

OYAA Recreational Soccer Skills

Training Games To Teach Technique

Warm-Ups:

Juggling 1-2-3:

Each player has a ball in their hands and is moving around in the designated area. The coach announces a number, one is foot, two is thigh and three is head, the players then complete the juggle and continue on. If their ball hits the ground you can require a donkey kick, star jump or some other fun consequence. Start easy and build it up. Make the kids think by announcing double or triple digit numbers, i.e. 22 (thigh-thigh-catch) or 122 (foot-thigh-thigh catch). Between juggles have the kids moving in the area and announce different movements, i.e. shuffling, skipping, hopping, backwards. etc...Be creative!

This can also be done in pairs similar to follow the leader. A group of two has one ball and the player with the ball leads moving anyway he/she wants. The trailing player follows and when the coach announces a number the partners face each other and the player with the ball performs the skill while the other catches the ball he/she becomes the leader and so on...

Hospital Tag:

The players are all in a 30x30 square with a 5x5 square located in the middle of the big square. The small square is filled with soccer balls. Two or three designated players attempt to tag the remaining players. If tagged the player goes inside the small square (the hospital) and must complete a series of juggles as designated by the coach. Once completed, they are released from the hospital. Note: When being chased no player may pass through the hospital.

Freeze Tag:

The players are dribbling inside an appropriate sized square with two designated players (without balls) attempting to tag the dribblers. If tagged the camper holds the ball over his/her head with legs spread and is free once another camper dribbles the ball between their legs.

Simon Says:

Players dribble with a coach announcing different acts. i.e. "Simon says dribble with your left foot." "Simon says sit on the ball." "Simon says juggle three times."

BE CREATIVE If a player performs an act without the coach saying Simon Says have them step off and practice juggling. If they successfully perform a designated sequence they can reenter the game.

Fox Tails:

Each Player is dribbling and has a scrimmage vest tucked into their shorts with part of it hanging out. When the coach says go the player try and pull as many tails as they can out of other players and tuck them in their shorts. Players cannot "protect" their tails by using their hands. The one with the most tails...wins.

Other options: Red light-green light, body part on ball dribbling

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Dribbling Exercises

Commando / Technique on Demand:

20x20 Area. Each player has a ball and has to dribble around the area. On the coaches command the players have to do what the coach asks them.

1. Dribble with right foot
2. Dribble with left foot
3. Turn and change direction
4. Be inventive, little reaction games are fun, i.e. last player to control the ball with their nose, arm, head, etc.

Turns:

Each player has a ball and a partner, on the coach's command you have to dribble and turn in the five yard area, work for 1 minute then change with your partner. Your partner keeps count of how many turns you complete.

The following turns should be taught: Inside of the foot cut back, outside the foot cut back, sole of the foot pull back, step over, Cruyf.

Gates:

Each player has a partner. One is the dribbler and one is a gate (standing with legs shoulder width apart). The dribbler then proceeds to go through as many gates as possible going through a new gate each time. Put restrictions on the kids, i.e. right foot only, outside the foot only etc...

Knock Down:

The coach puts a number of tall cones down in an area. Two players are without a ball and the rest of the group dribbles in the area knocking down cones with their ball. The two players without a ball are quickly trying to put the knocked over cones upright. If the dribblers successfully knock down all the cones they win. Restrictions can be applied.

Across the Pond:

A square is set up (20x20 or 30x30) with an equal number of players on each side with a ball. On the coaches command each player dribbles to the other side. The first team to have all their players with their ball stopped on the line gets 4 points, 3 for second, 2 for third and 1 for fourth.

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Dribbling Exercises (continued)

Steal the Bacon:

Split group into teams of 3 players. Place teams on the outside of the area and place all the balls in the middle. On the coaches command each team has to get as many balls into their camp (dribbling only). Once all the balls are gone from the middle players can steal from other teams. Play for one minute, most balls wins.

Hunters and Rabbits:

20x20 Area. Two players (hunters) with balls, the rest of the group without balls (rabbits). The hunters dribble around and try to hit (passing ball below the knees) rabbits with the ball, the hunter gets a point for each rabbit they hit.

1v1 or 2v2 to Goal:

The players line up across from one another on a 20x10 or 30x15 field. Each player is numbered and when the coach calls a number they run out and attempt to dribble through the designated goal. First team to five wins...

Other activities: Crab Soccer, Knock-Out

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Passing & Receiving-

Bowling:

Split group into 2 teams. The object of the game is to knock over all your cones. Start on the coaches command then dribble the ball through the cones to a gate, then pass the ball over the 10-15 yards area and attempting to knock over one of 10 cones. The first team to knock over all their cones wins.

Crab Soccer:

20x20 Area. Similar to the dribbling game, 2 teams play a 4v4 game. One team is on the ground (crabs) and the other attempts to complete 20 passes. If a crab collects a ball they give it to the coach who will then put it back in play. Time the groups to see how quickly they can complete the passes.

Golden Gate:

20x20 Area. Set out a series of gates in the area. Each player has a partner, they have to see how many gates they can pass the ball through to their partner in 30 seconds. After each round change partners and add restrictions.

Cannon Ball:

20x20 Area. Put Players into four teams and put one team on each side of the square. Place a ball in the middle of the square. This is the cannon ball (try to find a ball that looks different). With their soccer ball the campers pass their ball and try to knock the cannon ball over one of the other team's end line. Players cannot enter the field of play to retrieve a ball.

Ultimate Coconut Challenge:

Each Player has a partner. Grids are set up (20x10) with three soccer balls in the middle of the two groups set up on disc cones. First group alternates passing and attempting to knock a coconut off the cone. First group to knock two off win, winners move up a field, losers stay.

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Shooting

Practice 1:

Split group in 2 teams and place them at each side of the goal. The coach stands in the middle of the goal on the six yard box, player passes to coach then follows ball around the coach for a lay off and shot into the goal. The other side then goes etc...KEEP THE LINES SHORT.

Split into two teams. One team is the attacking team and the other team is defending. The attacking team start by playing the ball to the coach then runs around the coach and goes to goal. The defending team has to try and stop them shooting by going around a cone and putting pressure on the shooter...Then rotate teams.

1v1 or 2v2 to Goal:

The players line up across from one another on a 20x10 or 30x15 field. Each player is numbered and when the coach calls a number they run out and attempt to shoot on the goalkeeper. First team to five wins....

Golden Boots:

Players divided into groups of two. Set up grids (24x12) with four players to a grid. Teams attempt to score on each other. When not shooting, both players play keeper. Four minute games if you win you move up a field.