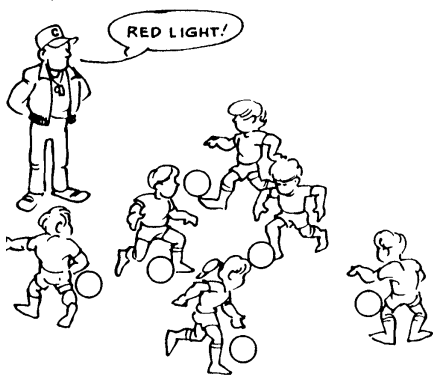


Figure 6

Red Light/Green Light - Players dribble randomly in free space.

As the coach, you give the commands Green light and Red light. The players should try to stop with (their ball, as soon as you say Red light. Vary the timing of your commands.

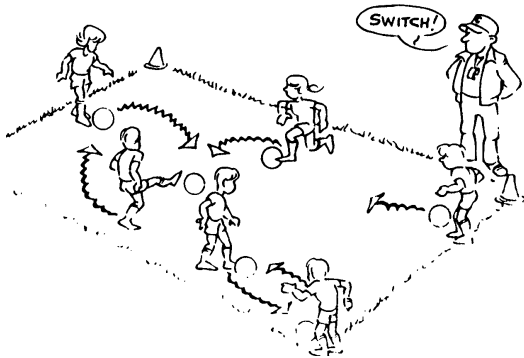


Figure 7

Ball Exchange - Ask players to dribble in a confined space until you say "Switch" At this point they leave their ball and dart off to find the nearest ball to make this activity a bit more exciting, take away one ball. This way, the children will have to decide, and move quickly to a nearby ball.



Figure 8

Numbers Game - Ask players to dribble in a confined area until you call a number (e.g. 2, 4, 5, etc.). At this command they must leave their ball and form a group of the size you have previously stated. Those who don't end up in a group of the right size, must perform a joke penalty (i.e., V2 pushup, etc.).

Duck, Duck, Goose - Same game except everybody has a ball

Passing

Players should be shown which parts of the feet are used to pass (e.g., inside, outside, instep, heel, toe) and then exposed to activities that allow them to experiment. Between the ages of six and nine, don't expect intricate passing to occur. This age group does not possess the spatial awareness to allow them to combine with each other, especially from within the pressure of the bunch. Let them have fun and slowly they will learn the advantages of passing.

Moving Targets - Have players move in a confined space with a ball. Every other ball represents a moving target. Ask players to keep track of the number of targets they hit in a given amount of time. Repeat and beat your record.

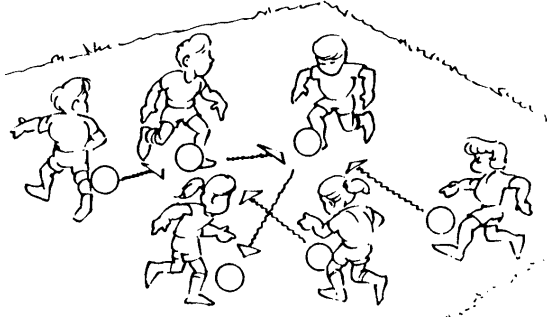


Figure 9

Quick Pass - Ask players to make as many quick passes as they can while moving in a confined area. Again, set a time limit and repeat to beat your record. (In pairs).

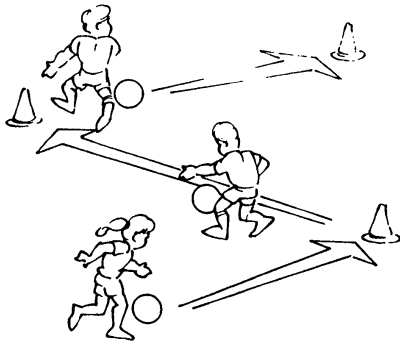


Figure 10

Soccer Golf - Lay out golf course with cones and ask players to count the number of passes it takes to complete the course by hitting each of the cones in sequence. Repeat and beat your record.

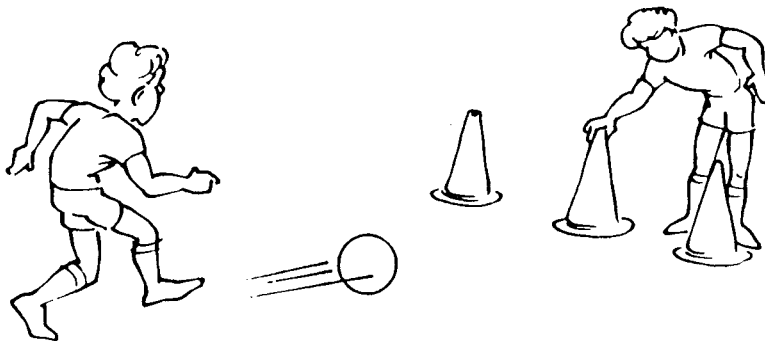


Figure 11

Soccer Bowling - Give three cones to two players. Ask one player to set up the cones while the other tries to knock them down from three to ten yards away. Alternate roles and keep passing.

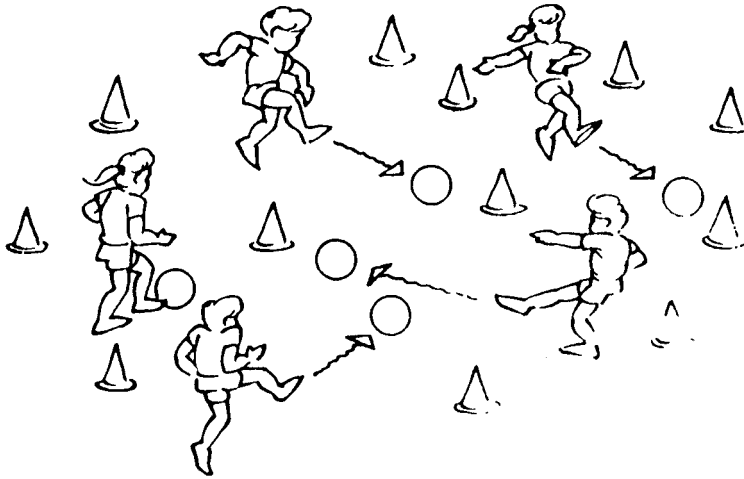
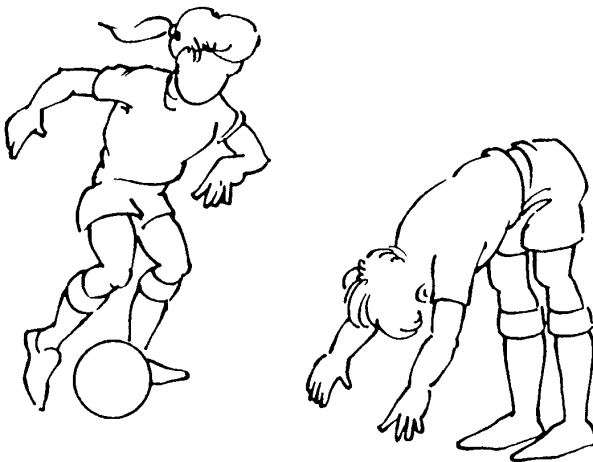


Figure 12

Turkey Shoot - Set down a dozen cones over a wide area. Explain to the players that they are going on a turkey shoot. The cones are the turkeys. Ask them to keep track of the number of turkeys they shoot and to reset any cones they knock over.

Figure 13.



Passing Through Bridges — Ask half of your team to assume a bridge- like position (Bend over and place your hands on the ground so that you form an arch). Instruct the other players to dribble around and pass through any bridge at will. Have the passer get down and crawl through each bridge they pass through.



Figure 14.

Two Against One — Ask two players to pass around one any way they can. Alternate the middle player.

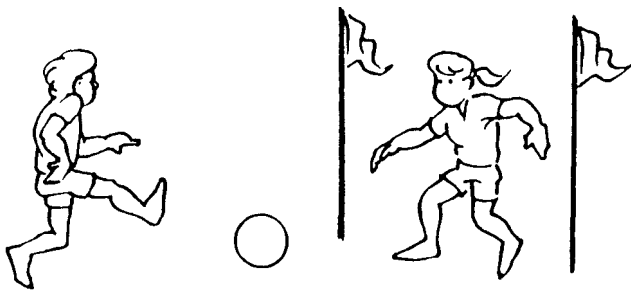
Wall Training — Find a wall, spread them out, pass against the wall and trap the rebound. Repeat until they get bored.

Shooting

This activity is one that youngsters need not be talked into partaking in. Just leave them alone at the beginning of practice and see what they choose to do. Chances are that they will elect a goalkeeper and proceed to stand in front of a goal and shoot. For some reason they consider this fun!

We need to take this natural affinity for shooting, and place the children in game-like activities that will give them many realistic shooting opportunities, and most importantly, keep the fun in it! Avoid lines and waiting. Show them how to use the instep (shoelaces) and get going. Involve movement with all shooting.

Figure 15



Shooter-Keeper — Ask players to alternate between shooting and playing goalkeeper. Stay about ten yards apart.

Through a Goal — Make a series of small goals (5 yds.) and have a shooter on each side with a goalkeeper in the goal. Beat the goalkeeper as many times as you can in a given time period (1 minute). Alternate goalkeepers. Score Goals.

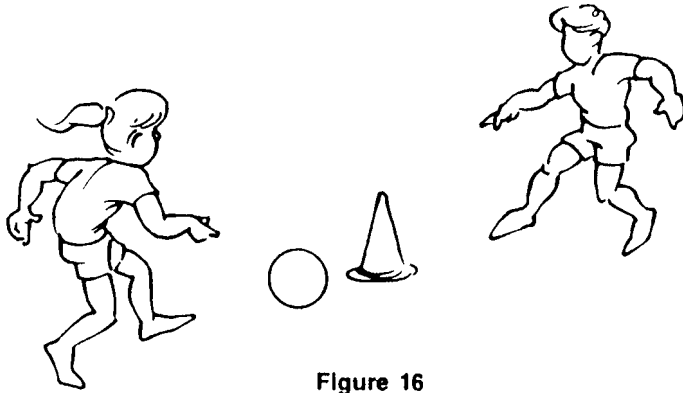


Figure 16

Target Shooting — Set a cone down between two players. Work on striking the ball low and firm in an attempt to knock the cone over.

Two a Side — Play with two shooters on either side of a goal with two goal-keepers. Shoot back and forth. The addition of the second player allows for a variety of shots to be taken (e.g. with ball rolling away from shooter, with ball coming from side, etc.). Create the types of shots to be taken.

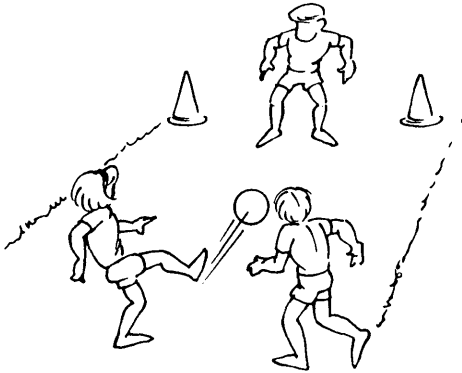


Figure 18

Two on One — Have two players play one against one, back and forth through a goal with a goalkeeper. Score from either side. Alternate the goalkeepers; keep the games one minute in length.

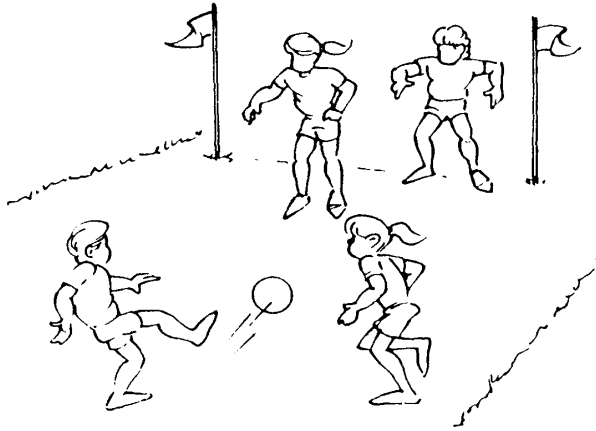


Figure 19

Two versus Two — Same as above, but play two against two, back and forth through a goal with goalkeepers.

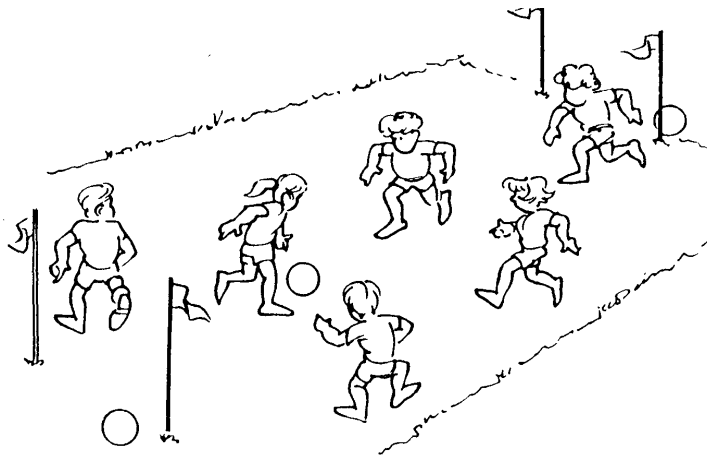


Figure 20

Mini-Soccer—On a small field (e.g. 20 x 15 yds.), play three against three. The closeness lends itself to create a shooting environment. Play a series of short games. Keep extra balls behind each goal to keep the game flowing.

Receiving Balls

The ability to absorb the force of a moving ball and have it respond in a useful way is a skill that requires years of diligent work.

Initially we must emphasize to children the importance of relaxing when they receive the ball, if the receiving body part is rigid as the ball hits it, the ball will not stay close. Players must first be made unafraid of the ball. Second, they must learn to relax as contact with the ball is made. This technique requires that players learn to relax and move fluidly.

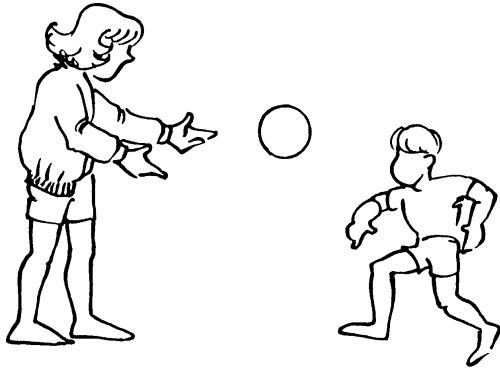


Figure 21

Start with the younger players by your serving balls with the hands to the various controlling parts of the body. Movement should be involved. As children become accustomed to receiving balls, we can begin to add more pressure (time, space, opponents and velocity). The following activities are the sort that will help develop the fine touch needed for ball control.

The basic principles of receiving balls are:

1. Place the receiving body part in the path of the ball.
2. Allow the ball to make contact.
3. Relax and withdraw the controlling body part on impact.

Be concerned with placing players in situations where they have to receive balls with foot (inside, outside, instep and sole), thigh and chest.

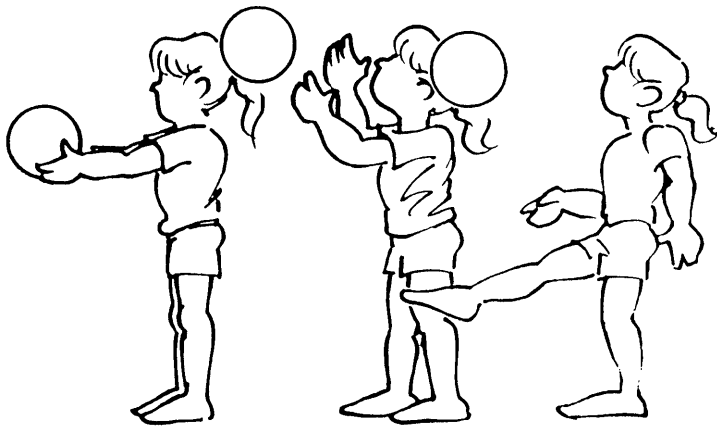


Figure 22

Solo — Ask them to throw their ball into the air and receive it with the body part that you call for. Make a game out of it by asking for a joke penalty (“Spank” the offending part) from those who do not control the ball. Incorporate skipping, jumping, sitting, rolling, etc.

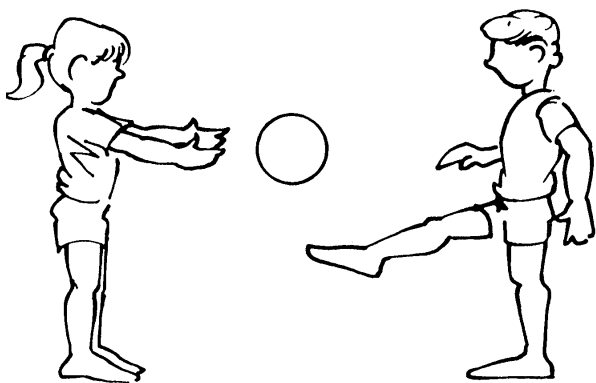


Figure 23

Doubles — Working in pairs, they should serve balls by hand to foot, thigh and chest to each other alternating as server and receiver.

