



SSA Under 5 Practice Activities

DRIBBLING

Ball Master:

Set-Up: Players give the ball to the coach. He kicks or throws the balls in all directions, sending the player approximately 10-20 yards away. The players should chase their ball and bring it back before it stops using various methods (jumping, skipping, backwards, one hand, fingers, feet etc) the coach and players agree on. Allow the players to use their imagination.

Progressions: Once players have managed to dribble back with their feet a few times, coach can move positions after he throws/kicks the ball.

Show Me!:

Set-Up: Players form a circle around coach. Coach says, "Look what I can do!", and then demonstrates an exercise without the ball (such as balance on one leg, hopping, side bends). After coach demonstrates, all players should try the same exercise. Ask each player to take a turn showing you something that he or she can do, let the other players try the new activity, and continue until every player has done at least one demonstration.

Progressions: Demonstrate exercises with a soccer ball

Simon Says!:

Set-Up: Coach says "Simon says ___" and the players must do it. However, if coach doesn't say, "Simon says" then players shouldn't do it. If a player does something they are not supposed to, issue them a "Gotcha". See who gets the least number of "Gotcha's".

Progressions: Include the soccer ball

Movement:

Set-Up: In the grid players try and touch every grass blade within 30 seconds. Coach tells them to walk, run, hop, skip, jump, roll or they can make up their own method of movement

Progressions: Players try to do as many different types of movement within 30 seconds. Players now dribble their balls

Zoo:

Set-Up: Within a grid, players dribble around until coach calls out stop. Then you ask if players can dribble like a chimpanzee (or any other animal you can think of). After a couple of players demonstrate, then everyone dribbles like that animal. After 30 seconds, stop and change the animal. Players can pick the animals.

Grid Game:

Set-Up: Players jog in a limited area without the ball. Periodically, coach gives an instruction that players must execute -- any players failing to comply must perform a 'forfeit' of some kind.

Examples include...

- a) "Groups of n" where n is any number from 1 to the number of players present.
- b) "Simple Simon" where players must imitate what the coach does without any verbal instruction (e.g. if the coach goes down on one knee, so must the players -- last one or two to comply do a forfeit).
- c) "Link": players must link up another player or players depending on the number of players you request.
- d) "Shorts/shirts/socks" all players wearing same color must stand together, e.g. if coach says "shorts" all players wearing same color shorts have to locate each other.

You can think of more variations. Follow each pause with more jogging, but vary the rhythm so that sometimes there is a long



wait between instructions while other times several instructions come quickly one after the other.

Progressions – Now add a ball and have the player's dribble while following instruction.

Body Parts:

Set-Up: Each player has a ball and dribbles around in the grid. The coach calls out a part of the body, which the player must place on the ball as quick as he/she can

Progressions: As soon as the first player gets the correct body part on the ball, all of the players continue dribbling

Follow the Coach:

Set-Up: Give every player a ball, and have them follow the coach as he dribbles around the field. Along the way, the coach does goofy things like hopping on one foot, rolling on the ground, sitting on the ball and the players must mimic.

Bees:

Set-Up: One they really seem to like is to dribble in an area (tell them they are bees and to buzz), then after awhile, have the coaches (or a few parents) walk around inside the area. It is the job of the "bees" to "sting" the big people with the ball (a pass or kick).

Catch Up:

Set-Up: Players form a circle and are given numbers. Coach calls out two numbers. Both numbers have to run clockwise around the circle and get back to their start position before the other number.

Progressions: second number called attempts to tag first number called. If successful they jog back to their start position. Add a ball and include dribbling.

Corners:

Set-Up: Coach lays out a different colored cone (or pinnies) in each corner of the grid. Coach shouts out a color and players dribble into the corner and around the correct colored cone and back to the coach.

Progressions: Coach can move positions to make it more difficult for players to dribble to. Players only allowed to use inside of foot to turn around the cone. Players only allowed to use outside of foot to turn around the cone.

Musical Chairs:

Set-Up: Place cones randomly around the area. Make sure there is the same amount as the number of players playing. Each player has a ball and dribbles in the area. When coach shouts "time", players try to stop their ball next to a cone. Only one player per cone. Players receive 1 point for stopping their ball at a cone.

Progressions: Take away a cone. The last player to reach a cone with his ball loses the round, and does five "hops" before play resumes. Take away more cones to make it more difficult.

