

# Soccer Games and Drills

## GAMES

### SOCCER TAG

Each player will need a ball, except those that have been designated as "It".

Players that are "It" need to carry a colored pinnie or flag in their hand.

Players with a ball try to dribble without being tagged. If they are, they exchange places with the "tagger" (The "tagger" hands the pinnie to the dribbler and takes their ball). Dribblers are safe in one of the designated bases. Only one player is allowed in a base at a time. If a new player enters a base, the old player must leave the base. Add "taggers" when the players find the game to be easy. It seems about right to have one base for every 3 players, but, this number can be adjusted either way to make the game constantly interesting. This game can also be played by only allowing the "tagger" to "get" someone by kicking their ball away, not just "tagging" the person.

### Game: What's the time Mr Wolf

How to play: Coach starts as the big bad wolf. Each little pig has a brick house (a cone) The Pigs shout "What's the time Mr Wolf" and the wolf shouts back a time. Each player advances the ball the number the wolf shouts out. Pigs ask again and repeat. When the Wolf shouts "Dinnertime", the pigs have to dribble their soccer balls back to their house and the wolf chases and tries to kick their ball away. Let each player have a go as the wolf.

Teaching points: Use soft touches to keep away from Wolf, and then dribble at speed and stop ball with feet only.

Progressions: Put cones in the way as trees that players avoid. Use multiple wolfs, or place wolf close to houses so pigs have to get past.

### Game: Knockout

Each player with a ball inside a square. On command "knockout" players are allowed to try and kick other players balls out, but must keep their own ball inside square.

### Game: Relay races.

Set up multiple teams of 3 or 4 players. For each team set up a short course of cones that players have to dribble through. Players then dribble back, give ball to next person who repeats the course. When all players in a team have completed they sit in a straight line with their hands on their heads.

### Game: Downhill Skiing

Set up multiple gates in a grid. Each gate should be about 2-3 ft wide. Players are skiing (dribbling their ball) inside the grid but not going through the gates until the coach shouts " Lets go Skiing" then players try to ski through as many different gates as possible in the time coach allows.

### Game: Soccer Golf

Set up a golf course similar to the skiing course using gates as the holes. Have players pass their ball through the gates in the order you designate. Players count their number of passes. The lowest score wins.

Teaching points: A variety of passing techniques, short, angled, long.

Variation: have players design the course, or use obstacles such as trees, parents that players have to pass around.

### Game: Soccer Baseball

Have player kick ball from in front of goal. Player then must make it around all the bases before the ball is kicked into the goal by the defenders.

### Game: Counting for Points

Dribble with head up. Dribble around circle. Coach holds up fingers and kids yell out # of fingers while dribbling.

### Game: Ghost Blasters

Ghosts run up and down field, while blaster kick ball with inside of foot and try to hit the ghost. Last ghost is winner and first blaster next time.

### Game: Who let the dogs out

Each player(dog) has a ball at the end of the field. The coach yells, "Who let the dogs out?" At that time, the dogs dribble their balls to the other end while the coach tries to kick one or more balls out through the sidelines. Whoever gets their balls kicked out, now goes to the coach's team. Repeat this, starting at the other end of the field, until all the dogs' balls are knocked out.

### Game: Sharks and Minnows

One player is the shark and all the others try to run across the field without being eaten by the shark.

**Cops and Robbers:** Divide players in two equal teams. Players on each team are divided into either cops or robbers. The Cops are then supposed to guard cones while the robbers from the other teams tries to knock them over by kicking a ball into them (and vise versa for the other team).

**Steal the Bacon:** Number the players so there are two 1's, two 2's, two 3's, etc.. Players lineup on sideline. Throw a ball onto the field and call out a number. Those players chase ball and go one on one until someone scores.

## **Drills:**

**1 on 1 - Have** two players with matched ability go against each other.

**2 on 1 - Have** two players go against one defender. Involves more passing.

**Swingkicks** - Have players run up to stationary ball and kick it back by swinging around the ball and kicking.

Have players practicing a swingkick on a ball you roll in from of them.

**Cones** - Setup cones so players practice dribble through them.

**Throwins, Corner Kicks, Goal Kicks** - Have players practice these.

**Circle chase** - Have 4 players dribble a ball around the soccer fields middle circle until one is caught. Then go in the opposite direction.

**Whistle Swingkick dribbling** - Have 2-4 players dribble ball forward, when whistle blows, they do a swingkick and go in opposite direction.