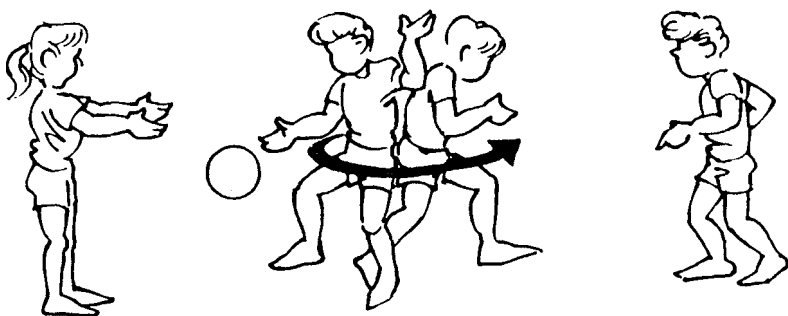


Figure 24

Triples — Set up with one player in the middle of two others. A serves by hand to B's (feet, thigh and chest) who receives turns and passes to C. Repeat back and forth.

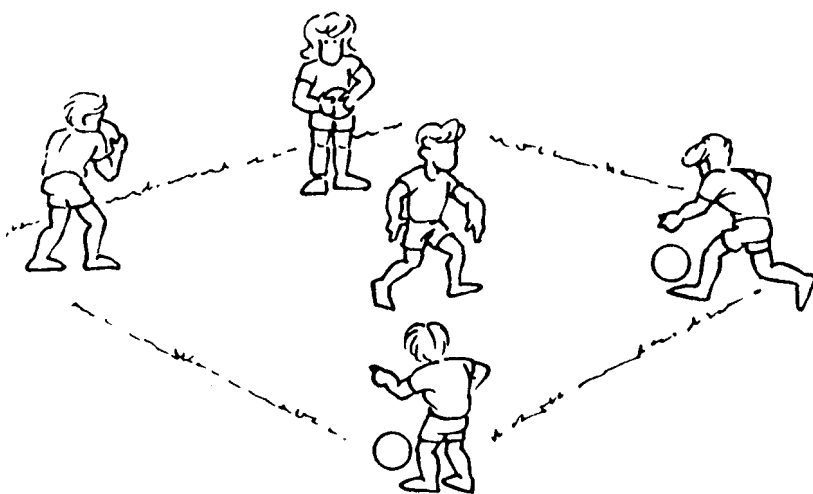


Figure 25

Bull in the Ring — Put one player in the middle of four. Each of the four has a ball. Players on the outside alternate serving by hand or feet (if capable) to the player in the middle. The middleman receives and passes back to the server.

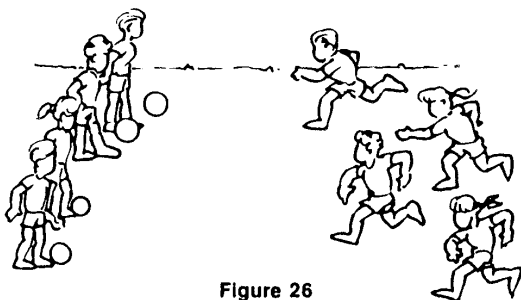


Figure 26

Receive and Go — Have half your team (with a ball) spread out and remain still. The remaining half will dart in and out of these stationary players, and work on receiving a variety of balls. The stationary players should serve balls to the feet, thigh, and chest of the players in motion. Receive, pass back and go on to a new player.

Heading

Heading is a technique that is not initially liked by most. Coaches often say, “If you do it right, heading won’t hurt.” The problem is that at First, nobody does it right and it does hurt. Take this into account and do anything you can to lessen the fear and pain. Use balloons, Nerf Balls, etc., at First. Play fun games until basic technique is developed.

Heading Introduction — (1) Ask players to touch the hard parts of the head, which are used to make contact with the ball. (i.e., forehead, corners of forehead — not the top). (2) Ask players to roll the ball across these areas, just to familiarize them with the contact points.

Solo — Instruct players to move in and around each other. Have them serve balls into the air and head it forward or to the side, sprint to their ball and sit with it. Make it a game by asking them to not be the last person to be seated with their ball.

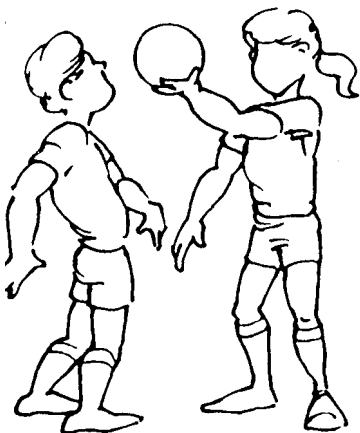
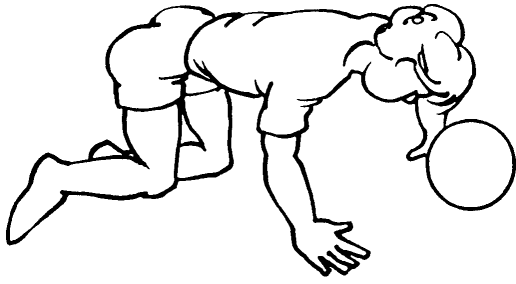


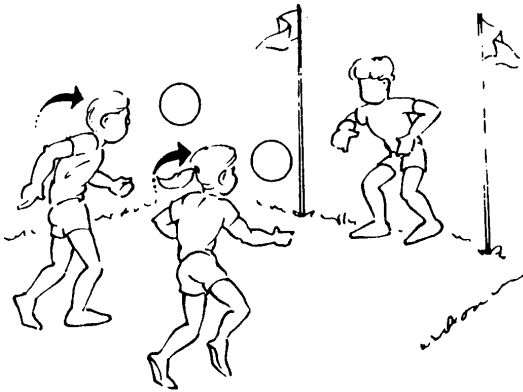
Figure 27

In Pairs Have one player hold the ball in outstretched hands at head height of his/her partner. Ask the header to arch backwards, snap forward and make contact with the forehead. Change roles.

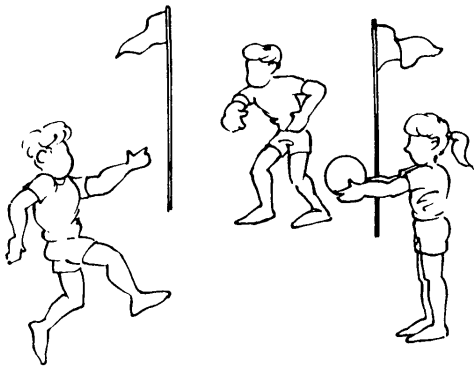


Grazing Cattle — Ask players to move in and around each other on all fours, while moving their ball with forehead and sides of the forehead.

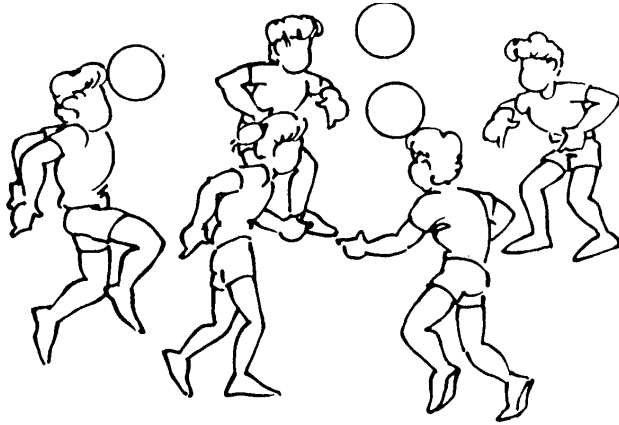
Headers — In a group of five, try to alternate between serving, heading and catching in series. Ask players to move around as they play. Try to not drop the ball. Beat the group's record.



Serve Yourself — Have two players on either side of a small goal with a goalkeeper. Ask players to serve a ball to themselves and head through the goal. The person that heads can then become the goalkeeper each time, if the group is old enough to handle this sort of rotation. (Don't be surprised if they can't. If they can't, let them head through an open goal.) Make it exciting by asking them to score as many goals as they can in one-half minute.

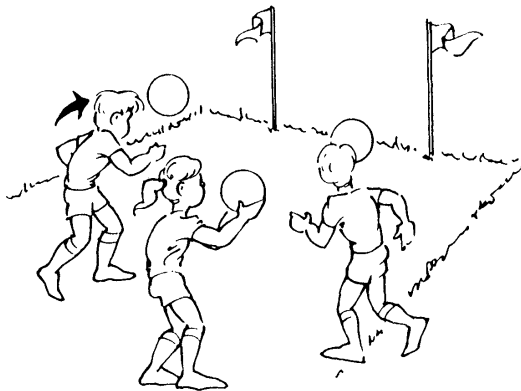


Serve Your Partner — Same as above, except that the player who catches the ball now serves by hand to the partner. The ball should be thrown in a way that allows the partner to head to the goal. Get a rhythm going and score as many goals as you can.



Moving Headers — Place half of your team in an area, each with a ball. They should be stationary and spread out. The other half of your team should run in and out of this group, heading back to the server. (Stationary players).

Header in the Middle — (A) Ask a player in the middle of four others, each with a ball, to head back to the player who serves to him, playing as rapidly as possible. (B) Use two balls only and ask the header to head to anyone other than the server.



Header-Handball — Ask players to move the ball, on a regular field, by hand, and score goals with their head only, more opportunity to score with the head exists in this game.

Goalkeeping

The final and most often overlooked area of technical development is that of goalkeeping.

As the coach, the first thing you must consider about goalkeeping is the question: Who is going to play this special position? The best answer is: The players who want to.

You should encourage all your players to take a turn at playing goalkeeper, if only in practice. Everyone can gain from playing this unique position. However, there will be

those who want nothing to do with playing goalkeeper, and you should not force them. This position can be very threatening to some players.

Sometimes we see the slowest, fattest, most uncoordinated player on the team in the goal. This is a mistake. This places a person who probably has some self-image problems in a crucial position that requires a certain level of self-confidence. When goalkeepers play well, they are simply doing what is expected. When goalkeepers get scored on, it is all too easy to place the blame on them because they are the final defensive wall. Goalkeepers frequently get little reward and all the blame.

A successful goalkeeper must have enough confidence and self-esteem not to be vulnerable to this pressure. He or she must also thrive on the idea of being a little different from everyone else. Most of all, the player must want to play this position.

However, even if you have one or two very talented players who really love playing goalkeeper, you should not limit them to playing only this position. At ages six to ten, your players should learn all the skills of the game. When a player reaches the age of thirteen or fourteen, it's okay to decide that goalkeeper is the desired position. Until that time, you should pass the job of goalkeeper around, and all players should also participate on the field.

Goalkeepers should be incorporated into the regular practice session. Don't send them off to practice goalkeeping by themselves while you work with the other players. You can give them individual attention either before or after the training session, and you can use small-sided games that include goalkeepers. Other than that, your players who like to play goalkeeper should work on the same skills as everybody else.

What to teach young goalkeepers: First of all, you should remember that training very young players as goalkeepers is different from training older players. Young bodies (ages six to ten) are just not capable of withstanding the impact of the repeated falls that result from diving. When we stop to think about it, there is no real need to teach diving to the very young player anyway. Most shots by young players can be saved simply by moving into the path of the ball and fielding it properly. Seldom will the need to dive to the far post arise. So forget about teaching diving at this age. Stick to the basics.

The Ready Position — You should start by teaching players the 'Ready Position' the stance that young goalkeepers should assume any time they are preparing to stop a shot, whether during a game or in practice. Proper ready stance involves being balanced on the balls or front of the feet, bending comfortably at the knees and waist, and having the hands up and ready.

Hand Positioning — Next you should show them the proper hand positioning for both low balls and high balls. In either case, the hands should form a supple web that surrounds the back side (closest to the goal) of the ball.

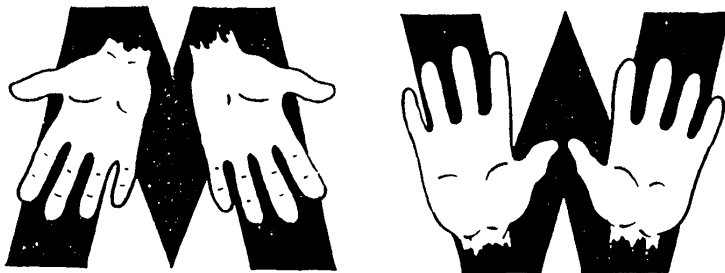
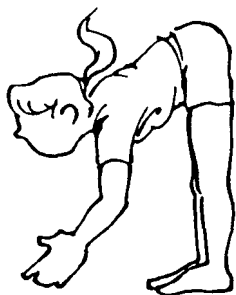


Figure 34

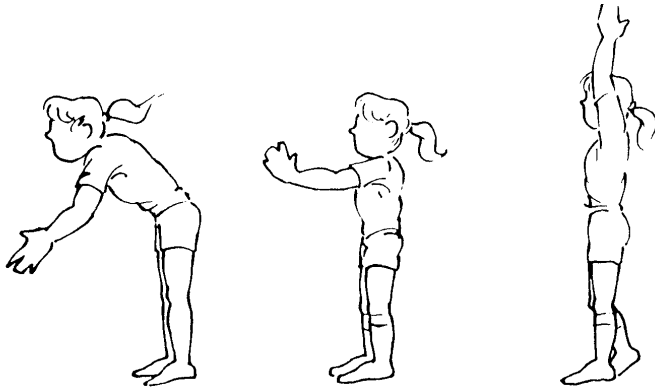
For low balls the hand position resembles an M, with Finger tips pointed down and palms facing forward.

For high balls the hand position resembles a W, with Finger tips pointed up and palms facing forward.

Fielding Balls — Before going Into the methods of Fielding different types of balls, you should stress again and again the importance of being ready to move in the direction of the shot. A good goalkeeper can make difficult saves look routine by anticipating his/her movements well in advance.



Ground Level: In the handling of ground balls (rolling), the main concern is to get the body between the ball and goal. Young goalkeepers should learn to shuffle (side-step) to the rolling ball and attempt to create two walls between the ball and goal. The First wall should be the outstretched hands (palms up) and the second wall should be the legs. This two-wall rule should be observed in the defense of all shots, whenever possible. As the hands make contact with the ball, they curl around the ball and guide it to the safety of the chest. Attempt to bend from the waist and maintain straight legs.



Waist Level: Instruct the goalkeeper to get directly behind the ball and Field it with the Fingers stretched groundward. As the ball makes contact, the goalkeeper must absorb the force of the shot by giving or withdrawing slightly. By curling around the ball from the waist, a majority of this force is absorbed.

Chest Level: Teach the goalkeeper to get behind the shot and allow the ball to make contact with both hands, behind the ball. Do not attempt to clasp the ball from both sides. Form a net with the hands around the ball with thumbs together and Finger tips upward. Pull the ball into the chest for safety.

Overhead Level: Handling high shots require sure hands because in this case, the hands are the only wall between the ball and goal. The hands must be outstretched and relaxed to absorb the shot's force. Again, the hands must make contact on. The back side of the ball and not the sides. Pull the ball to the safety of the chest as soon as possible.

To summarize, no matter what the type of shot, the goalkeeper should do the following:

1. Shuttle into position.
2. Create two barriers between ball and goal.
3. Absorb the ball's force.
4. Bring the ball to the safety of the chest.

Once the ball is controlled, the goalkeeper must make a quick decision on the method of distribution — whether to roll, throw, or punt the ball back into play. You should teach young goalkeepers to roll or throw the ball for short distribution. Sometimes throwing is difficult because of small hands and the large ball. Rolling the ball to short support (a teammate who is fairly close to the goal) involves a motion very similar to bowling. The strong hand provides the rolling force while the other hand simply guides the ball in the proper direction. There are times when a goalkeeper must punt the ball long. This skill will require a great deal of practice before it can be done successfully, When teaching the punt, you should tell the player to drop the ball from the opposite hand to the kicking foot. This technique will set up the desired kicking motion. Other than this one coaching point, a child must simply practice punting the ball repeatedly. Be prepared at First to see young goalkeepers punt the ball straight up, or even over and behind their own heads.

The only other thing needed to get a novice goalkeeper started is a little exposure to general positioning. The simplest way to describe proper positioning to a young

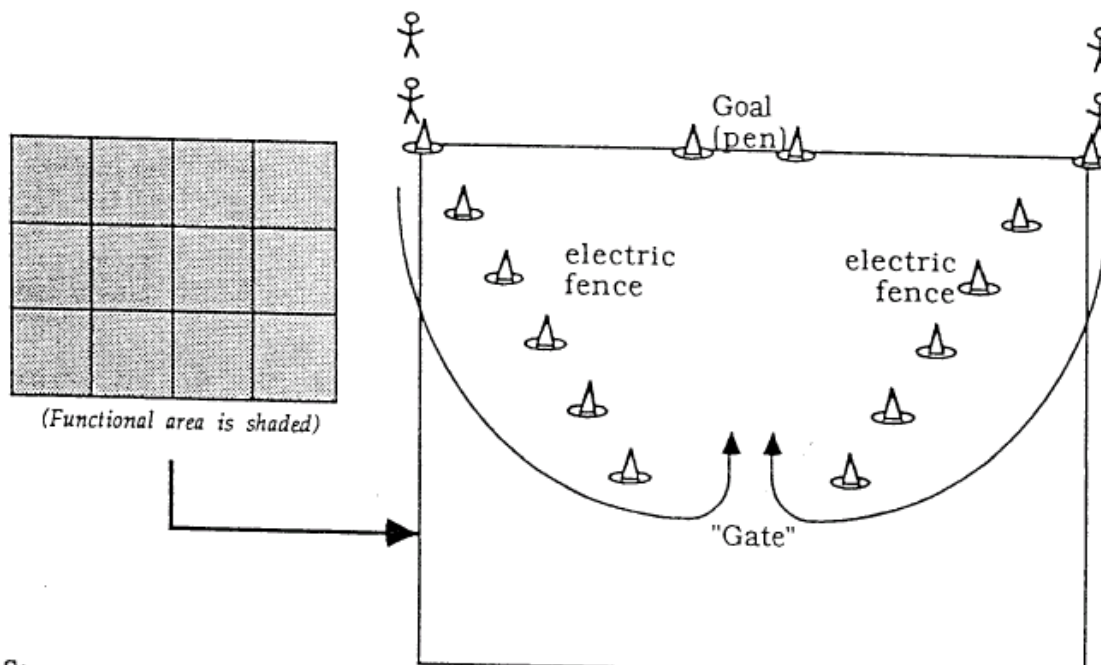
goalkeeper is to ask the player to move to the side of the goal from which the ball is being shot. This protects against the shooter's easiest, straightest shot at the goal. It young goalkeepers can begin to shift to the side of the goal that the shot is coming from, they're on the way to understanding proper positioning.

