

Tag

One or two players are it and try to tag the other players: once tagged they join in until the last person is it, with a pinny and they change roles, hospital tag.

Kangaroo Jump

Players jump through the area as high as they can as if they were Kangaroos

Body Brakes

The players work in a rectangle approximately 20 x 30 steps. The players dribble around with a ball each. The coach calls out a body part, for example left elbow, toe, knee, heel or even nose! The first child to control the ball with the named body part gets a goal. The coach should make the point that, if a player's ball is running away from them, which they are unable to control, they are dribbling too fast. The ball is not under control and it would be easy for a defender to get the ball. When the players are stopped, the coach should encourage them to be in an open space. Reminding them to keep their heads up and look around.

Candy Store

The coach or the players name each side of the area after a piece of candy. Each player has a soccer ball. When the coach shouts out the name of the piece of candy, the players dribble their soccer ball to the appropriate side. This practice should be "up beat" it requires a dynamic coaching performance.

When the players reach the particular candy they should be encourage not to stand- still but to perform soccer related practice to secure the candy, for example toe taps. Choose four types of soccer exercises one for each side. Challenge the players to see if they can remember and perform the exercise.

Soccer Tag - Hospital Tag

The players all have a soccer ball and are dribbling around inside the area. When the coach shouts "TAG" the players will try to tag one another. When they have been tagged, they hold that part of the body. When the players have been tagged twice and both hands have been used, the next tag means that they have to go to "Hospital" for treatment; this can only be administrated after four juggles.

The coach should encourage the players to dribble with their heads up, looking for space and defenders.

The coach should encourage the players to take as many touches of the ball as possible.

British Bulldog

The players start at one side of the area (which the players can call the street). The coach has told the story of a "British Bulldog" who will not let the players out to play. The players have to dribble their soccer ball past the "British Bulldog" so that they can get out to play. The coach plays the part of the "British Bulldog." Each time the players make it past the "British Bulldog" they get a quarter to buy candy; this is done by performing toe taps. The young players can only travel across the street when the coach says "British Bulldogs." Once the players have been caught they become a bulldog and assist the coach to catch the others.

The coach should encourage the players to dribble with their heads up, looking for space and defenders.

The coach should encourage the players to take as many touches of the ball as possible.

The coach should encourage the players to use both feet.

Robin Hood

Area: 15x15 with a small square in the middle

Equipment: As many balls as possible

Game objective:

Divide the team into four groups. On your signal each team sends one player at a time into the center square to take a ball back to their group. Once they are back with their "treasure" they hand tag the next player who then races to the center for another ball. After all the balls are gone the players are released to steal balls from the other groups for 15 seconds. The team that has the most balls at the end wins the game. Play several rounds.

Teaches:

Head up

Running with the ball

Ball Control

Turns

Creative thinking