Last Man Out:

Set-Up: Play in a large grid. All the players stand at a cone about 20 feet from a group of balls. There is one less ball than the number of players. On the coach's command, the players run to the balls, get one and begin dribbling. The player who didn't get a ball tries to steal one from the others. The coach keeps time and after a preset period has passed, the coach stops the game. The player who doesn't have a ball has to perform a minor penalty then a new round begins.

Progressions: Begin with 2 or more less balls.



Minefield:

Set-Up: Randomly place cones throughout a defined area; Cones should be rather close together, 3 yards apart on average and no set pattern, but make sure that there are no clearly defined lanes, end to end. Players start on one side and attempt to run all away across to the other side without touching the cones. (mines). If hit one then start again or lose a point!

Progressions: How many times can you make it from one side to the other in 90 seconds? Now add a soccer ball so players have to dribble.

Gate Game:

Set-Up: Place a number of “gates” around the grid. All players have ball. Players try to dribble the ball through as many gates as possible in one minute.

Progressions: Can players beat their score? Players only use right foot. Players only use left foot. Add a couple of players as “Gate Closers”. These players move around the gates and if they stand in the gates then the gate is blocked and players cannot dribble through that gate.

Find the Coach:

Set-Up: Players lie down on their stomachs and cover their eyes with their hands. The coach moves to some part of the field away from the players and calls out "Find me!". The players then quickly open their eyes, find the coach, and sprint to him. The last player to arrive must do two "hops", and then everyone lies back down.

Progressions: Each player has a ball and players must dribble to the coach, stopping their ball in front of him. To finish, the coach can run away from the players as they dribble to catch him.

Red Light, Green Light 1:

Set-Up: Coach is “it” and stands at one end of the field with his/her back to the others and calls out red light, green light one , two, three and then turns around. The players meanwhile have been dribbling toward him/her and must stop, with their foot on top of the ball, when the player turns around. Anyone moving must go back to the beginning to try again.

Red Light, Green Light 2:

Set-Up: Players each have a ball and dribble anywhere in the grid. Coach shouts out red, yellow, or green light. On red, players stop with their foot on the ball. On yellow, players move the ball side to side with the inside of their feet. On green, players dribble around.

Progressions: When coach shouts “race car”, players dribble around as fast as they can go. Coach can hold up the colored cones instead of shouting the color to encourage players to play with their head up. When coach shouts, “pump gas”, players do toe taps. When coach shouts “switch lanes”, players roll the ball across their body. When coach shouts, “reverse”, players pull the ball backwards. When coach shouts, “rev your engines”, players perform heel toe roll.

Cone Signals:

Set-Up: Players have a ball each and dribble around the playing area keeping control of the ball and their heads up. Coach holds up a colored cone and the players have to perform the skill/instruction that matches that cone. The coach will have to introduce these one at a time and allow the players time to practice. A few suggestions for skills/instructions are as follows: *Green* - players dribble around area *Red* - players stop and put foot on the ball *Orange* - players touch ball between insteps of both feet without moving *White* - players sit on the ball *Blue* - players pick up the ball and hold it above their head *Yellow* - players use left foot only. The possibilities are endless. If you don't have many different colored cones then use signals or hold up a ball for one skill, a cone for another, wave a pinnie for another and so on.



Close the Gate:

Set-Up: Players are inside of a large grid and several gates are created on the outside of the grid. Red players have a ball each and must try and keep possession of their ball and attempt to escape the grid by dribbling through a gate. Once successful they attempt to reenter the grid through a different gate. Blue players pressure the red players and kick their ball out of the playing area. Blue players cannot leave the playing area. Start with 2 blue players.

Progressions: Add more blue players.

Rabbit Tag:

Set-Up: In a grid, two or three players are "taggers" and the rest as "rabbits". Have each tagger hold a vest. The taggers must hop (with both feet together) around the grid trying to tag the rabbits, who must also hop to get away. If a rabbit is tagged, he takes the vest from the tagger, and they switch roles. Any player who is a tagger when time expires loses, and must do five extra "hops" before playing again.

Progressions: Players skip, sidestep, or run backwards instead of hopping around the grid. Add a soccer ball so players are dribbling.

Freeze Tag:

Set-Up: To begin, players do not have a ball. One player (or coach) is "it". Players run around in the grid and try to avoid getting tagged. If a player gets tagged, then they are frozen. To resume play, they must be tagged by a teammate

Progressions: Each player has a ball, except the player (or coach) who is "it". The "it" player tries to touch the other player's soccer ball with his/her feet. If "it" player touches a player's soccer ball then that player is frozen and has to stand with the legs wide and hold the soccer ball above his/her head. The frozen player can be freed by a teammate touching the ball through the frozen player's legs.