You will be doing a lot for a future goalkeeper if you can expose the youngster to the basics. There will be plenty of time later on to develop proper diving technique. . . learn about defending one-on-one break-aways.. . dealing with high crosses . . punching. . . deflecting. . and so on. For now, keep it simple.

Section III – Practice Activities and Games

Sheep in the Pen

Purpose: To practice dribbling and shooting under pressure



Story: We have a race between a farmer from each team who has a sheep (the ball), they run around the electric fence and through the gate. The first farmer through the gate with a sheep tries to put the sheep in the pen. The second farmer through the gate leaves his/her sheep and tries to stop the “penning”.

Equipment: 20 cones, 12 balls

Organization: Two teams line up equidistant from a gate. One at a time a player from each team dribbles a ball around the electric fence. The first player through the gate can shoot at the goal. The other player leaves ball and run through gate to try and stop an opponent from scoring.

Technical Points:

1. Dribbler with your head up so that you can see the ball and your options.
2. Use both feet and dribble with laces.
3. Shoot with instep or the laces.

Adaptation:

1. Place a goalkeeper in the goal.

Don't Lose Your Hat

Purpose: To develop the basic technique of dribbling.

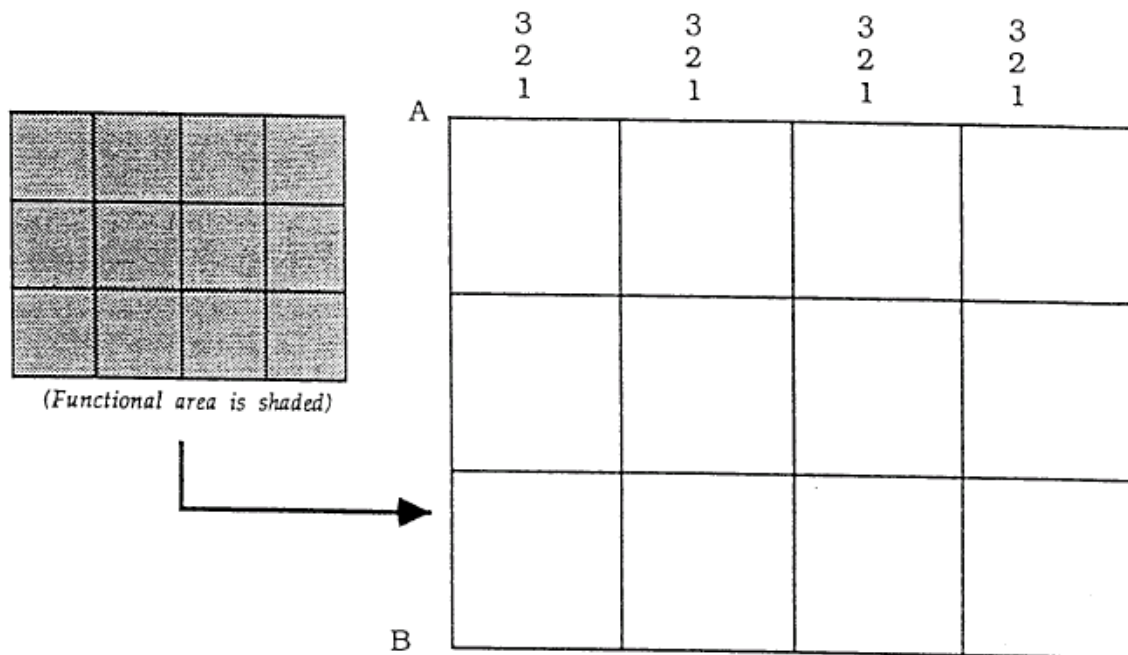
Story: Relay race between England, Scotland, Wales, and Ireland.

Equipment: 16 cones

Organization: All the number 1 dribble with a cone on the head from line A to line B. When they reach line B turn and return to line A, keeping the cone on head. Dribbler passes to next person and sits down. Use right foot on the way to B, left foot coming back.

Technical Points:

1. Push the ball using your laces
2. Keep the ball close to you as though tied to a piece of string 10 inches long
3. When turning move the ball first then the body



Make players dribble in and out of cones

Tag the Dribbler

Skill: Dribbling

Area: Penalty area

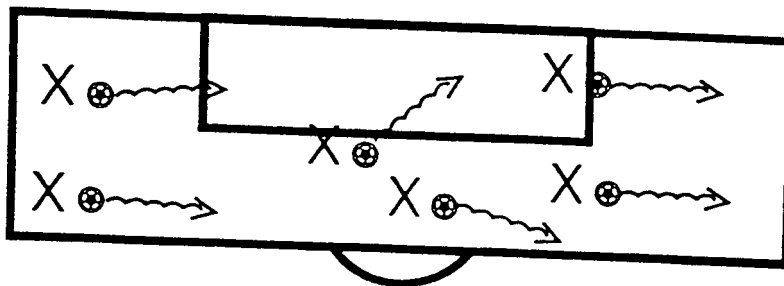
Players: 5-20 players

Equipment: 1 ball per player

Alignment: Each player is in the penalty area with a ball.

Procedure: The game is played like tag, except each player is dribbling a ball. One player who is “it” chases the other players and tags anyone he can. He must maintain control of his ball while tagging. The tagged player becomes “it” and continues the game, but cannot tag the player who tagged him. A player is “it” if he loses control of the ball and it goes out of the penalty area. All players must continue moving even if they are not being chased. The coach or a bystander should call out the name of the player who is “it.”

Variation: More than one player can be “it.”



Circle War

Skill: Dribbling and shielding

Area: Center circle

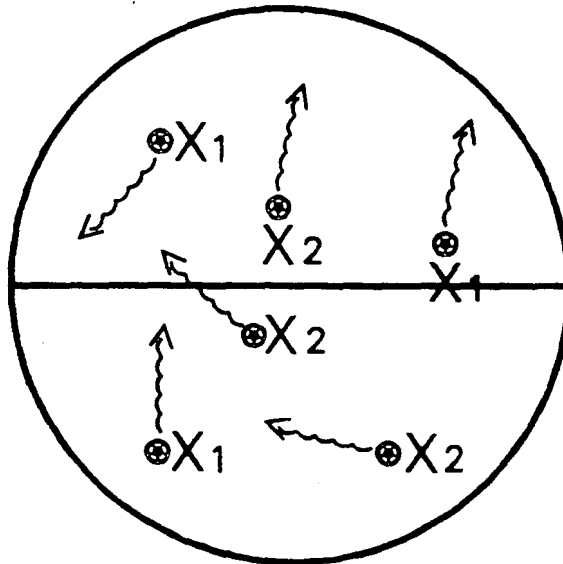
Players: 2 or more players

Equipment: 1 ball per player

Alignment: Two teams of equal numbers stand in the center circle. Each player has a ball.

Procedure: On a signal, all players dribble within the center circle. While dribbling, the players on each team try to kick the balls controlled by players on the other team out of the circle. The team that kicks all the opponents' balls out wins.

Variation: Play individually. The last man in the circle with a ball wins.



Simon Says

Skill: Dribbling

Area: Center circle

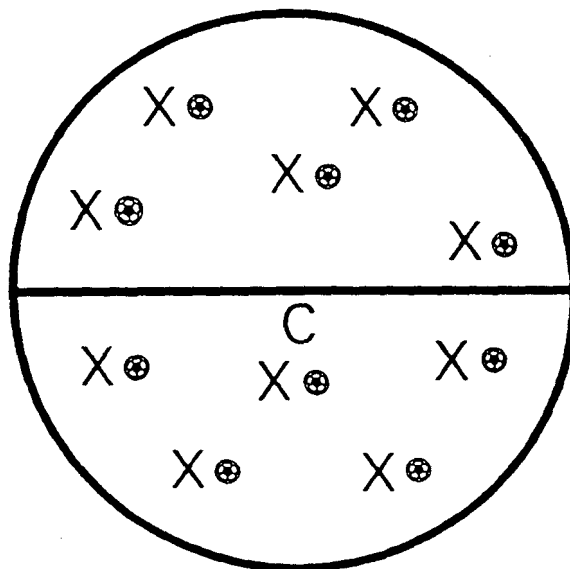
Players: 10-20 players

Equipment: 1 ball for each player

Alignment: Each player has a ball inside the center circle. The coach also is in the circle.

Procedure: Players, while dribbling continually, must react immediately to the coach's commands. For example, "Dribble with the outside of the right foot!" Or, "Change direction!" Or, "Go backward!" Although commands are given verbally, the players are to react only when the coach's hand, held in a fist over his head, opens up. This forces the players to keep their heads up as well as listen for the commands.

Players who make mistakes, react late or react when the hand is not opened are eliminated and must go outside the circle and juggle the ball while the others continue. The last player remaining in the circle wins.



Cone Relay

Skill: Dribbling

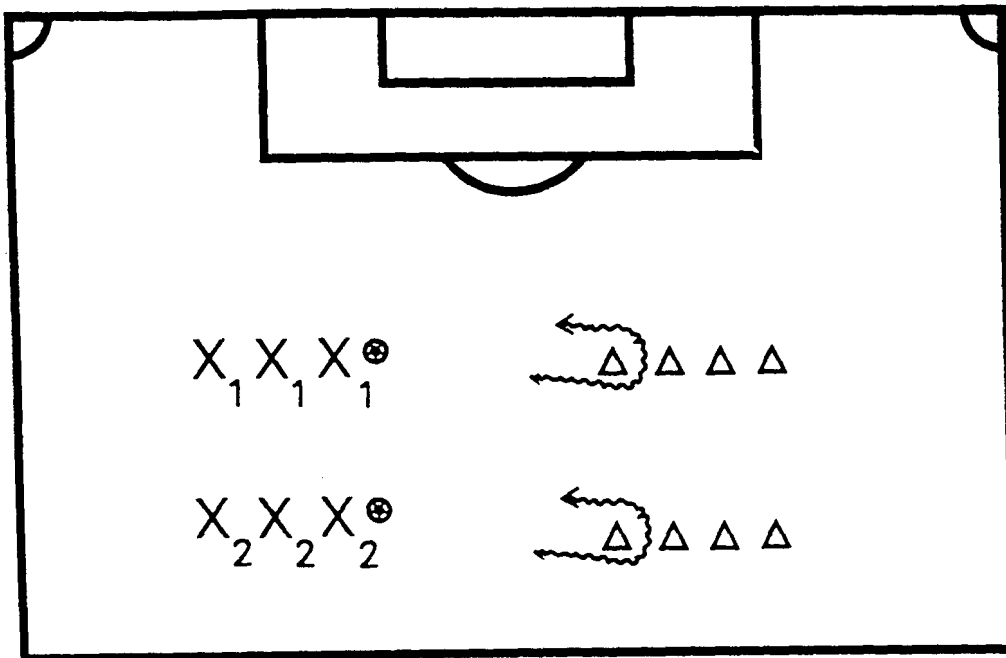
Area: Any area

Players: 6 or more players

Equipment: 1 ball and 4 cones per team

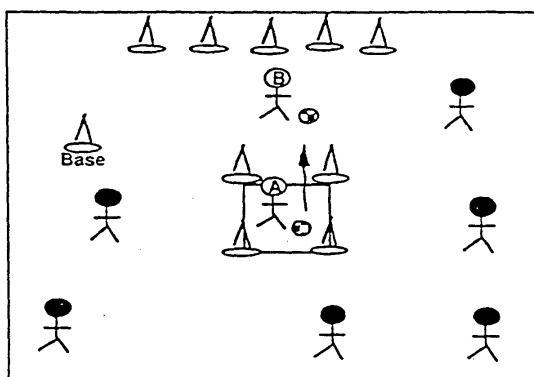
Alignment: Teams of three players each line up 10 yards from a series of four cones placed in a straight line, five yards apart. The first player in each line has a ball.

Procedure: The first player dribbles around the first cone in his line and back to the starting line. Each team member takes a turn dribbling around the first cone. Each player follows the same procedure.



Field of Dreams

Purpose: Develop passing, dribbling and control



Story: In the “Field of Dreams”, baseball is the name of the game. “If you build it, he will come!”

Equipment: 10 cones and 1 ball

Organization: Coach “A” delivers ‘a pass to batter B, who kicks the ball into the outfield.

The ball is controlled by the nearest fielder, dribbled back to the pitchers mound and pitched by that player. The object is to knock one or more of the home plate cones down before the batter returns from rounding the base. For the batter, the object is to strike the ball, round the base and prepare to kick the ball again before it is pitched. It is a continuous game. No hands allowed. If a player traps a hard hit pass then that is considered a catch and an out. All players bat.

Safari

Purpose: Individual ball control

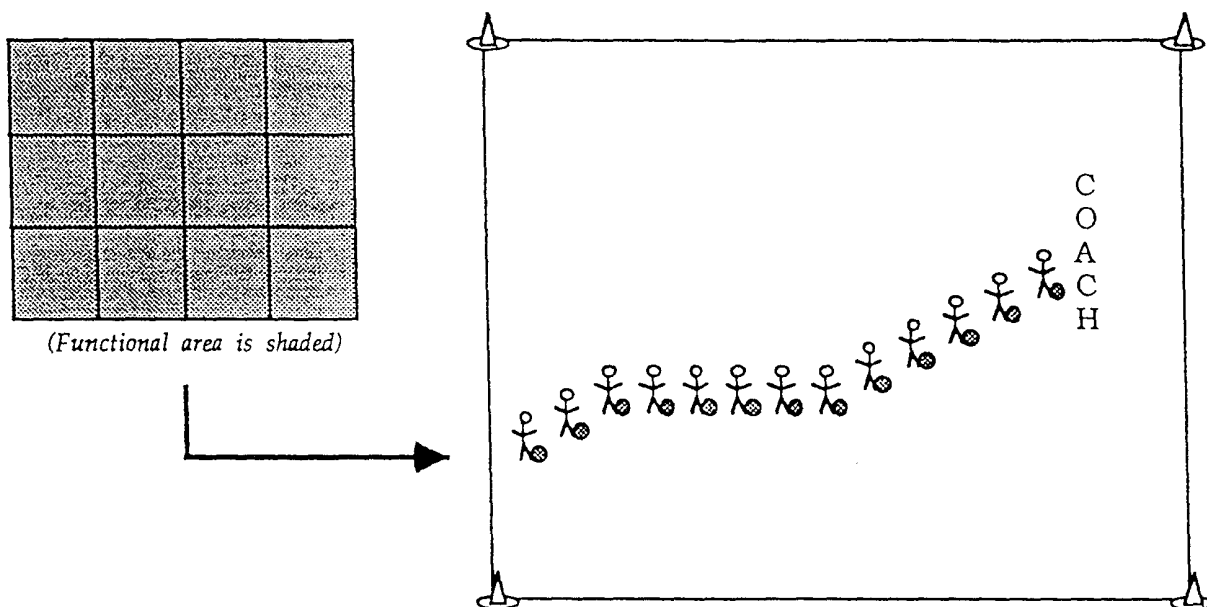
Story: The safari leader (coach) is leading the group of children through a treacherous jungle. If a spider crawls up your thigh, squash with the ball. Shoot the tiger by dropping the ball on your foot and catching it. Knock down coconuts for good by heading the ball and catching it. Copy the safari leader.

Equipment: 12 balls, 4 cones

Organization: All kids “follow the leader”, the Coach, with balls at their feet. If coach shouts “shoot the tiger”, the kids pick up the ball and bounce it off of foot. If he says “Get a coconut down”, kids pick ball up and head it. If he says “spiker on thigh”, pick ball up and bounce ball off of thigh.

