

ANIMAL GAME

Concept:

Striking the soccer ball with pace and accuracy... and it is fun to hit adults with soccer ball and make them act silly!!

How to Play:

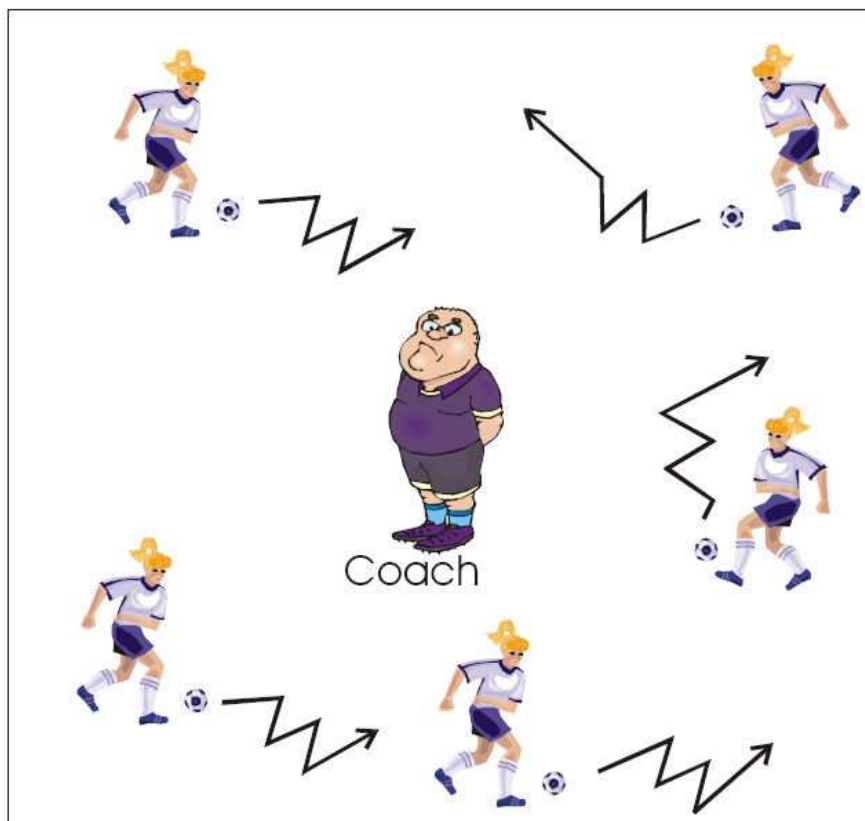
- Coach stands in the center circle, the players must stay outside the circle
 - Players try to kick the ball so it hits the coach.
- When the coach is hit by a ball, he must act like the animal the player chooses

Variations:

- Use the game as a Throw-in drill
 - Add more coaches

Notes:

- Different animals move slower than others. Kids will figure out that a Flamingo (standing on one leg) is easier to hit than a gazelle.



BIG BAD COACH(S)

Concept:

- Learn to dribble away from defensive pressure
- Learn to be aware of team mates (looking for stuck players)
- Learn to attack undefended space (freeing stuck players)

How to play:

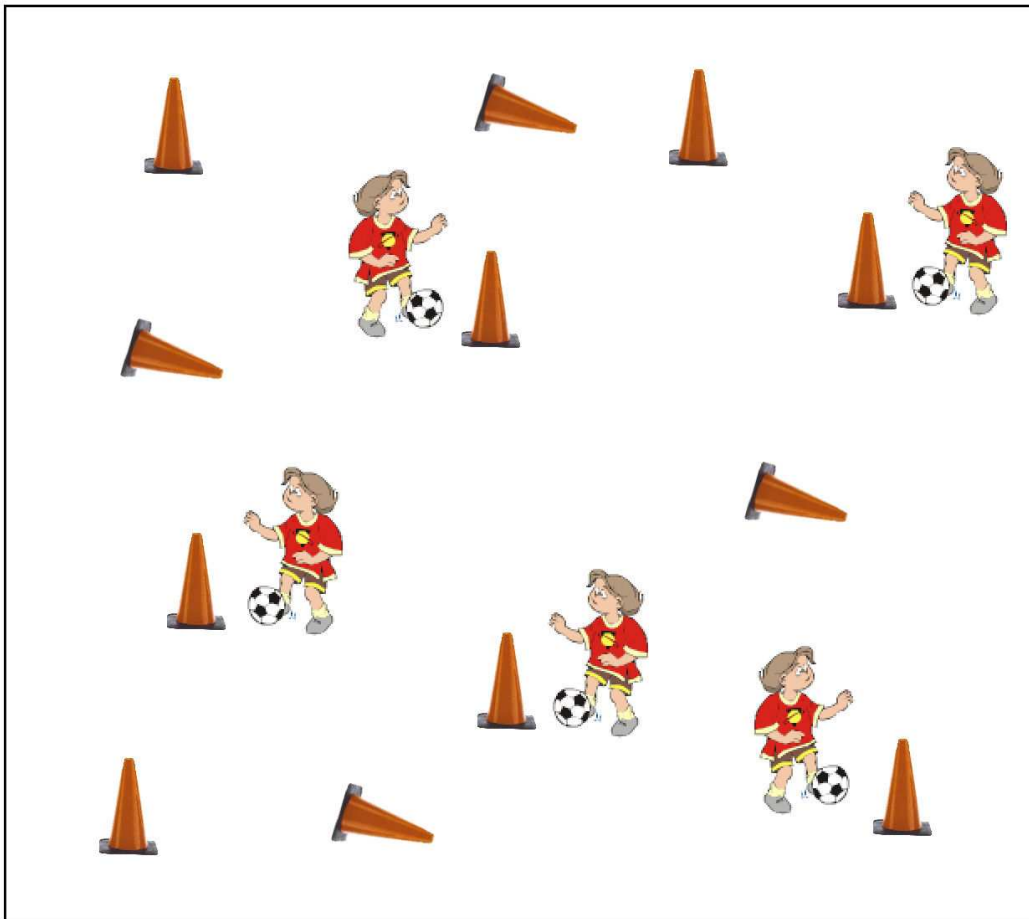
1. All kids have a ball in a marked area (half field).
2. The Big Bad Coach tries to kick the players' balls out of the marked area. If a player's ball leaves the marked area, that player must stand, in the marked area, with their legs apart, and their ball over their head. They are now stuck.
3. The other players can free their team mates by passing a ball between the stuck player's legs.

Variation:

- Make the players perform a task before re-entering the marked area; toe taps, 5 step overs, run around the field, hug their mom... whatever you think of.
- Set a magic cone in the middle of the field, if the cone is knocked over, every stuck player is set free.

Note:

COACH!! DON'T RUN!!! YOU MUST ALWAYS BE IN CONTROL OF YOUR BODY. WE DON'T WANT LITTLE KIDS RUN OVER BY AN ADULT!!



BINGO

It's more fun to knock 'em over, than dribble around them!!

Concept:

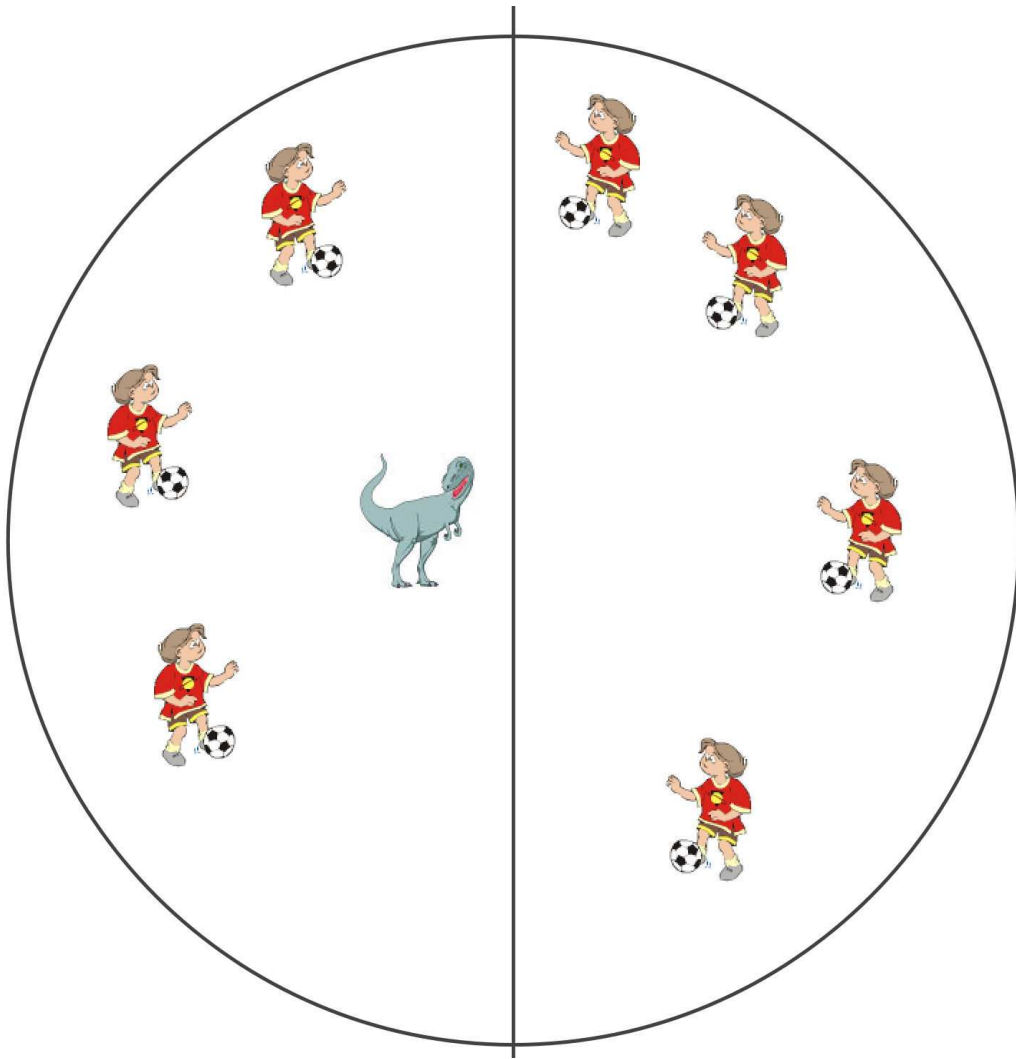
- Learn to dribble with control to position a ball for an accurate pass or shot.
- Learn to drive a ball with force (all be it, 4year old force) using the instep.
 - Learn to look around a field for a target (cone).

How to play:

Spread cones around the field, and let the kids knock them over with a ball.

Variation:

- Compete with the kids by trying to keep the cones up, as they try to knock them down. Add parents as need to be competitive.
 - Set the cones up, and then time how long it takes them to knock them all down.
 - Have the kids help set the cones back up using only their feet.
- Place cones in the center circle and do not allow the kids in the circle. This forces them to take longer shots. Separate into two teams and 1 ball, and see which team knocks over the most cones.



MONSTER

“Soccer is a non-contact sport.... Just like basketball!!”

Concept:

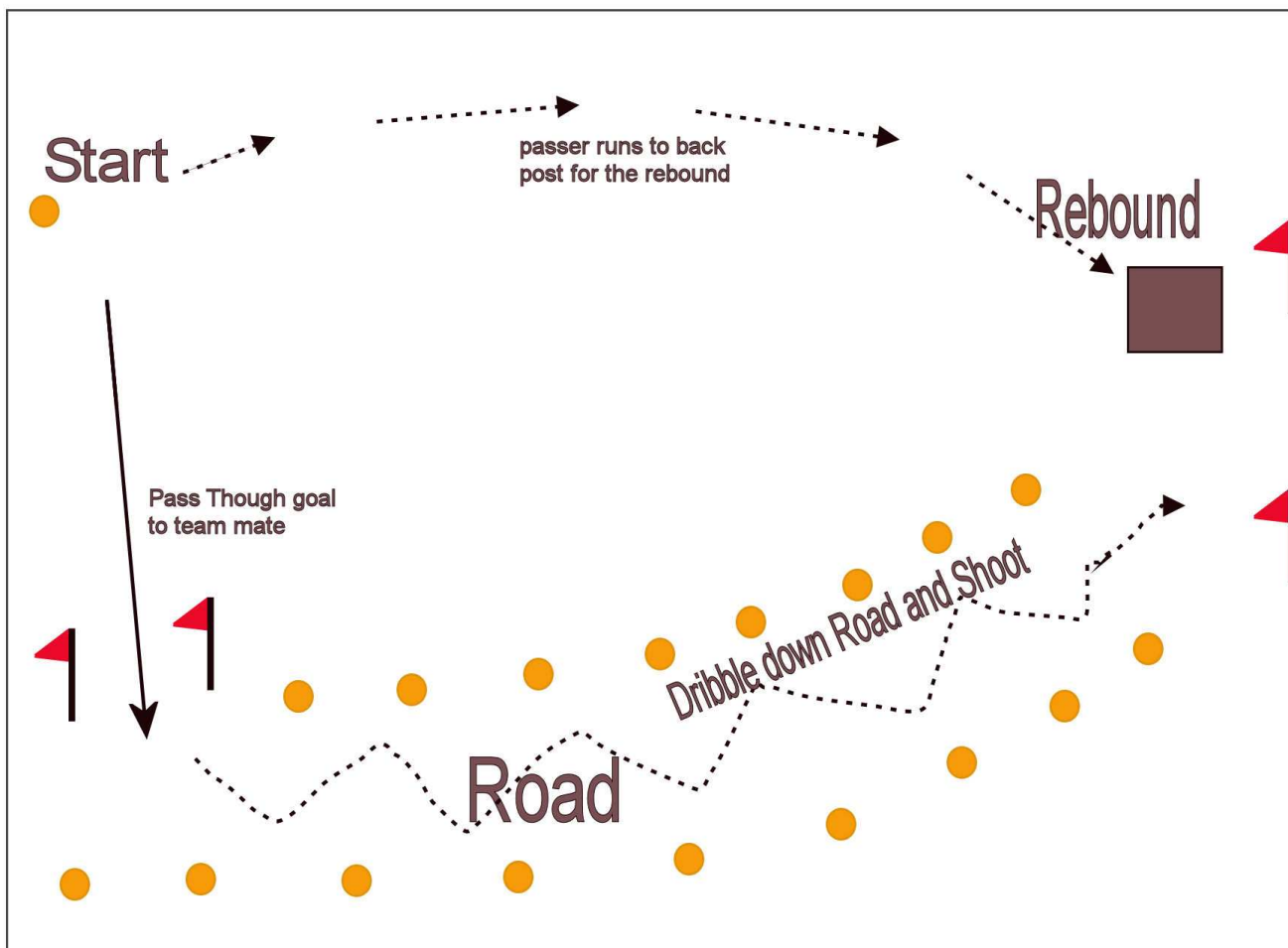
- Learn to be physical within the laws of soccer to take the ball away
- Learn to be physical protecting the ball from being taken away from you

How to play:

1. All kids, but one, have a ball in the center Circle. The player without a ball is the Monster.
2. The coach times how long it takes the Monster to kick all the other players’ balls out of the circle. When a player’s ball is kicked out of the circle, that player must stay out of the circle.
3. For less aggressive monsters: add an eliminated player every 20 seconds (as helper Monsters) so the original monster does not become frustrated.

Note:

- At first, don’t show them the technique of shielding or how to use their shoulder. Let them play and discover. Show the techniques to the players that are eliminated early in the game, you (and they) should see an improvement in their survival rate.



PASS & SHOOT

Concept:

- Basic kick from the center restart
 - Curved run to the goal
- Following a shot for the rebound

How to play:

1. Have 2 lines of kids, line 1 near the center of the field and line 2 on the wing (side of the field)
2. Line 1 passes to line 2 through the goal posts. Player from line 2 dribbles along the road of cones to the goal and shoots
3. the player from line 1 runs to the rebound area (marked with a carpet square), for the follow up shot

Notes:

- Have a parent in the end goal, and have the parent direct rebounds to the player from line 1, who should be ready for the rebound
Use a Parent tunnel for the kids in Line 1 to run through on the way to the goal



RED LIGHT: GREEN LIGHT!

Concept:

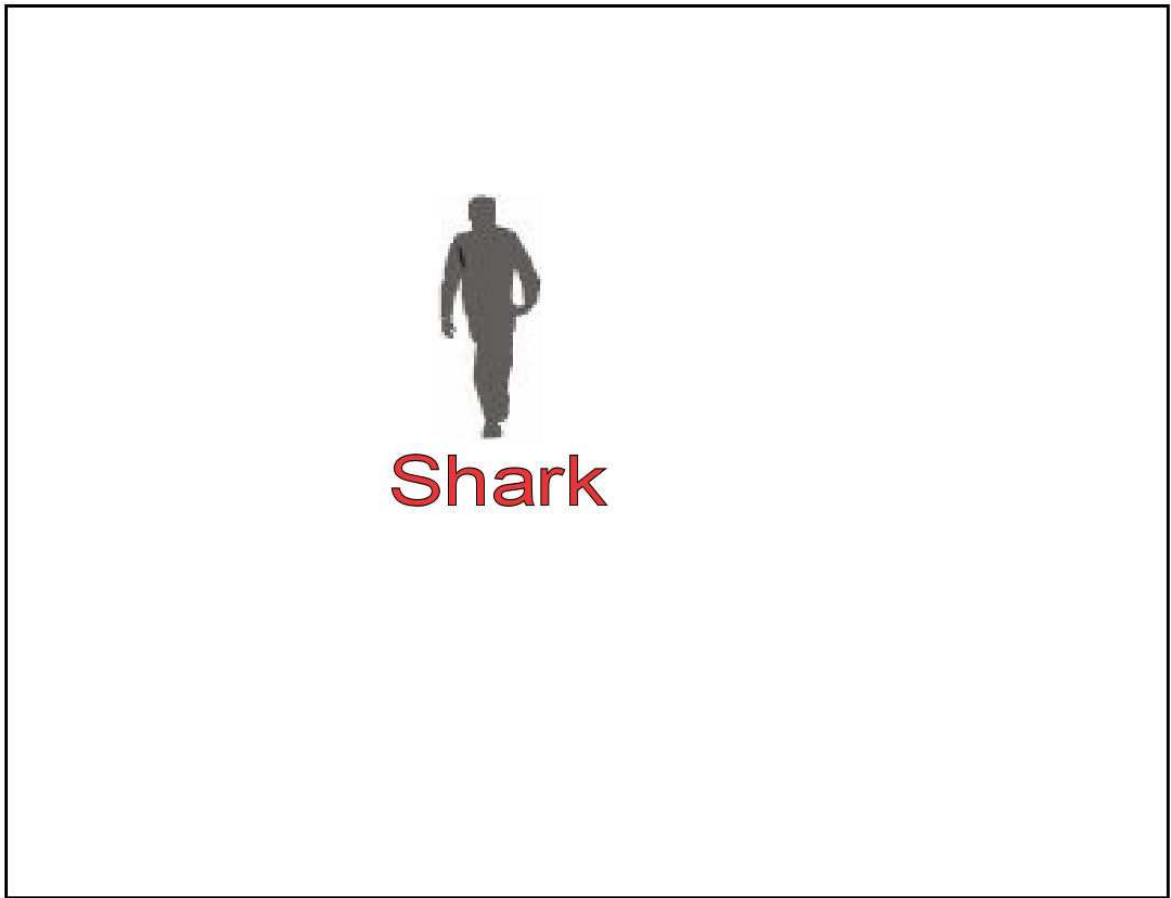
Learn the “foot on top of the ball” control position, and basic moves from this position.

How to Play:

Players start with their foot on top of their soccer ball; this is the **RED LIGHT** position. Coach yells **GREEN LIGHT** and the players begin to dribble. When the coach yells **RED LIGHT** the players control their ball and place their foot on the ball. Coach can then yell **GREEN LIGHT**, or **ORANGE LIGHT** with a move to perform. Then restart with **GREEN LIGHT**.

ORANGE LIGHT MOVES:

- Toe Tap: switch controlling foot as quickly as possible, several times
- Pull Back: Pull the ball back behind you, turn 180deg and stay in the **RED LIGHT** control position
- Step Over: Place the controlling foot next to the ball, then swing the foot over the top of the ball. (basic fake in soccer)
Forehead, elbow, knee on ball, hug mom, spin in a circle etc.. It doesn't have to make soccer sense, if it's fun!!!



Sharks & Minnows

Concepts:

- Teaches kids to dribble the ball while looking around for defenders (Sharks).
 - Learn to dribble to space (away from the Sharks)
 - Learn to protect the ball from a defender (Sharks)

How to Play:

Shark (parent) is in the pool, the minnow must get their ball to the other side of the pool. The Shark will try to take away their ball, if this happens the minnow becomes a helper Shark.

Variations:

When a minnow loses its ball, the minnow is “trapped” in the pool. The trapped minnow must hold it ball above its head until a free minnow passes a ball between the trapped minnow’s legs (Nutmeg).