



## PROGRESSION

### FUN GAMES

#### List Fun Games Here

#	Name
1	Crab Soccer
<b>Description:</b> One team lines up between the cones each player with a ball. The other team assumes the crab position (face up). The crabs attempt to kick the ball out of the area. A player having his/her ball kicked away joins the team in the crab position. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds.	
#	Name
2	Crazy Box Dribble (Entropy)
<b>Description:</b> Players dribble ball within a limited area, demonstrating all of the dribbling techniques. Players must avoid each other while demonstrating techniques. <b>Objective:</b> Players must make game-like decisions, demonstrate skills, increase cardiovascular rate, and move to space.	
#	Name
3	Defrost
<b>Description:</b> One player is Frosty. All other players dribble ball within grid. Frosty (player without the ball) tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by crawling or dribbling the ball between their legs. A player unfrozen dribbles as before.	
#	Name
4	Dribble Tag
<b>Description:</b> Players, each with a ball, dribble within a confined area with one player "it". He/she who is it must also dribble a ball. The game is then played like a normal game of tag.	
#	Name
5	Heading Competition
<b>Description:</b> Two teams of two players with small goals. Player A passes ball with foot to Player B. Player B catches or picks up ball as Player A runs toward Player C's goal. Player B throws the ball head-high and Player A attempts to score with a head-shot. Players C and D repeat this procedure. Player B moves to goal while Player A replaces B.	
#	Name
6	Knockout
<b>Description:</b> Players dribble in a box and must dribble/control their ball while at the same time trying to kick other players' balls from the box. A player whose ball is kicked from the box must juggle "X" number of times to get back into the box. <b>Objective:</b> Players must make game-like decisions, control the ball, keep eyes up, demonstrate skills, increase cardiovascular rate, and find and move into space.	
#	Name
7	Marbles
<b>Description:</b> Player A passes their ball 10-15 yards out. Player B passes his/her ball in an attempt to hit Player A's ball. Then, both alternate attempting to hit the other's ball. For each hit the player receives one point. The first player to ten points wins. Players must work on weight, timing, and accuracy of their passes.	



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#	Name
8	Moving Goal
<b>Description:</b> Two teams playing in one half of a full field. Two players/coaches carry bar between them and act as the goal. The "goal" moves around the field. Both teams score through the moving goal. Players must communicate with teammates, possess the ball, concentrate on passing accuracy, and work on angles of support.	
#	Name
9	Musical Chairs
<b>Description:</b> Players dribble within a confined area. One player is without a ball. He/she must try to steal a ball from any of the others in the grid. At the end of a short period of time, the coach blows a whistle. The player left without a ball must come outside the grid and juggle while the game continues. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds.	
#	Name
10	Pac-man
<b>Description:</b> One player with a ball begins as the Pac-man. He/she attempts to swallow the ghosts (players without balls) by hitting them with their ball below the knees. If a player is hit with the ball, they also become Pac-man. They must get a ball from outside the grid. Play continues until one player is left. Players must work on weight, timing, and accuracy of their passes. As well as running with the ball and be able to pass with accuracy.	
#	Name
11	Shadow Dance
<b>Description:</b> The team is set up in pairs. The first player dribbles the ball utilizing deceptive dribbling fakes and moves. The second player must keep his ball within the area of the first player as if they were their shadow. <b>Objective:</b> Demonstrate individual dribbling techniques and increase cardiovascular rate. Work on keeping control of the ball, changing directions, and changing speeds.	
#	Name
12	Top Gun
<b>Description:</b> The game begins with two players on opposite sides of a grid. The rest of the players run from one side to the other. Player with the ball attempts to hit the players running through below the waist. If a player is hit, they become one of the shooters. The Top Gun is the sole surviving player. Players must work on weight, timing, and accuracy of their passes.	
#	Name
13	World Cup 1 v all
<b>Description:</b> The game begins with one player dribbling with the ball, the player with the ball tries to score; the others try and stop them. Players who score must sit out until the rotation is completed. Each round continues until only one player is left. He/she is then eliminated and a new round starts. This game can be played in pairs as well. <b>Objective:</b> Finishing, dribbling, control.	