Technical Points:

1. Dribble the ball with laces using both feet
2. Bounce ball off of foot at 45° angle
3. Keep eyes open and use forehead when heading
4. Raise thigh through till level, and use thigh not knee it



Jaws in 3D

Purpose: Passing Accuracy

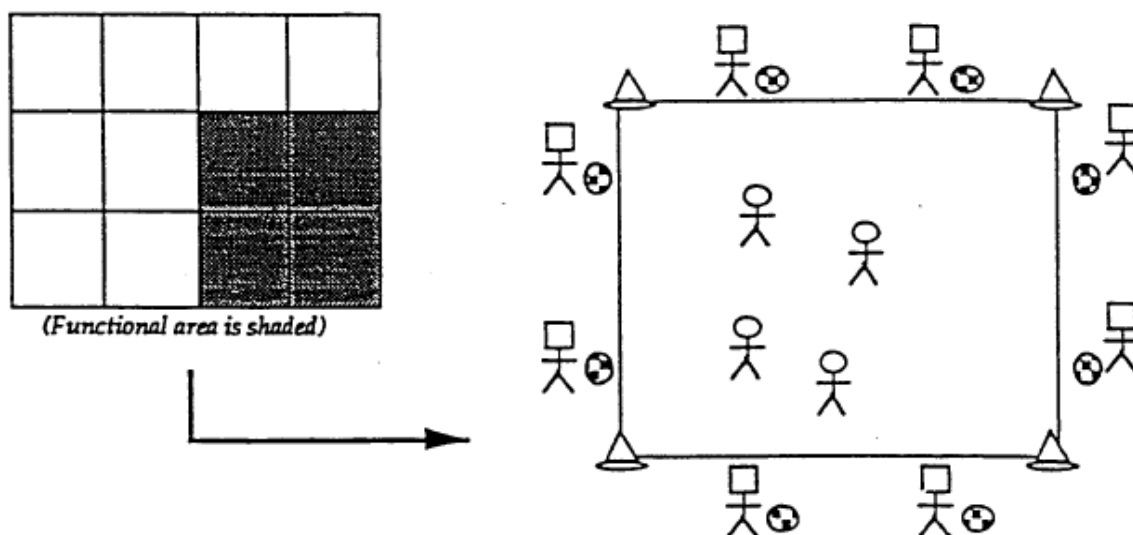
Story: The shipwrecked crew of the Bounty is lost at sea. Teamwork alone can keep them alive as hungry bullsharks circle to attack.

Equipment: 8 balls, 8 cones

Organization: Split kids into six groups of two. Switch four players into the middle and team four pairs around the outside of the grid. Players on the perimeter pass their ball to try to strike the crew on or below the knee. Once hit, they are frozen. The game continues until all four have been hit.

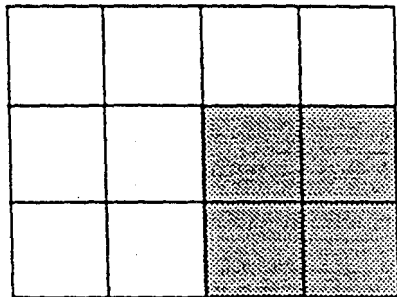
Technical Points:

1. Prepare to strike the ball. Take two steps approach to build momentum
2. Strike the midline to keep the ball low

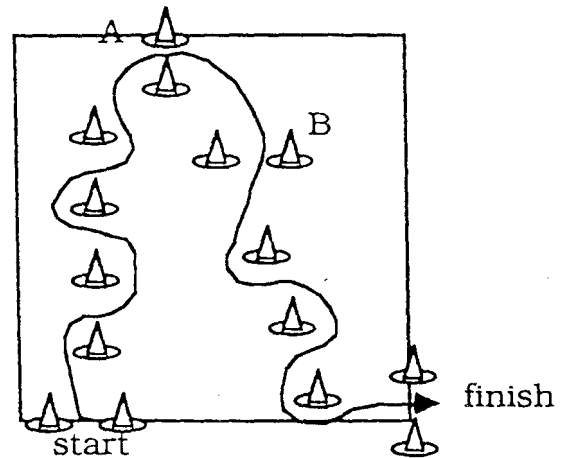


Donkey Derby

Purpose: Warm up/Confidence building



(Functional area is shaded)



Story: We now go live to Kentucky where we are in the semi final of the Donkey Derby. Introduce each jockey to the crowd. Today's big prize is \$500,000.

Equipment: 15 cones, 12 balls

Organization: Divide the group into 3 groups of 4. First four lines up on the starting line, with a ball between each child's knees. The children run between the cones, through Gate A, toward B. At Gate B they have to jump up and down ten times with ball between knees. First one over the finish line goes into the final.

Technical Points:

1. Keep the crowd "buzzing" by commentating and encouraging them
2. Progress onto dribbling the ball around the course

Shoot and Run

Skill: Passing and receiving

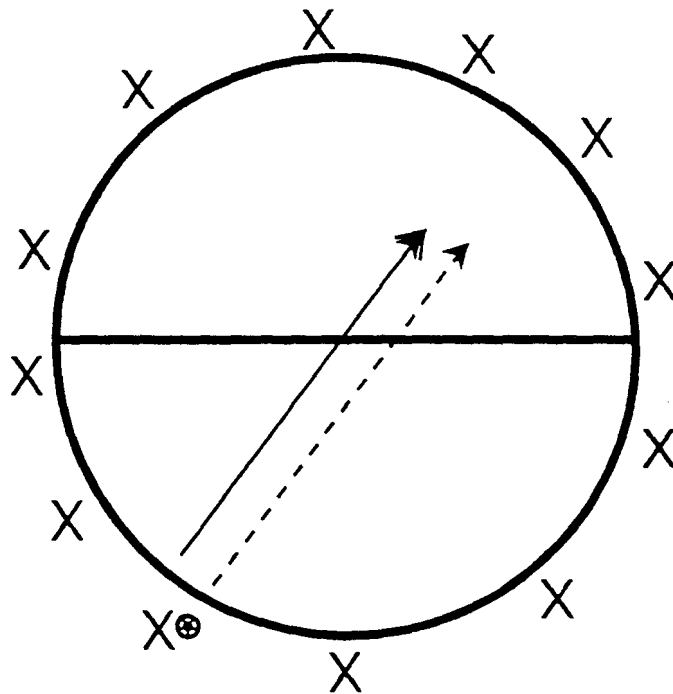
Area: Center circle

Players: 10-15 players

Equipment: 1-5 balls

Alignment: The players spread out around the center circle. One player has a soccer ball.

Procedure: The player with the ball passes to any other player and then sprints to that player's spot. The player receiving the ball continues the passing and sprinting action. Passes should be one- or two-touch. As skills permit, add more balls up to a maximum of five. The object of the game is to make as many consecutive passes as possible without an error, without any balls touching another ball or player, and without players running into each other.



Ninja Turtle

Purpose: One on one, Two on two, Three on three

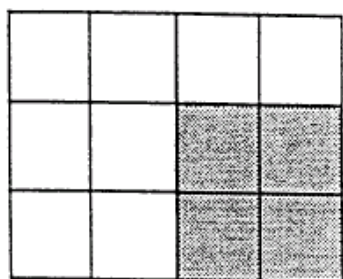
Story: Turtles are in their fortress. Ball is a time bomb about to explode. On a command from above (i.e., calling of a name) a turtle rushes out, runs to check the other two fortresses before kicking bomb into space.

Equipment: 7 cones, 1 ball

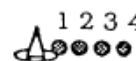
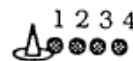
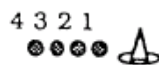
Organization: 3 teams of 4. Cones positioned equidistant from goal. Ball played 8 - 10 yards from goal. Kids are numbered 1 -4, then given names - Michaelangelo, #1; Leonardo, #2 - Coach calls out a character name, i.e., "Leonardo's", must touch other team's cones then rush to shoot on goals with goalie (Captain Hook) - this could be a coach.

Technical Points:

1. Strike the ball with the laces
2. Keep knee and head over ball
3. Keep toe pointing down

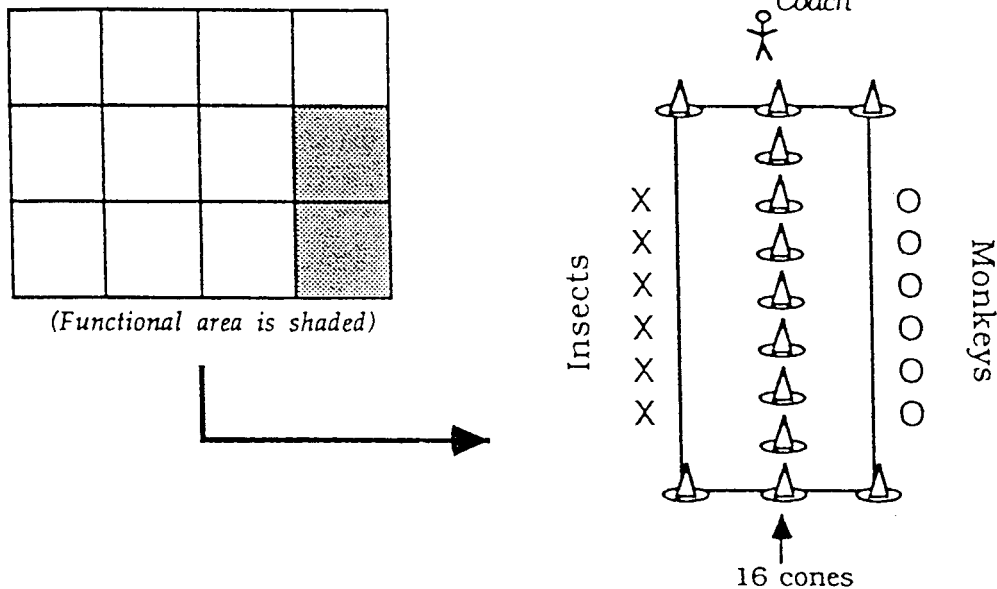


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Ten Pin Bowling

Purpose: To teach correct shooting technique



Story: X's play O's in a game of ten pin bowling. On the command "go" see how many cones that you can knock over

Equipment: 12 balls, 20 cones

Organization: In a 10 x 20 grid, line 16 cones down the center of the grid. On the coach's word "bowl" kids shoot at the cones. The coach positions himself so that he/she can see and keep a score.

Technical Points:

1. Non-kicking foot pointing toward the cones 6-10 inches from ball
2. Strike the ball with laces
3. Strike the ball through the center
4. Keep ankle firm, and toe pointing down on follow through

Dodge'em

Skill: Passing

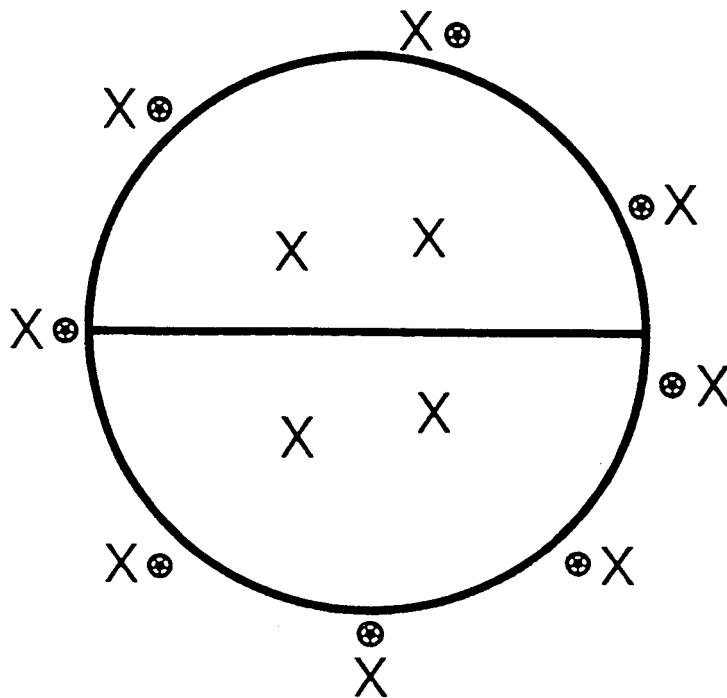
Area: Center circle

Players: 12 or more players

Equipment: 8 or more balls

Alignment: Eight players, each with a ball, spread around the center circle. Four players are within the circle.

Procedure: The outside players try to hit the middle target players by passing the ball with their feet. As a player is hit, he joins the outside group. See who lasts the longest. When all the target players have been hit, four new players get a chance to be in the target group.



Kick-off

Skill: Shooting

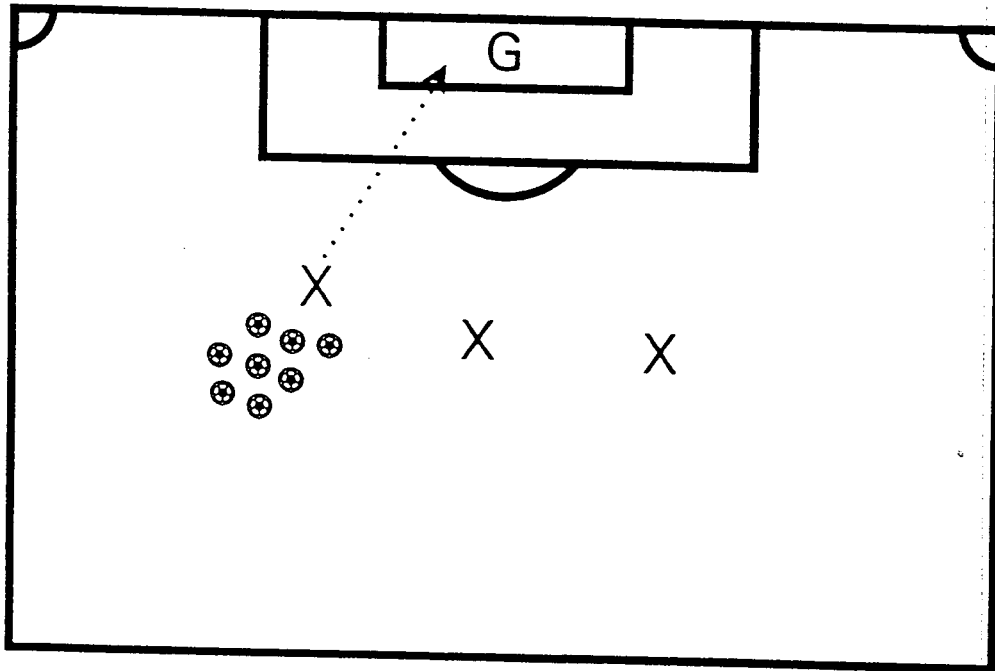
Area: 30 yd. area in front of the goal

Players: 2 or more players

Equipment: 10 balls

Alignment: Players stand 30 yards in front of the goal.

Procedure: Each player kicks a moving ball at the goal from 30 yards. Each player has 10 attempts to accumulate a score. Five points are awarded for a ball that enters the goal on the fly, three points for a ball entering on one bounce and two points for a ball entering on two or more bounces. The player with the highest score wins.



Solleyball

Skill: Heading

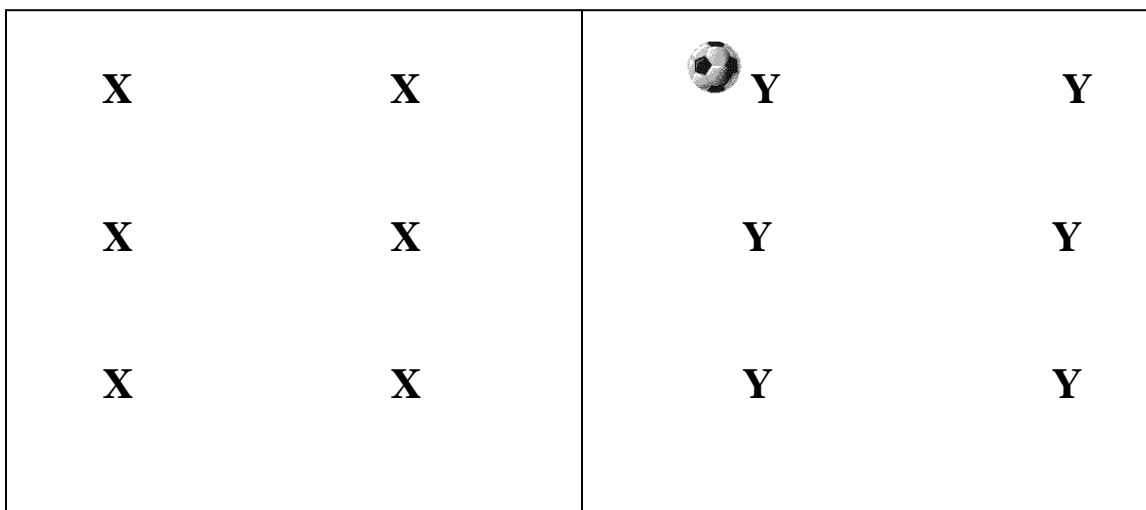
Area: Volleyball Court

Equipment: 1 ball and 1 volleyball net

Players: 6-12 Players

Alignment: Two teams equal in number occupy respective sides of a volleyball court. One team has a ball.

Procedure: Play is begun by a head service from a front line player who throws the ball in the air and heads it over the net. The ball may be kept in play by using any legal part of the body, but the ball must be headed over the net. A game consists of 15 points. Points are scored only when serving. Teams rotate in a clockwise order when the serve is regained a new player serves.



Cowboys on a Gold Hunt

Purpose: To develop the concept of dribbling and turning

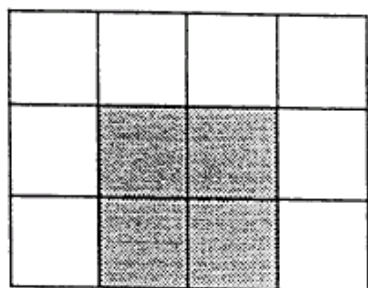
Story: Six cowboys are on a gold hunt. They and their horses have been on the trail for 10 days looking for the gold. Suddenly they find the stack of gold. There is enough gold to go around, and being greedy cowboys they will not share. The cowboy left without gold is shot and out of the game.