Catcher:

Set-Up: Everybody inside a grid with a ball. Create 4 smaller grids (4 by 4) 4 yards away from each of the 4 sides of the large grid. One player without a ball is the Catcher. Everybody starts dribbling around. The Catcher player tries to steal a ball from any player and pass it into one of the smaller grids. If successful, the two players are Catchers and go after the others.

Progressions: Catcher has to dribble the ball and stop it in one of the smaller squares. Start with more Catchers.

Bomber:

Set-Up: Everybody inside a grid with a ball. One player is the Bomber and has to try to roll/throw their ball at the other player's and knock their ball out of the circle.

Progressions: Start with more Bombers.

Dribble Relay:

Set-Up: Split players into 2 or three teams who race against each other through a series of gates. If a player loses control and misses a gate they have to regain control and go through the gate.

Progressions: Add a square in which the player has to stop the ball before the next player can go.

Battleships:

Set-Up: Place random cones (battleships) around the area. Player's dribble around and roll their ball over the cone to destroy the "battleships". Players have 60 seconds and are awarded 1 point for each battleship they destroy.



Kangaroo Jack:

Set-Up: All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos.

Planets:

Set-Up: Place cones into multiple squares or triangles that serve as planets (or cities). All players must follow coach's order and dribble into the planet he calls out. Coach can have all players follow same directions or break up team so they start at different planets and then have them dribble through the solar system in clockwise or counterclockwise fashion. Coach can have groups dribble in opposite direction through the solar system.

Running Bases:

Set-Up: Start out with two or three 'taggers' who hold a pinnie, and the rest have a ball and are 'dribblers'. Players try to dribble their ball without being tagged. If they get tagged, 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.

Snake:

Set-Up: In an appropriate space for the numbers you have, have all players dribbling soccer balls except for 2-3 players to start. These players hold hands and work together as one snake to tag the other players. The players with balls try to avoid getting tagged by the snake. If they are tagged, they join hands with players making up the snake. The snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts.

Monsters:

Set-Up: Each player has a ball and attempts to dribble past the monsters (parents/coach) to get to the other side. The monsters move slowly to begin and do not attempt to win the ball. If a player dribbles into a monster then they have to freeze for 3 seconds before carrying on.

Progressions: Monsters can attempt to steal the ball with the player freezing for 3 seconds if monster touches their ball with their feet. Add a goal at one end and after dribbling the players get to shoot. Give them 45 seconds to do this as many times as they can.

Safety Zones:

Set-Up: Create three areas in the grid that are safety zones. Each player has a ball and dribbles around the grid trying to avoid the defender. The defender does not have a ball and tries to steal another player's ball. If the defender steals a ball then they dribble to a safety zone and there is a new defender (the player who lost their ball). The players are safe in the safety zones for five seconds.

Progressions: Players cannot go back into the safety zone they have just left. Players must visit all safety zones

Cats and Dogs:

Set-Up: Players are split into 2 teams (cats or dogs). One team starts with a pinnie as a tail, which the other team is trying to get. When a player loses their tail, they are frozen and wait to be freed by a teammate. When all tails are lost, the teams switch.

Progressions: Teams are timed to see how long it takes to get all the tails. Each player has a soccer ball



Sharks and Minnows 1:

Set-Up: One player, the shark, starts outside the square without a ball. All other players, the minnows, start inside the square with a ball. When the coach yells, "Shark's getting hungry!" the shark starts running around the outside of the square and the fish start dribbling around inside the square. When the coach yells, "Shark attack!" the shark enters the square and has 30 seconds to send as many balls as possible outside the square. When a ball leaves the square for any reason, the corresponding fish must leave the square and stay out until the coach gives the "Stop!" command at the end of the 30 seconds. A fish has done well if still alive. The shark has done well if few fish survived.

Sharks and Minnows 2:

Set-Up: One player (or coach) is the defender (shark). The other players all have a soccer ball each and dribble around the grid trying to keep their ball away from the defender. The defender tries to steal the soccer ball, by gaining possession and putting their foot on top of the soccer ball. Every time the defender does this they score 1 pt. The player retrieves their soccer ball and is back in the game.