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#	Name
14	Two Ball Soccer
<b>Description:</b> The game begins by playing a full game of soccer, but two balls are used. This teaches players to play open and spread out. Players must communicate with teammates, possess the ball, concentrate on passing accuracy, and work on angles of support.	
#	Name
15	Number Dribbling
<b>Description:</b> Assign numbers to tasks, so as players are dribbling call a number and a player must perform the task assigned to that number. For example: 1. On the run (run with the ball) 2. sole of the shoe (stop the ball with the sole of the shoe) 3. On your knee (stop the ball with your knee) 4. On the Floor (sit or lay on ball) 5. Keep it alive (Foundation) 6. Show some tricks (juggles) 7. Goes to heaven (head juggling) 8. Through the gate (Dribble outside the grid and back in) 9. Find a line (Dribble to a line). You can assign any task you want to a number (e.g. moves, turns, changes of speed, be creative).	
#	Name
16	Sharks and Minnows
<b>Description:</b> The team lines up between the cones each player with a ball. One player is the shark positioned in the middle. The shark attempts to kick the ball out of the area. A player having his/her ball kicked away joins the shark in the middle. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds.	
#	Name
17	Fortress
<b>Description:</b> Have players pair up with a ball and a tall cone (or another ball). One player has the ball and tries to hit or knock over the cone (awarded a point every time they hit the cone), while the player without the ball defends the cone (fortress). After 30-90 seconds have players switch roles. Player with ball must work on deception, changes of direction, and weight, timing, and accuracy of pass.	
#	Name
18	Robin Hood
<b>Description:</b> Set-up a grid and place all of the balls in the center of the grid. Split the players evenly amongst the four corners of the grid. Players on command sprint to the middle take a ball and dribble back to their corner. The group with the most balls wins. Then split the balls evenly amongst the four corners of the grid. Each team can send one player to steal a ball from any group and dribble back to their group, the group with the most balls wins. Next progression each group can send 2 players and then 3, and then 4 ect. (hence the name Robin Hood). Players must work on running with the ball and then work on keeping their head up and running with the ball in traffic.	



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#	Name
19	Snake Tag
<b>Description:</b> One team lines up between the cones each player with a ball. One player without the ball positions themselves in the middle of the field. The players with the ball attempt to dribble their ball to the other side of the area. A player having his/her ball kicked away joins the person in the middle by locking their arms to form a snake and attempts to kick other players balls out of the area who also join the snake. Process continues until there is one person left. Players must control their ball, keep eyes up to be aware of opposing player/snake and find space, work on changing directions, and work on changing speeds. Players in the snake must work together and communicate.	
#	Name
20	Dribbling Circle
<b>Description:</b> Form a 20 yard circle in circumference. All players start off dribbling around the circle in the same direction. On the coach's command players dribble in the other direction around the circle. On the coach's whistle all the players dribble their ball directly across the circle to the opposite side. Work on ball control, keeping head up, changes of speed, and changes of directions.	
#	Name
21	Team Keep Away
<b>Description:</b> Use half of a field with a goalkeeper. Half of the team starts with a ball on the field as the defending team. The other half of the team is on the outside of the field as the attacking team. On the coach's command the attacking team attempts to kick all of the balls out of bounds or into goal, you can assign different points for a goal. The defending players attempt to dribble away from the attacker. If a defenders ball is kicked out they are allowed to help the other defenders keep possession and the balls away from the attackers. Track points by time and goals scored. Work on communication, dribbling, shielding, possession, angles of support, and goal scoring opportunities.	
#	Name
22	Soccer Tennis
<b>Description:</b> Split team into two sides. Player begins game by serving ball out of their hands (must be a lofted serve) over the net, line, or cones. Players are allowed one bounce per side. Play continues until ball goes out of play or bounces twice, points are tracked accordingly. Coach can add touch restrictions as they see fit. Work on 1 <sup>st</sup> touch, receiving and playing balls out of the air, and communication with teammates.	
#	Name
23	Box on Box
<b>Description:</b> Set up two goals 36 yards apart with a width of 44 yards and play 4v4+Gks. Encourage players to score as many goals as possible. Work on angles of support, passing, finishing, and decision making. Activity should provide an intense environment with pressure.	



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#	Name
24	Multiple Goal Game
<b>Description:</b> Use half of field and divide team into two teams. Set up multiple goals around the field. Use one ball; players cannot score on the same goal twice. Encourage players to spread out, pass, and find the open goals. Work on passing, decision making, possession, dribbling, and finding open goals.	