Equipment: 6 cones, 6 balls

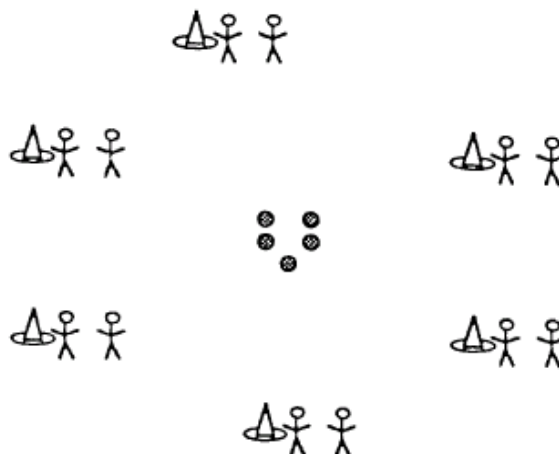
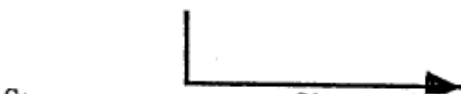
Organization: Six pairs stand in a circle by the cones. On the words saddle up, each pair saddles up on partners back. On the word go, the partner on the back jumps off, crawls through the standing partner's legs, sprints to the balls, turns, dribbles the ball back, kicks the ball through horse's legs, stops the ball on the other side and saddles up again. Each time a ball is taken out of the middle. Partners change over when the gold nuggets are down to one.

Technical Points:

1. Dribble the ball as though it is tied to your cleft with a piece of string 8-10 inches long.
2. Keep your head up whilst dribbling
3. Use your laces when dribbling



(Functional area is shaded)



Circle War

Skill: Dribbling and shielding

Area: Center circle

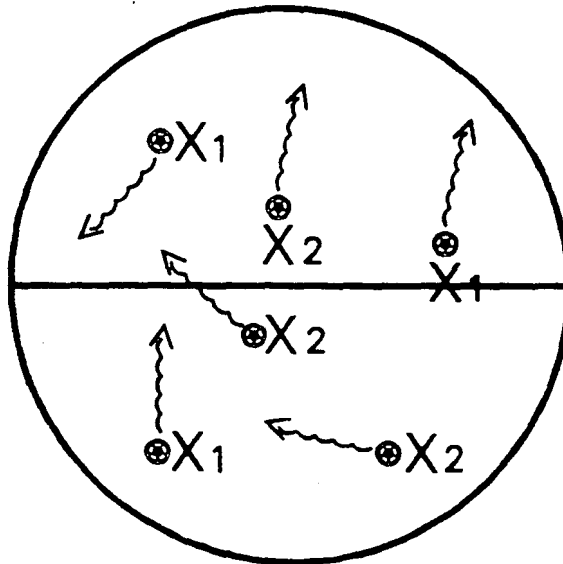
Players: 2 or more players

Equipment: 1 ball per player

Alignment: Two teams of equal numbers stand in the center circle. Each player has a ball.

Procedure: On a signal, all players dribble within the center circle. While dribbling, the players on each team try to kick the balls controlled by players on the other team out of the circle. The team that kicks all the opponents' balls out wins.

Variation: Play individually. The last man in the circle with a ball wins.



Simon Says

Skill: Dribbling

Area: Center circle

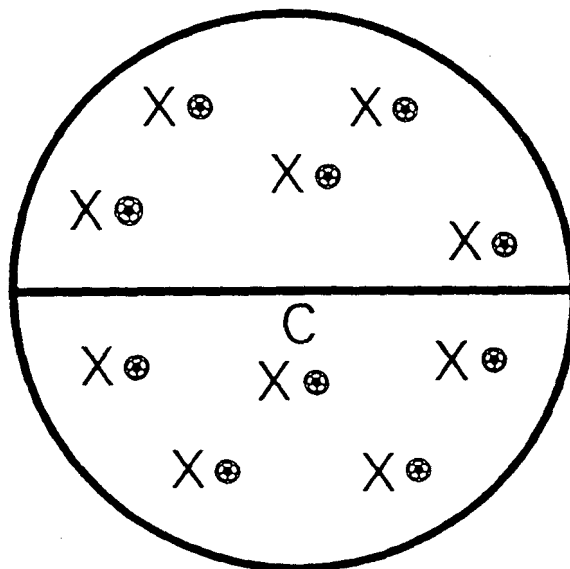
Players: 10-20 players

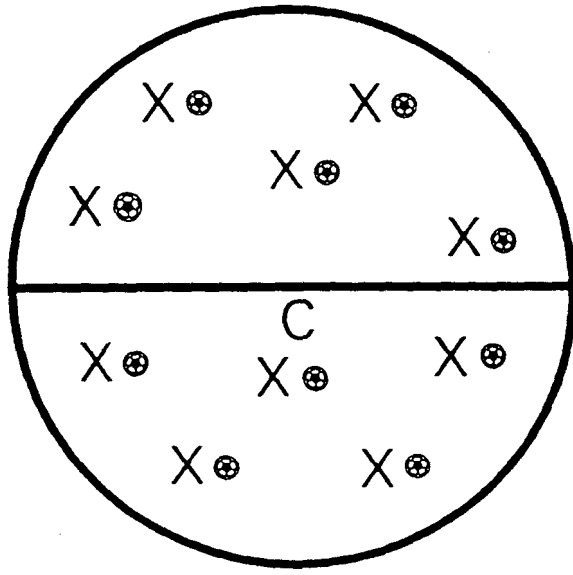
Equipment: 1 ball for each player

Alignment: Each player has a ball inside the center circle. The coach also is in the circle.

Procedure: Players, while dribbling continually, must react immediately to the coach's commands. For example, "Dribble with the outside of the right foot!" Or, "Change direction!" Or, "Go backward!" Although commands are given verbally, the players are to react only when the coach's hand, held in a fist over his head, opens up. This forces the players to keep their heads up as well as listen for the commands.

Players who make mistakes, react late or react when the hand is not opened are eliminated and must go outside the circle and juggle the ball while the others continue. The last player remaining in the circle wins.





Cone Relay

Skill: Dribbling

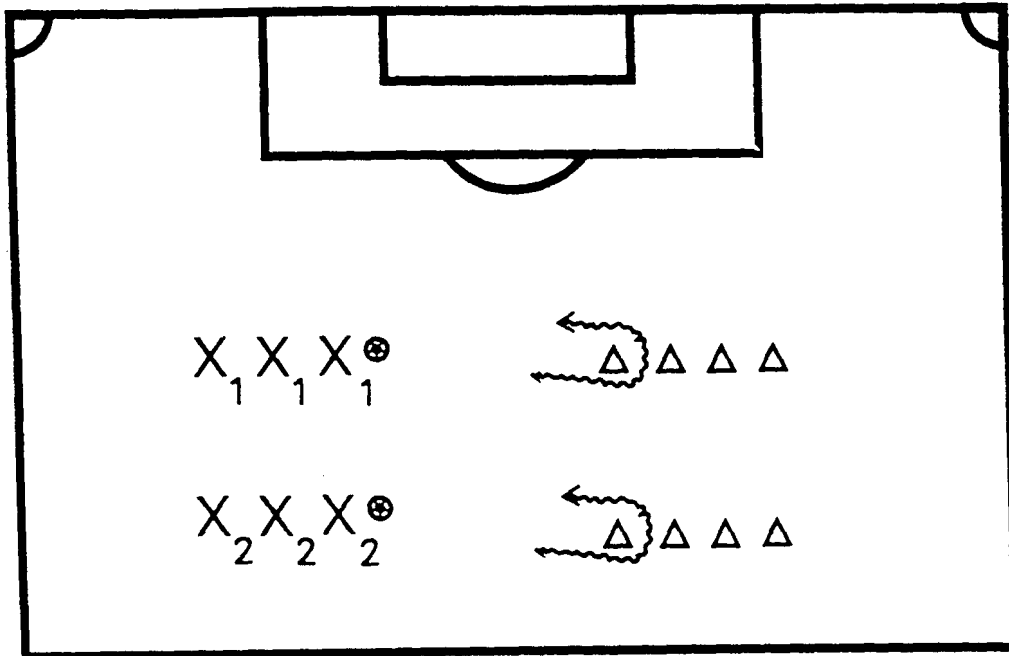
Area: Any area

Players: 6 or more players

Equipment: 1 ball and 4 cones per team

Alignment: Teams of three players each line up 10 yards from a series of four cones placed in a straight line, five yards apart. The first player in each line has a ball.

Procedure: The first player dribbles around the first cone in his line and back to the starting line. Each team member takes a turn dribbling around the first cone. Each player follows the same procedure.



Sesame Street

Purpose: Moving into space; passing accuracy

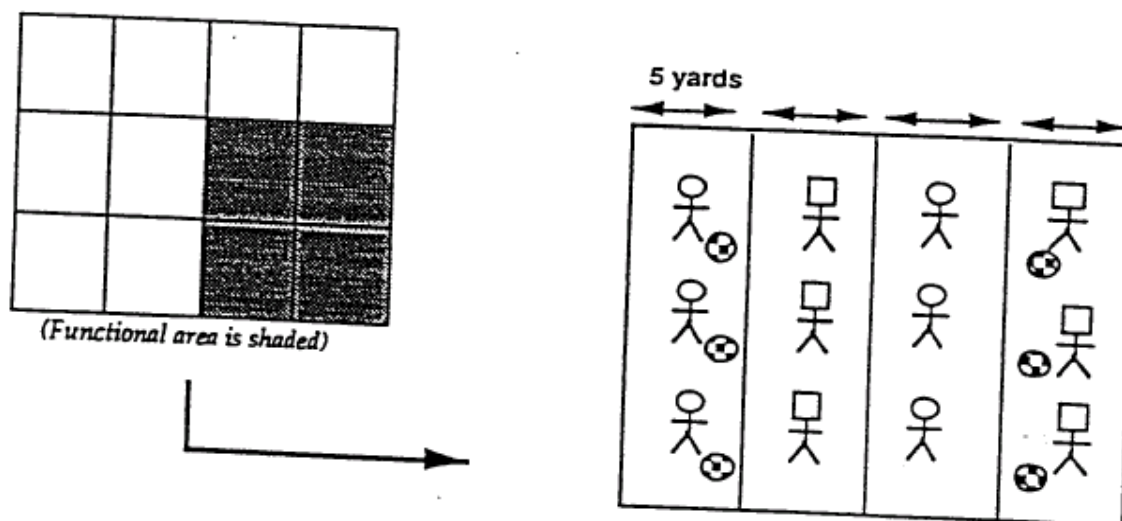
Story: Bert is trying to throw chocolate chip cookies to Ernie, but the Cookie Monster is trying to gobble them up!

Equipment: 15 cones, 6 balls

Organization: Four groups of three, each in a 5 x 20 yard zone. A cookie is caught when one of the players in the shaded zone gets the ball to one of their neutral zone teammates and back again to the shaded zone. The other neutral team can also intercept.

Technical Points

1. You must move around in the neutral zone to create a space for yourself to receive a pass.



The Hustler

Purpose: To work on the accuracy and weight of passing

Story: This game is similar to billiards or pool. Players should strike their ball to stop as close to the cushion as possible without touching it (end line) or dropping into a pocket (touching a cone).

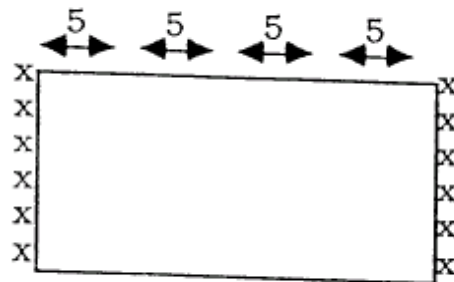
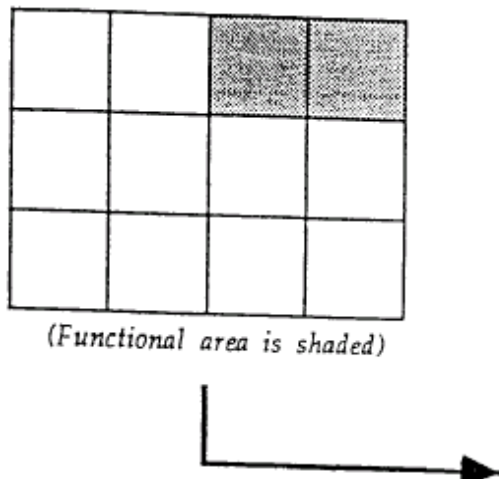
Equipment: 12 balls, 20 cones (3 groups of 4)

Organization: Each player has a number of attempts to score points by passing their ball to come to a stop in a scoring zone. When the ball stops the child follows the ball, collecting it and joins his teammate on the opposite side of the grid. Compete either as individuals or in the three teams of four.

Technical Points:

Passing accuracy points

1. Place the non-kicking foot 8-10 inches away from the ball, toes pointing toward the target.
2. Strike the ball with your instep
3. Strike the ball through its center
4. Striking foot should pass through the ball



Air-Sea Rescue

Purpose: Develop passing weight and accuracy

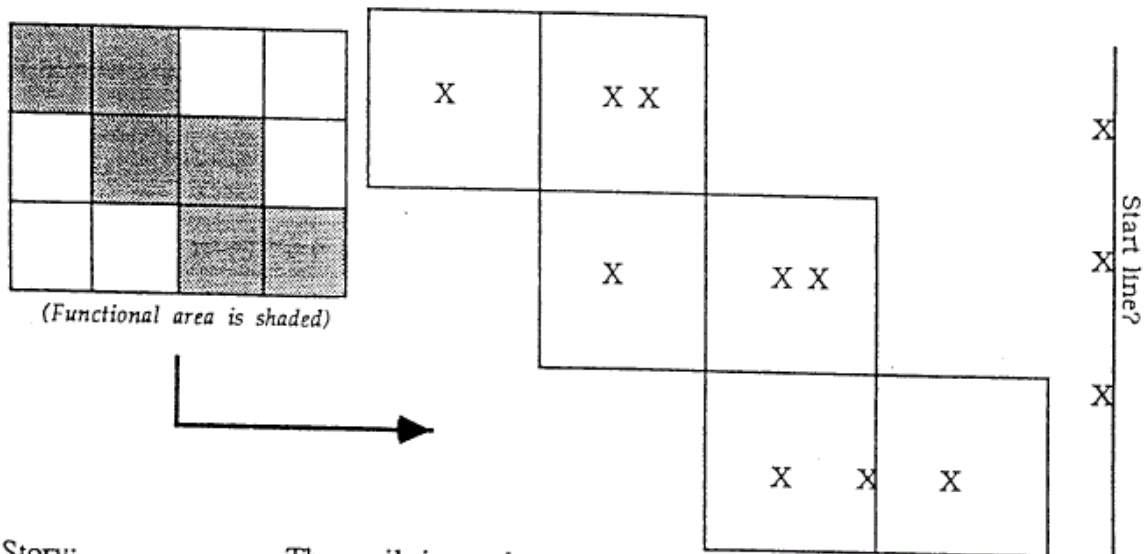
Story: Three oil rig workers are stranded on a rig which is on fire. The balls are remote controlled helicopters, which fly to the rig and land (controlled) or crash (poor control). If helicopter lands the worker flies back with the ball held overhead as rotor blades.

Equipment: 31 balls per team, eight cones

Organization: 3 grids, 10 x 20 in area. Select four players in one team, Position one behind the start line and three inside the other grid. The object is to pass the ball to the other grid and to control the ball. Once controlled that player dribbles the ball back to the start line and passes to the remaining players. Game ends when all players are on the start line.

Technical Points: Passing accuracy technique

1. Place non-kicking foot 8-10 inches ball, toes pointing towards the target
2. Strike the ball with your instep
3. Strike the ball through the center
4. Striking foot should follow through the ball



Story:

Three oil rig workers

Cone-y Island

Skill: Passing

Area: Center circle

Players: 12 players

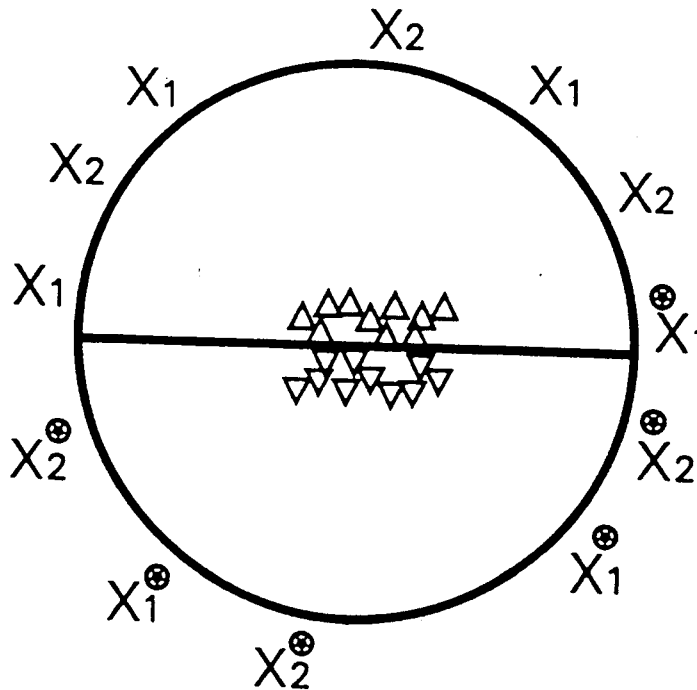
Equipment: 6 balls and 16 cones.

Alignment: Two teams of six players each spread out around the center circle. Each player should have a partner directly opposite him, and each pair has one ball. Sixteen cones are placed anywhere in the circle.

Procedure: At a signal, the players start kicking the balls at the cones and continue kicking until all the cones are knocked down. The team knocking down the last cone wins.

Variations:

- Instep kicking only.
- Right or left foot only.