Progressions: Start with 2 or 3 defenders

Sharks and Minnows 3:

Set-Up: Play in a large grid. Half the players have balls and are the Minnows. The rest don't have a ball and are the Sharks. The Minnows start at one end of the grid. The Sharks stand on the opposite line. The Minnows must try to cross the Shark's line without losing possession of their ball. The Sharks defend their line, trying to kick the Minnows' balls out of the defined area. Minnows who successfully dribble across the Shark's line go back for round two. Each Minnow who loses their ball join the Sharks. The last Minnow left in is the winner.

King of the Ring:

Set-Up: Provide a 20 yd. x 20 yd. Grid. Each player has a ball except one player (or coach) who is "it". Players start to dribble inside the grid while trying to avoid having their ball kicked out of the grid by the player who is "it". Players may re-enter grid after retrieving their ball.

Zen Master:

Set-Up: Place cones randomly in grid. Players stand near a cone but cone only serves as point of reference. Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) and then move to new cone. Repeat. Activities can be with or without a ball such as foot balance, figure 8's around legs with hands, round the waist, ball tap on forehead etc.

Progressions: Randomly select 2 activities to combine for players to perform before moving on.

Glue:

Set-Up: Each player has a ball and begins by dribbling in the grid. When they hear a body part called out by coach, they must "Glue" or stick the ball (hold it) on that body part. For example "Knee!!" players hold the ball on their knee and play tag by touching the other player's glued soccer balls. Taggers are the last player or two players to place the ball on the selected body part. "Dribble" gets them moving around again. "Shoe!!" players put the ball on his or her shoe and play tag etc.

Driving My Car:

Set-Up: Everyone is driving their "car" through the city (area). Coach tells players when to switch into first gear (slow), second gear (little faster), or third gear (real fast). If coach shouts, "hit the brakes", player's stop their ball using the sole of



their foot. Coach shouts “reverse” and players have to dribble backwards.

Progressions: Mark out a small square in each corner of area and call them different towns. Players have to visit all the towns. Coach can point in a direction of a town and players must drive there.

Bumper Cars:

Set-Up: Coach dribbles a soccer ball (car) around in the area. Each player dribbles a soccer ball and attempts to hit the coach’s ball with their ball and knock something off the coach’s car i.e. one tire, fender etc. Let them keep going until the car can’t go anymore.

Bonk Ball:

Set-Up: Each player has a ball and dribbles within the grid. Coach tries to knock his or her ball into the player’s balls as they try to hide or protect theirs. If coach hits the ball, (a bonk) the player gets the ball they had and joins the coach being one of the “Bonkers”. Last one still dribbling is the winner.

Ball Tag:

Set-Up: Players dribble in grid and try to kick their ball and hit other players’ balls. Players are awarded 1 point for each soccer ball they hit.

Ships and Subs:

Set-Up: One team is the “ships” who try to dribble around and prevent their balls from being hit by the “subs”. Other team, “subs”, try to dribble and kick their balls into the “ships” for a point. Switch roles.

House Dribble:

Set-Up: Players dribble inside the area. On coach’s command, “red light” = players stop the ball by placing foot on top of the ball, “turn” = players change direction of the dribble, “clear the house” = players dribble fast outside of the grid, “sit” players sit on the ball, “switch” = players leave their ball and get another ball.

Progressions: Add body part commands. If coach calls a number then that is the number of consecutive body parts that have to touch the ball before dribbling.

Color Dribble:

Set-Up: Players dribble inside grid. Parents wear pinnies (or use those that have different colored tops) and stand randomly around the grid. When coach calls out a color, all the players dribble fast to parents wearing the specified color top. After every turn, parents move around grid to a new position.

Shadow Dribbling 2:

Set-Up: Players in pairs number themselves 1 and 2. 1 runs anywhere in grid while 2 tries to stay as close to 1 as possible. When coach shouts “stop”, players stop and number 2 gets a point if close to number 1. Switch roles after 30 seconds.

Progressions: Number 2 has ball and attempts to stay close to number 1 who does not have a ball. Both players have balls.



Capture the Balls:

Set-Up: Players are split into teams and each team begins in the corner of the grid (home base). All balls are placed in the middle of the grid. On coach's signal, players attempt to get a soccer ball and bring it back to their home base. Only 1 soccer ball can be taken at a time.

Progressions: Coach can ask players to run, hop, go backwards, dribble etc. Players have 60 seconds after all balls have been returned to their base to steal balls from other teams.