Pass or Play

Skill: Passing and Receiving

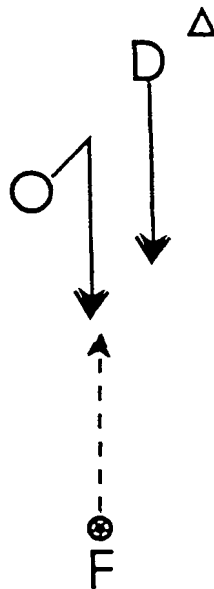
Area: 30 yd. by 15 ft. area

Players: 3 players

Equipment: 1 ball and 1 cone

Formation: A cone serves as a goal. An offensive player and a defensive player stand near the cone. A feeder, with a soccer ball, stands about 30 yards from the players.

Procedure: The offensive player checks toward the defender, then turns and sprints toward the feeder, who passes to the offensive player at the second position. The defender stays with the offensive player and applies pressure. Defense should start off as passive and increase to total pressure. The offensive player, by communicating with the feeder, will decide to pass back to the feeder or turn and attack. Two points are scored by the offensive player when he makes a successful attack by dribbling the ball under control to the cone, and one point each time the defender thwarts an attack. The first player to score six points wins.



Do or Die Baseball

Skill: Passing and Receiving

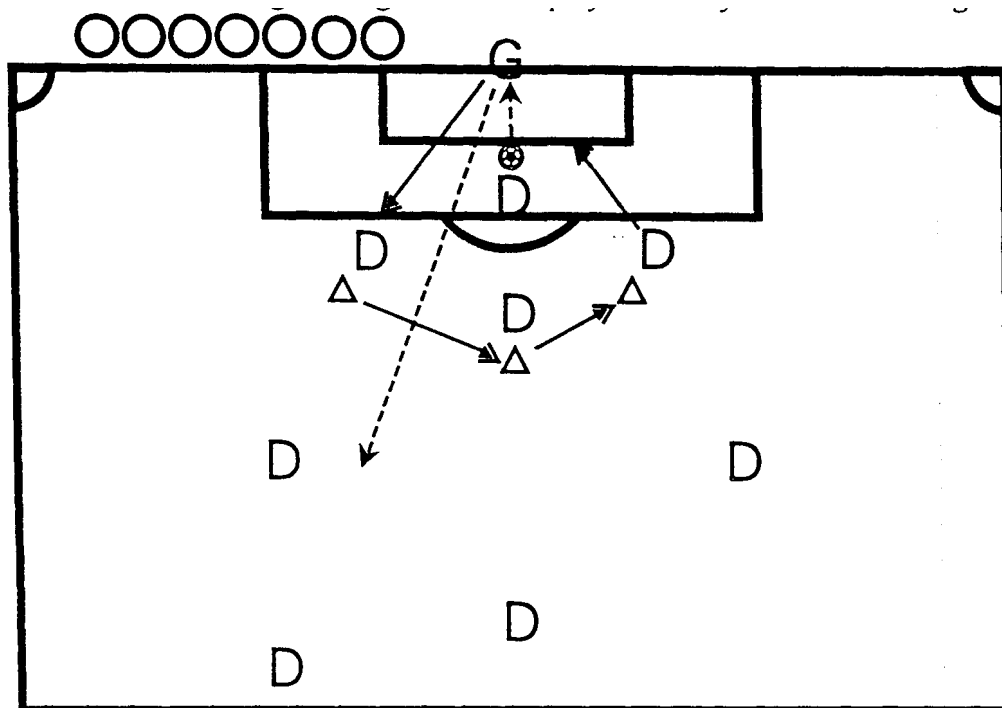
Area: 1/2 field

Players: 10-40 players

Equipment: 1 ball and 3 cones

Formation: The players are divided into two teams of equal numbers. The team “at bat” is the offensive team and forms a line on the goal line outside the goal. The defensive team spreads out in half field. One defensive player, with a soccer ball, is on the penalty mark. Three cones are used as bases.

Procedure: The player with the ball kicks a rolling ball from the penalty mark to the goal line. The offensive player “at bat” kicks the ball into the field and attempts to touch all the bases and reach home (the goal line between the goals) before the players in the field get the ball into the goal. The field players must use soccer skills to get the ball home. Each play is a goal or an out and each player has a turn “at bat” before the teams change. The game can be played for any number of innings.



Fore!

Skill: Passing

Area: Penalty area

Players: 2 or more players

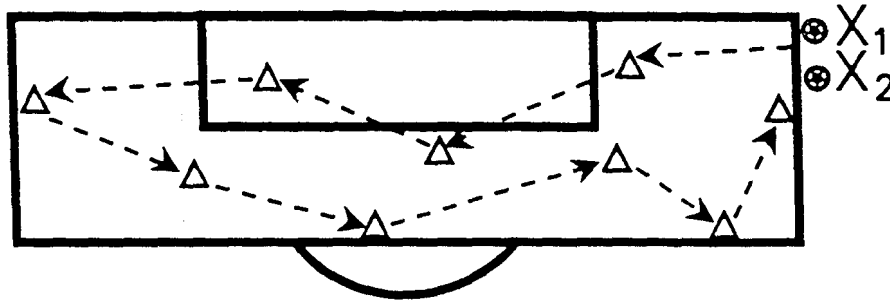
Equipment: 1 ball per player, 9-18 cones

Alignment: Each player has a ball and stands at a spot five yards from the first cone. Cones or markers are scattered throughout the area.

Procedure: Each player competes against a paired opponent to see how many passes it takes to travel completely around the course, using only inside-of-the-foot passes. Shots must touch or pass through the markers before players can move on to the next "hole." The players alternate passes. As in golf, the lowest score wins.

Variations:

- The player who goes around the course in the fastest time, regardless of the number of passes, is the winner.
- Increase the size of the area.



Keep it Alive

Skill: Passing and receiving

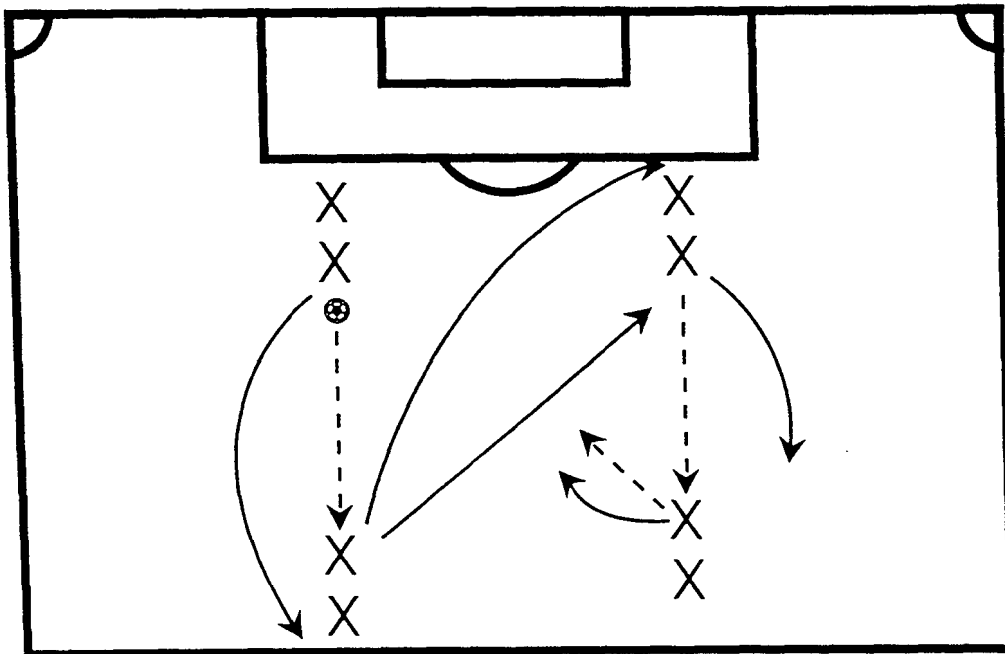
Area: Any area

Players: 8-12 players

Equipment: 1 ball

Alignment: Two lines of six or fewer players, about 10 yards apart, stand opposite and about 10 yards from two other lines of players. The first player in one line has a soccer ball.

Procedure: The player with the ball makes a ground pass to the first player in the line opposite him and goes to the end of that line. The player receiving the ball makes a one-touch pass to the first player in the diagonally opposite line and goes to the end of that line. This routine is repeated until an error (an errant pass) is made, after which the player making the mistake restarts the routine. Count the number of consecutive one-touch passes. Set a goal to reach or try to improve the best performance each time.



Ball Control

Skill: Passing and receiving

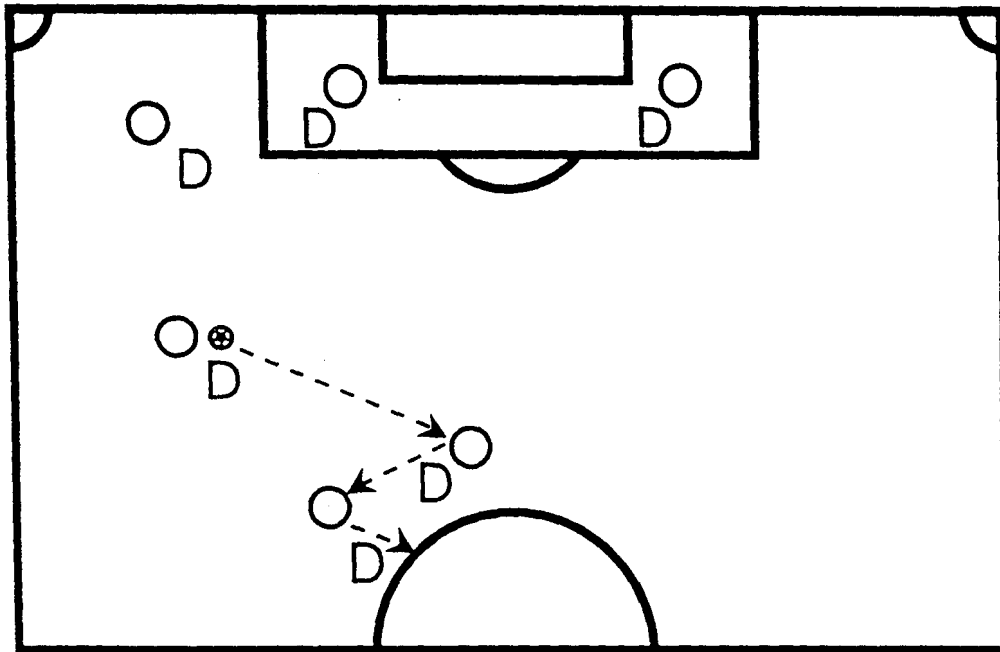
Area: 1/2 field

Players: 12 or more players

Equipment: 1 ball

Alignment: Two teams of six players each occupy one half of the soccer field. One team has the ball.

Procedure: The team in possession of the ball attempts to complete 10 consecutive passes against the defense. A new count starts whenever ball possession changes. The first team to complete 10 consecutive passes wins.



Triangle

Skill: Passing and receiving

Area: Any area

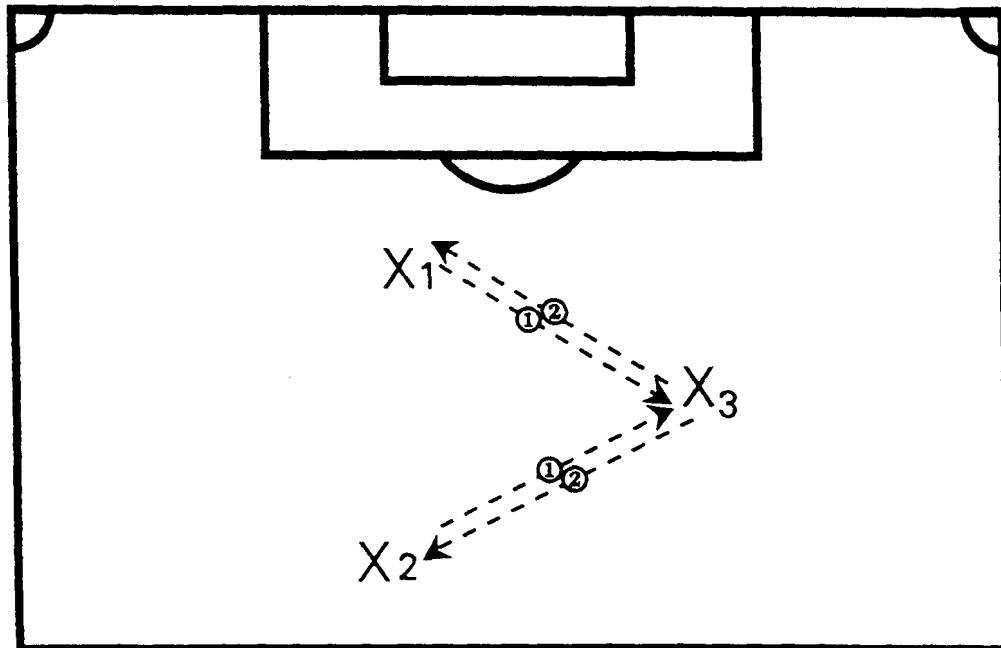
Players: 3 players

Equipment: 2 balls

Alignment: Two field players, each with a ball, face a third player so that the three form a triangle.

Procedure: Players X1 and X2 take turns serving balls to X3. X3 returns balls for one minute by head, instep volley, and instep half volley passes.

The balls are then served to the chest of X3 who controls the balls to his feet and makes volley and half volley return passes. After X3 has practiced all the skills, the players switch places until each has received serves.



Turnabout

Skill: Passing and receiving

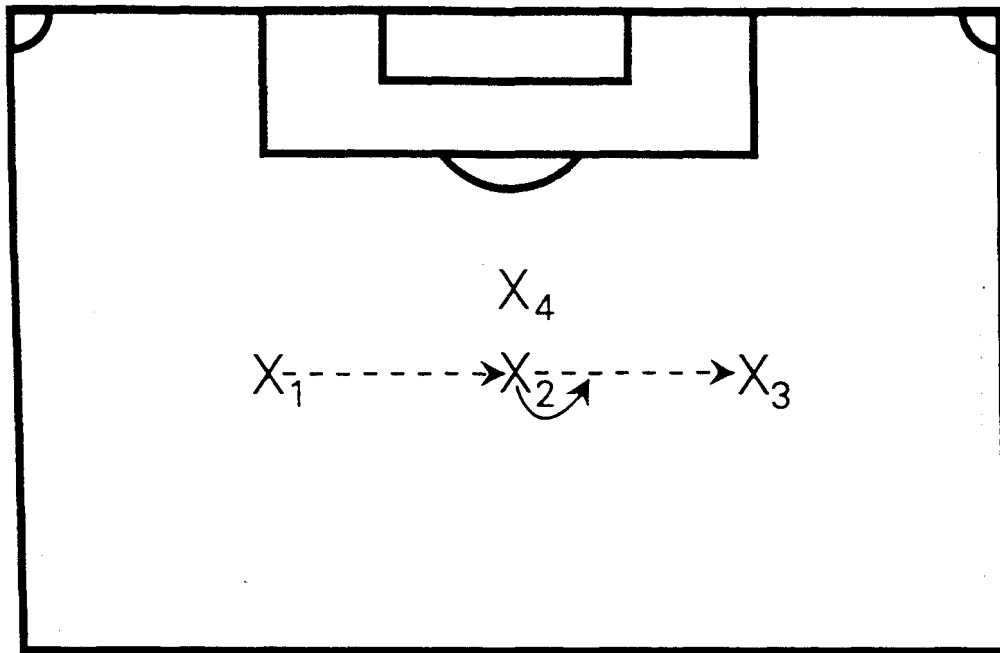
Area: 10 yd. by 10 yd. area

Players: 4 players

Equipment: 1 ball

Formation: X2 stands between X1 and X3. X4 stands beside X2 providing passive pressure.

Procedure: X1 passes to X2. The pass may be on the ground, or in the air to the thigh, chest or head. Upon receiving the ball, X2 turns in one smooth movement and passes to X3. While X2 is doing this, X4 may pressure, even bump, X2. After the pass to X3, X2 faces X3 and awaits a return pass. Upon receiving the return pass, X2 turns and passes to X1. The drill continues in this fashion for a prescribed period, usually one minute. After that time, players change positions.



Wembly Way

Make the assumption that you have 20 cones, 12 balls, and 12 kids

Purpose: To shoot under pressure

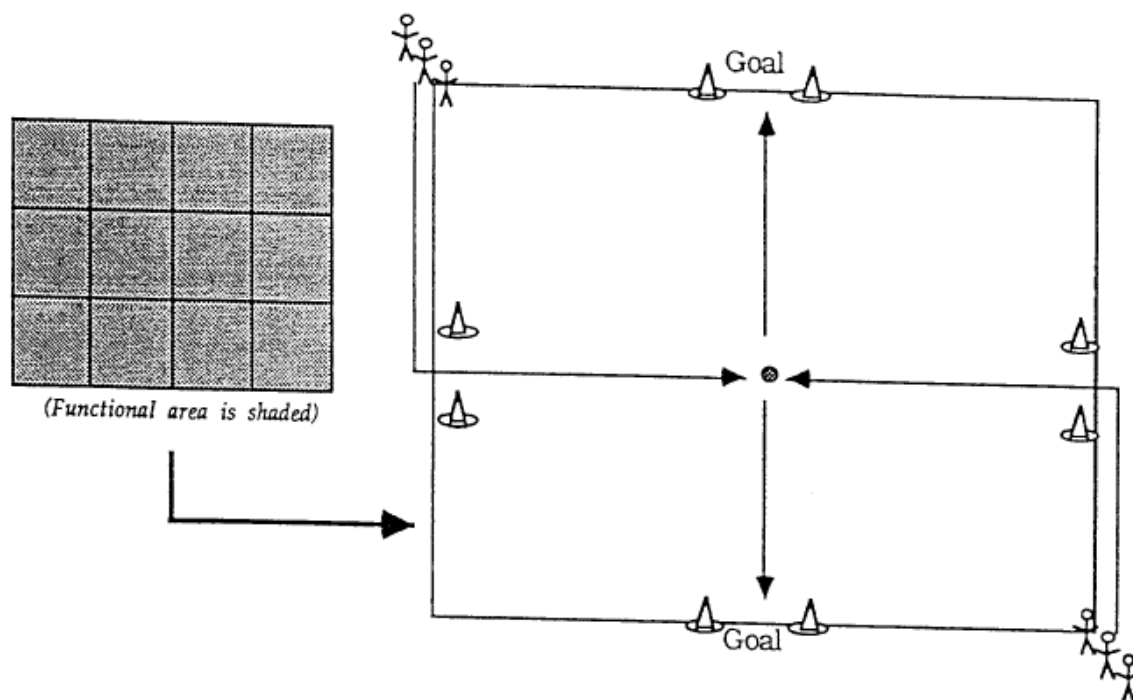
Story: It's the FA Cup final being played at Wembly Stadium. The game has been a classic 3-3 tie until now. In the last seconds of the game we have a breakaway and a golden chance to score the winning goal

Equipment: 12 cones, 12 balls

Organization: Two teams line up at starting positions at opposite sides of the grid. Each player has a number, 1 through 6. On the coach's command, 1 or 6 players will race through the gate and toward the ball. The first player to reach the ball attempts to score in the goal furthest from them. The second players have to go through the gate and attempt to prevent a goal.

Technical Points:

1. Take players on by changing speed and direction
2. Support player with the ball by standing in an open space
3. When shooting, concentrate on hitting the target before power



Hit the Stick in the River

Purpose: To improve shooting technique

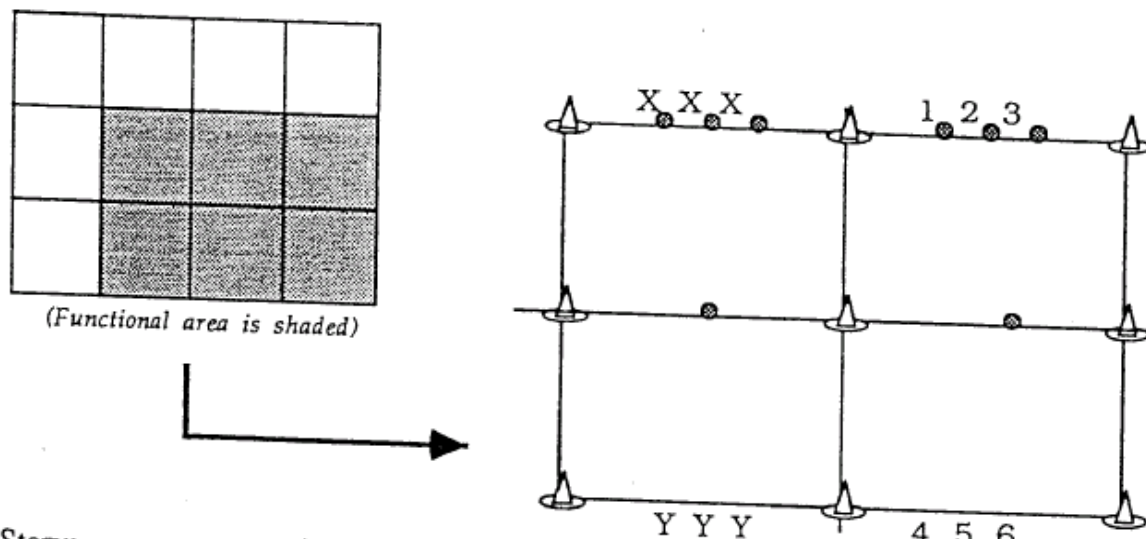
Story: A stick is floating down the river and two sets of children are trying to hit the stick from the river bank. The first group to hit the stick across to the other side of the river is the winning team.

Equipment: 9 cones, 8 balls

Organization: X's play against the Y's and the 1,2,3's play against the 4,5,6's. The ball starts in the middle of the grid half-way between the two teams. One team starts with a ball and shoots at the target ball. Kids are only allowed in the grid to dribble a loose ball out again. Game finishes when ball has crossed opponents line.

Technical Points:

1. Non-kicking foot should be placed beside the ball, 6-10 inches away
2. Strike the ball through the center and with the laces
3. Knee and head should be above the ball
4. Follow through keeping the toe pointing down and ankle firm



Quick Draw

Skill: Shooting and goalkeeping

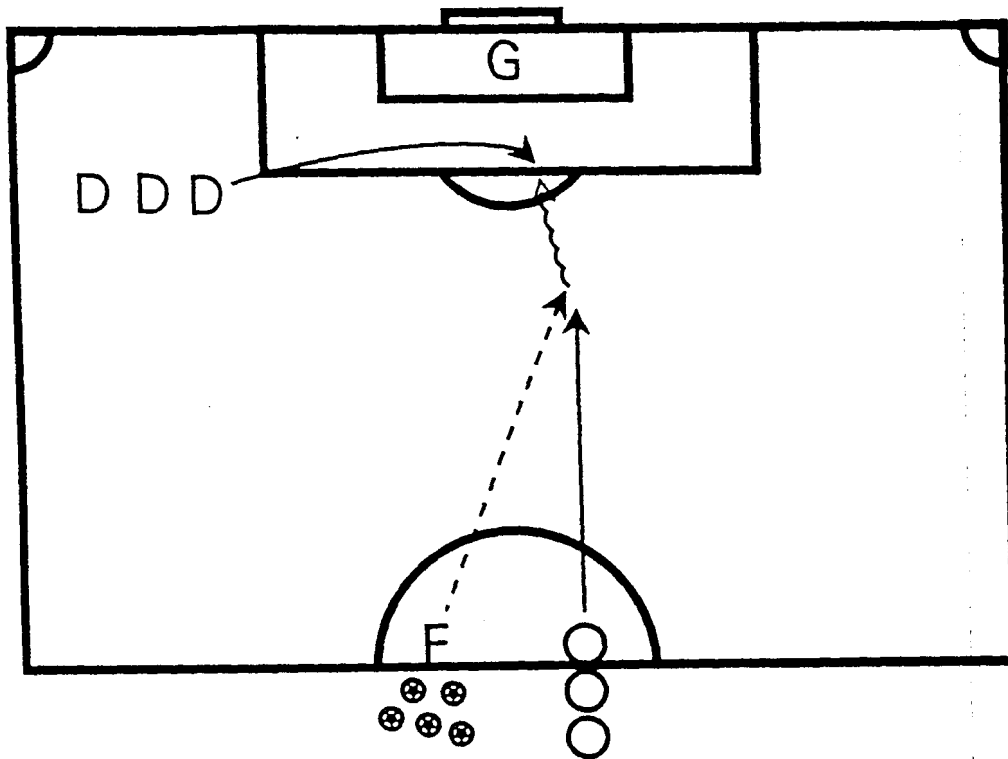
Area: 1/2 field

Players: 12 players and 1 goalkeeper

Equipment: 6 balls

Alignment: Offensive players line up at midfield alongside the feeder. Defensive players form a line at the side of the field 18 yards from the goal. Two of the defensive players serve as retrievers.

Procedure: The feeder passes the ball forward for the offensive player to dribble and shoot. At a given signal, the defender sprints to confront the offensive player. The object is for the offensive player to get a good shot on goal before being confronted by the defender.



Firing Squad

Skill: Shooting and goalkeeping

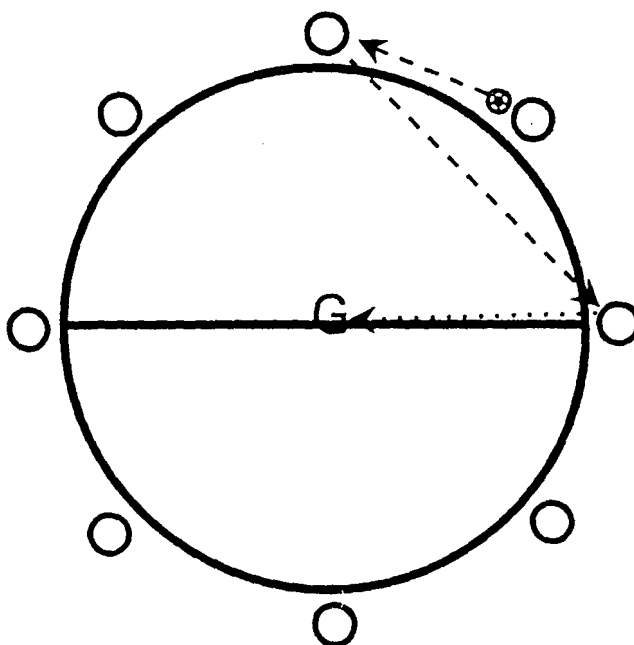
Area: Center circle or similar size area

Players: Several players and 1 goalkeeper

Equipment: 1 ball

Formation: The players position themselves around the center circle. A goalkeeper is inside the circle.

Procedure: Players on the circle keep the ball moving by passing first time. At any time a player may shoot at the goal. The goalkeeper must move so that he constantly faces the ball, anticipating a shot. After fielding a shot, the goalkeeper returns the ball to one of the players around the circle.



Ricochet

Skill: Goalkeeping

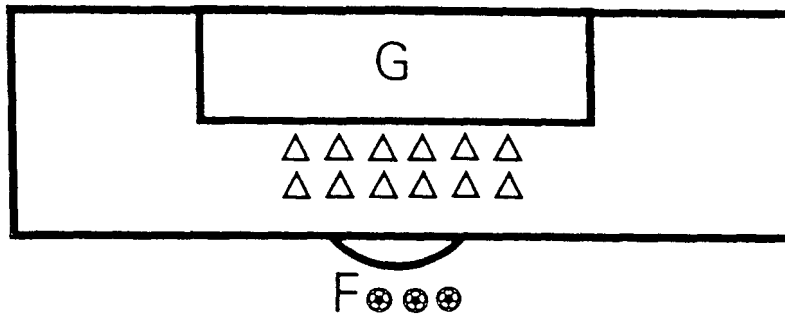
Area: Penalty area

Players: Feeder and goalkeeper

Equipment: Several balls and 12 cones

Formation: A goalkeeper is in the goal. Twelve cones are placed in front of the goalkeeper. A feeder with several balls stands at the penalty mark.

Procedure: The feeder shoots on goal through the cones. The goalkeeper attempts to save or deflect the balls after they bounce off the cones.



Second Chance

Skill: Shooting and goalkeeping

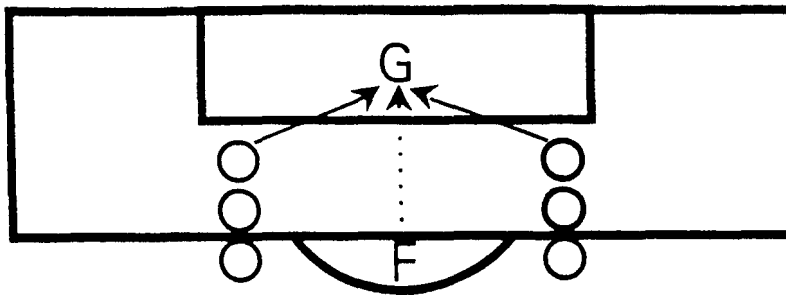
Area: Penalty area

Players: Several players and 1 goalkeeper

Equipment: 10 balls

Formation: Players form two lines approximately 10 yards from and facing a goal. A goalkeeper is in goal. A designated shooter stands between the two lines.

Procedure: The shooter aims shots to a spot within reach of the goalkeeper. Shots are taken hard so that the goalkeeper will have difficulty handling them. A second or two before each shot is taken the first player in each line sprints at the goalkeeper. The objective of the offensive players is to convert dropped balls into goals. Shots are taken rapidly so that players keep moving. The goalkeeper rolls cleanly played balls back to the feeder. Offensive players go to the end of the opposite line after each turn, and the feeder is switched periodically.



Turn and Fire

Skill: Shooting and goalkeeping

Area: Penalty area

Players: 10 players and 1 goalkeeper

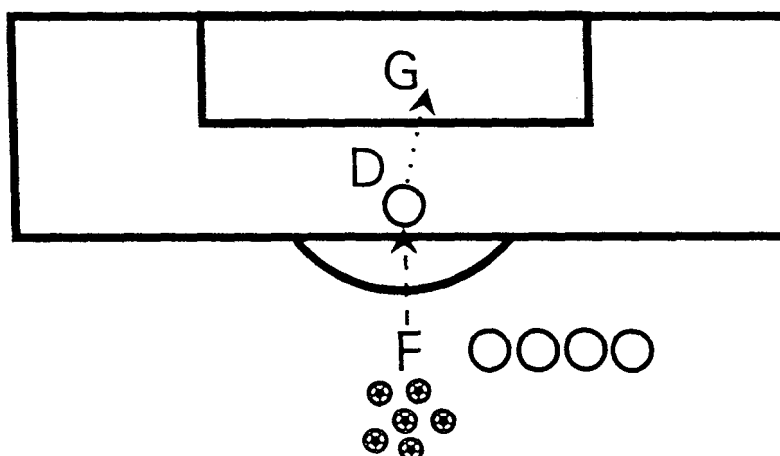
Equipment: 10 balls and 1 goal

Alignment: A feeder stands about 20 yards from the goal. An offensive player stands near the penalty spot. A defensive player marks the offensive player. A goalkeeper is in goal. Waiting defensive players serve as retrievers behind the goal. Waiting offensive players help the feeder by supplying balls.

Procedure: The feeder serves a ball to the offensive player who shoots on goal as soon as possible. After the shot is taken, the feeder serves another ball. The offensive player is under constant pressure provided by the defensive player. Each offensive player receives balls continuously for one minute.

Variations:

- Offensive player receives balls for one minute or until goal is scored.
- Add competitive element by keeping track of the number of goals scored in the designated time.
- Use two defensive players against one offensive player.
- Use two offensive players. The player receiving the ball from the feeder passes, one-touch, to his teammate who shoots on goal.



Volley-ball

Skill: Shooting and goalkeeping

Area: 25 yd. area in front of goal

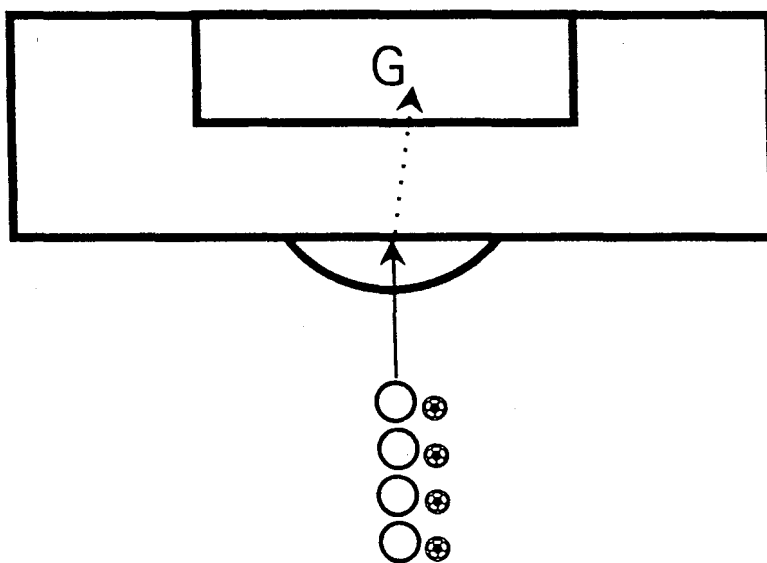
Players: 2-12 players and 1 goalkeeper

Equipment: 12 balls

Alignment: Players form a straight line 25 yards in front of a goal. Each player holds a ball in his hands. A goalkeeper is in the goal.

Procedure: The first player in line runs from 25 yards out and drops the ball to the ground on the 18-yard line and takes a shot on the half-volley. Shooters retrieve the ball if they miss the goal.

Variation: Kick the ball before it touches the ground (full volley.)



Run It Down

Skill: Shooting and goalkeeping

Area: 1/2 field

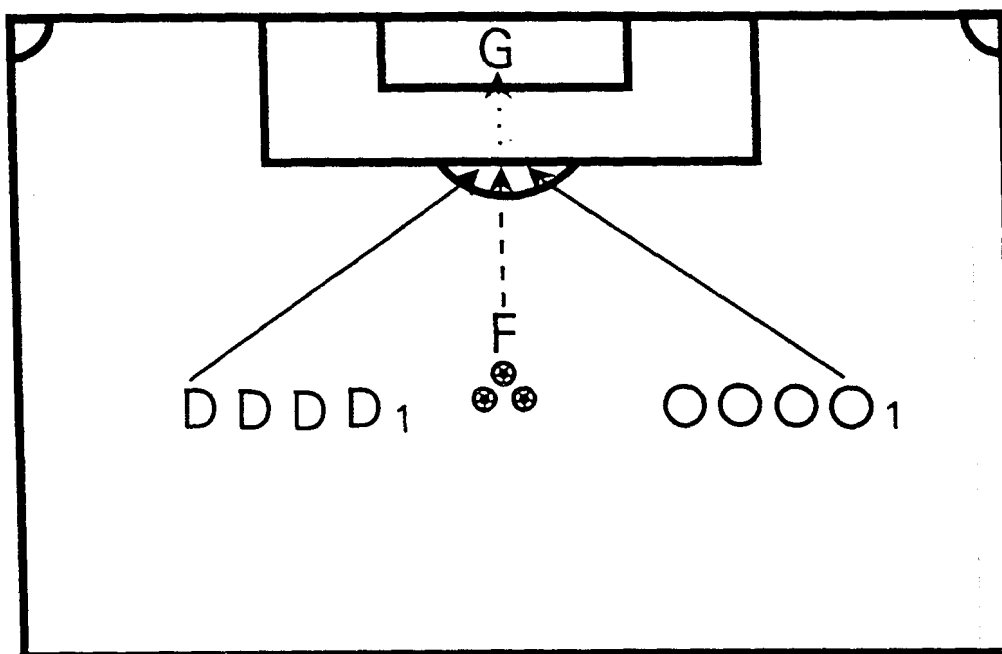
Players: 16 players and 1 goalkeeper

Equipment: 12 balls and 1 goal

Alignment: A feeder stands 40 yards from the goal with a supply of balls. A line of offensive players is on one side of the feeder and a line of defensive players is on the other side. A goalkeeper is in goal.

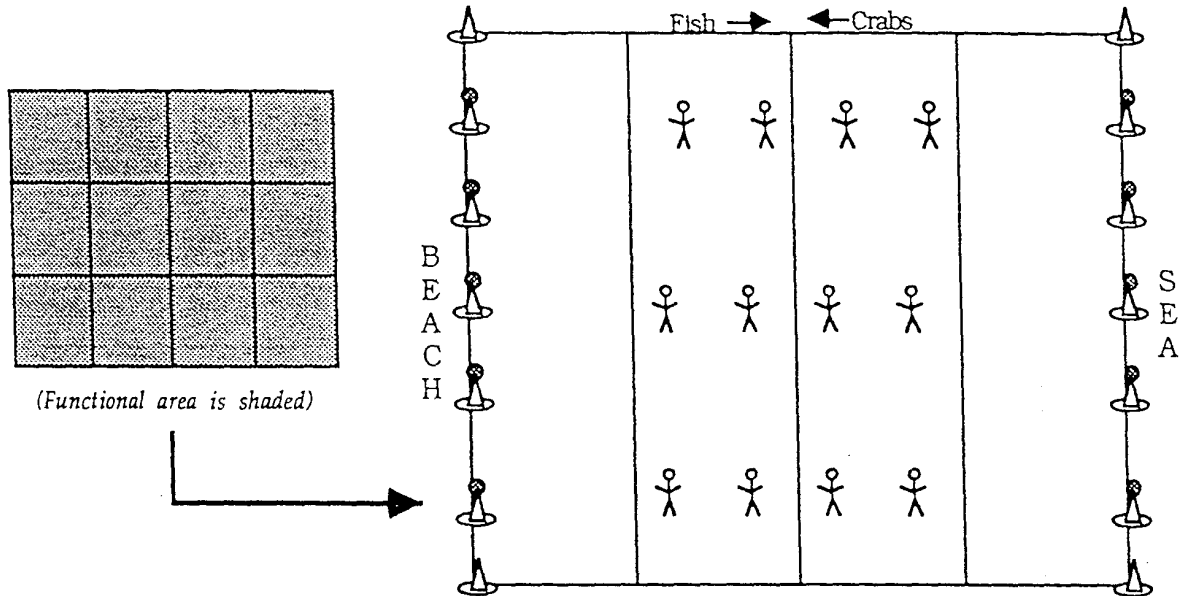
Procedure: As the feeder passes the ball forward toward the 18-yard line, the first offensive player and the first defensive player sprint to the ball. The offensive player must get to the ball and shoot on goal before the ball enters the penalty area. The defensive player sprints to defend. The two players switch lines after playing the ball.

Variation: Play without defensive players to add emphasis to sprinting and shooting.



Coconut Shy II

Purpose: To develop the concept of spatial direction and team work



Story: The Coconut Shys are soccer balls placed on disc cones - 5 at each end of the area. Two teams (crabs and fish) try to knock the coconuts down. Crabs kick towards the beach, and fish toward the sea. Use 2 balls and refer to them as melons.

Equipment: 10 disc cones, 12 soccer balls, 4 stand'up cones

Organization: In a 40 x 30, play a 6 v 6. If the ball rolls out of bounds then it must be rolled in under arm. Game restarts from the team's own endline, during which oppositions have to be in their won half. 10 minutes each way. The team who knocks the most cones down wins.

Technical Points: 1. If ball goes out of bounds it is rolled in - only rules are not to use your hands

Run the Gauntlet

Skill: Offensive and defensive techniques

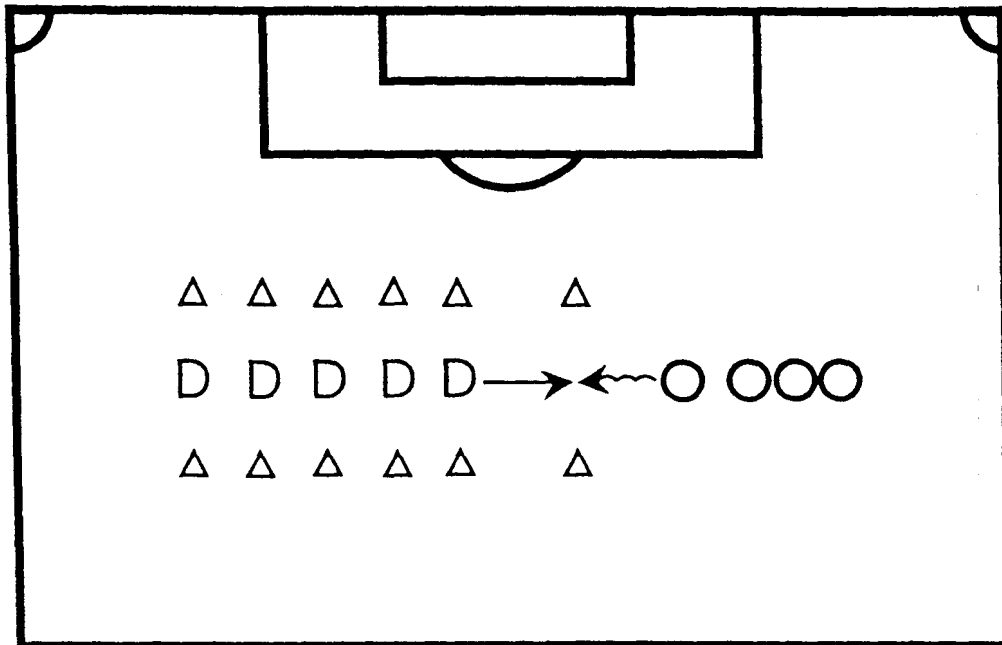
Area: 75 yd. by 15 yd. area

Players: 8-12 players

Equipment: 3 balls and 12 cones

Alignment: A rectangular area 75 yards by 15 yards is marked with cones. Cones are placed at 10-yard intervals within the 75-yard area. Offensive players line up at the entrance to the course. Defensive players position themselves between the width of the course at 20-yard intervals.

Procedure: An offensive player dribbles toward the first defensive player who advances from the first cone (20 yards from start) and attempts to tackle the ball. The offensive player attempts to beat the defensive player and, if successful, continues to advance to confront the next defensive player. The offensive player continues until he beats five defenders in order or until he loses possession of the ball. After the offensive player completes his turn he becomes a defensive player at cone five while all other defenders move up one cone. The defensive player who started at the first cone goes to the end of the waiting line of offensive players.



Hot Box

Skill: Offensive and defensive techniques

Area: Penalty area

Players: 12 players and 1 goalkeeper

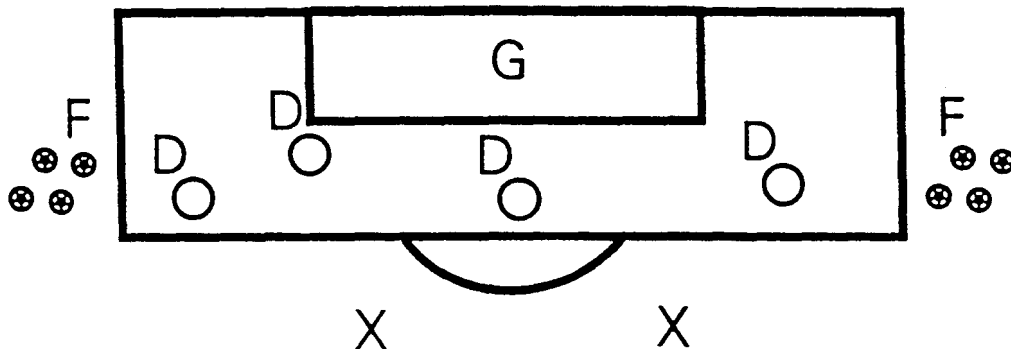
Equipment: 8 balls

Alignment: Four attackers compete against four defenders and a goalkeeper in the penalty area. Two players, with a supply of balls, are located at the sides of the area, and serve as feeders. Two other players are outside the top of the area.

Procedure: One of the feeders crosses or passes a ball into the area, and the players compete against each other until a goal is scored or the ball is cleared out of the area. The players at the top of the area shoot or pass balls cleared their way back into the area. Otherwise, one of the feeders makes another cross or pass. All players are rotated after a specified period of time.

Variations:

- Change the number of players in the area.
- Use a strict man-to-man defense.
- Vary the types of crosses and passes.



Faceoff

Skill: Offensive and defensive techniques

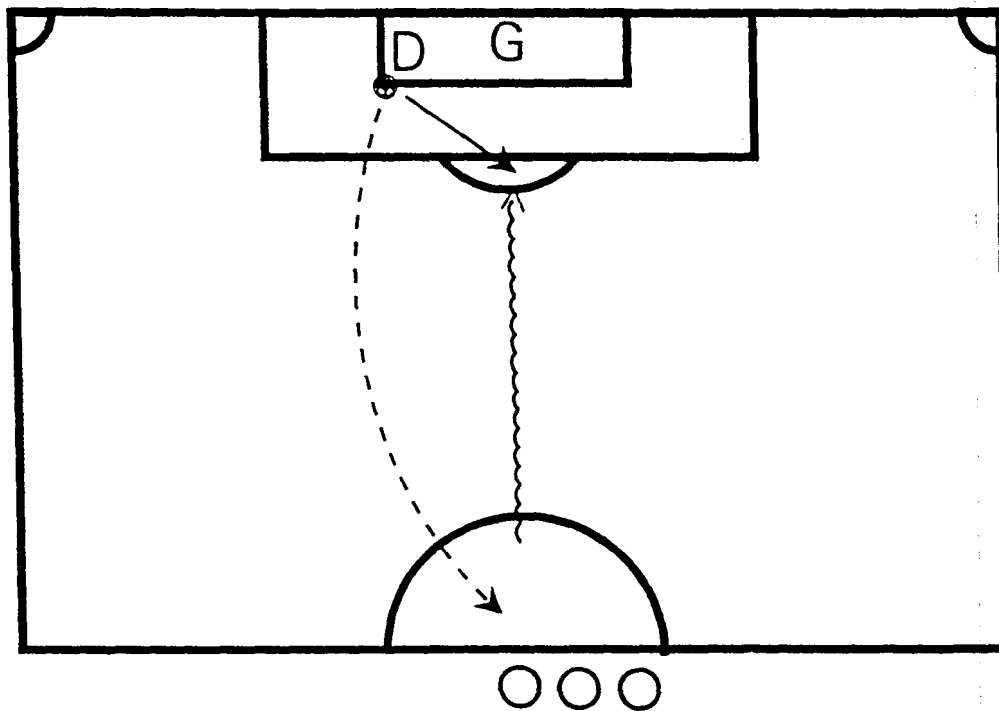
Area: 1/2 field

Players: 12 or more players and 1 goalkeeper

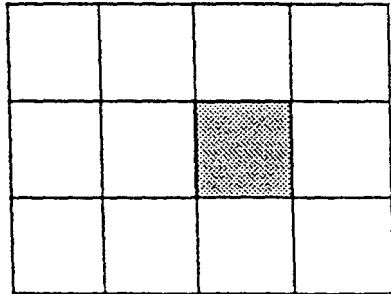
Equipment: 3 balls and 1 goal

Alignment: Six defenders line up behind one post of the goal. Six or more offensive players line up at the center circle. A goalkeeper is in goal.

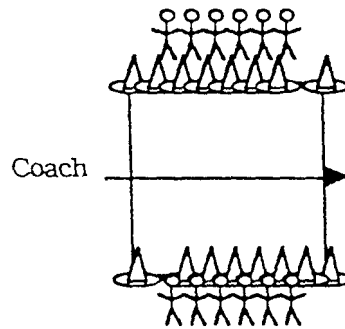
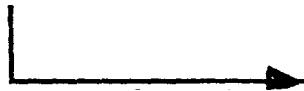
Procedure: A defensive player kicks the ball to the center circle. The waiting offensive player receives the ball and dribbles toward the goal. The defensive player who made the goalkick runs to meet the offensive player and attempts to tackle. If the defensive player is successful, the play ends and the offensive and defensive players go to the end of their respective lines. If the forward is able to maintain possession to the edge of the penalty area, the defensive player releases and the goalkeeper plays the forward one-on-one.



Treasure Ball



(Functional area is shaded)



Story: Coach is the treasure ball holder. He walks down the center of grid. At anytime he can drop treasure ball and call a number. The first kid to ball dribbles back to his palace. Palace with most balls wins.

Equipment: 18 cones, 12 balls

Organization: 10 x 10 grid - 6 cones on each side with kids numbered one to six next to each cone - coach positions ball near middle, calls number.

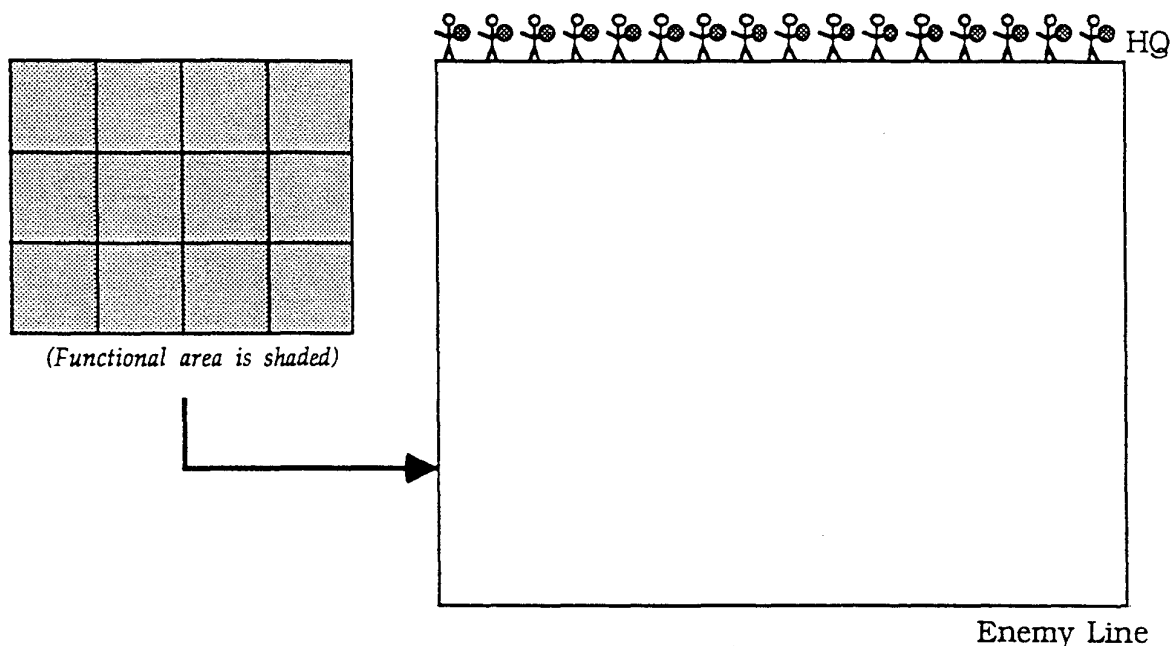
Technical Points:

1. Awareness of communications on field
2. Quickness from a standing start
3. Quick turn when getting to ball

Purpose: Improve awareness and quickness

Soldiers

Purpose: Warm up/Juggling



Story: The coach is the sergeant who calls out instructions. As they march across the desert the sergeant gives orders. Right thigh, Left thigh, Left foot, Right foot, Head. The balls are bombs and must not touch the ground. If bomb is dropped then they go back to HQ. If they reach the enemy line then game finishes. If sergeant shouts “Bombs”, children must kneel down and cover their ball.

Equipment: 12 balls, 4 cones

Organization: All kids start on the HQ line as they march across coach gives commands, e.g., Left thigh, then the kids must bounce ball off of left thigh and catch it. If the ball is dropped then that child goes back to HQ. Game is over when first child gets to the enemy line.

Technical Points:

Head: Keep you eyes open.

Bounce the ball off of your forehead.

Chest: Present chest by arching back and bending knees.

Thigh: Raise thigh up so that it’s presented flat.

Use thigh not the knee.

Foot: Drop the ball onto the laces.

On impact ankle and foot should make a 450 angle.