Goldmine:

Set-Up: Create a 5 by 5 square in each corner of the playing area. Teams of 3/4 start inside each grid at the corners of the playing area. Place a large number of balls in the middle of the playing area - each of these is a gold nugget buried deep in a mine. Players work together in each grid passing the ball to each other. When a team has completed five passes one of them has to put on a mining helmet (cone) and run into the mine to get a golden nugget (ball). They then dribble the ball back to their square and start again to complete another five passes. A different player must put on the helmet and go into the mine each time.

Progressions: Players have to complete ten passes.

Dribble Through Tunnel:

Set-Up: Parents form a tunnel/goal in pairs by holding stretched-out hands and stand randomly inside the grid. Players attempt to dribble through as many tunnels as they can in 60 seconds.

Progressions: Tunnels/goals move while the players dribble.

Treasure Hunt:

Set-Up: Cones and pinnies are spread out randomly inside the grid. On coach's signal, all players go after the treasure by dribbling their ball over each piece in order to claim it and pick it up and hold it. Players play for 60 seconds.

Progressions: Add a Pirate. One player in the grid is without the ball and is the Pirate. The pirate attempts to capture one ball from any other player by placing their foot on top of the soccer ball. If successful, pirate takes all of that player's treasure and the player who loses his/her ball becomes the new pirate.

Finding Nemo:

Set-Up: Create a small center circle. Place several tall cones randomly in this area and hide 'Nemo' (car keys) under one of these cones. Create another larger circle around the center circle. Blue players are the sharks protecting the tall cones and stay in the larger circle area. Red players are Nemo's friends trying to rescue him and begin outside of the larger circle area. On a signal from the coach, red players can try to run into the center without being tagged. If tagged, the player must return to outside and wait until next turn. If a red player gets to the middle they are safe and can lift up 1 cone to try and find Nemo. If Nemo is not found the players have to try and run back to the outside of the circle (with the cone) without being tagged. If they make it there is one less cone to search under but if they get tagged the cone is replaced back in the center. If one of the players find Nemo then must get back to the outside of the circle, without being tagged, in order to rescue him. If tagged, the Coach hides Nemo back under a cone for the game to continue on the next signal from the Coach. Teams swap when Nemo is rescued

Progressions: Red players start with a ball and must dribble to the coned area in the center of the circle - must stop the ball within the safe area to lift a cone. Sharks try to kick their ball out of the circle to make them go back to the start.

Storm the Castle:

Set-Up: Players line up on one side of the grid with balls. Coach is in the middle. Players attempt to dribble past coach to the other side of the castle. If coach (or defender) kicks a player's ball out of the grid then they become an additional defender. Repeat process by dribbling back across the grid upon coach's signal until there is one player with a ball left.



Circle Soccer:

Set-Up: Players dribble a ball each around a large circle.

Progressions: Players can weave in and out of the cones. Players can only use their left or right foot. When coach shouts “cross” all the players must dribble across the circle to the opposite side without bumping into each other or losing control of their ball. First player to get across scores a point. When coach shouts “turn”, players change direction around the circle.

1v1 Cone Soccer:

Set-Up: Play 1v1 with one player against one player, each has a cone as a goal. Every player plays at the same time. Nobody is standing. The object is to hit the cone; there are no boundary lines, etc. After about two minutes, everybody switches to somebody they haven't played yet.

Possession:

Set-Up: Create a grid (about 20 by 20 yards). Coach is at one corner. Two teams are at each of two corners to immediate right and left of coach. Coach serves balls between the two teams and first players in line from each team attempt to receive ball, turn and pass to their own team. Second player to the ball attempts to defend, gain possession and turn and pass to his team. Score one point for turning and passing and successful reception. Second player in line is the receiver and should pay attention. Receivers cannot enter field but can adjust position along a line to receive pass. If ball goes out then next players are up.

Progressions: Coach can vary the service, controls the time players have to score a point, and space for.

Game Scenarios:

Set-Up: Players are in a group on the goal line facing away from the goal.

- a) Cut move: players dribble half way down sideline with coach providing minimal pressure. When coach says 'cut' the player cuts the ball toward the middle and then finishes with a shot.
- b) Reverse move: Coach passes ball ahead of player who has to run and cut the ball to turn and face the goal. Player then dribbles and shoots (or if close then shoots straight away).
- c) Pass to partner: 2 groups: One on goal line facing up the field, and one at middle of field facing the goal. Player dribbles and this time, when coach says pass, the player passes to the wide-open teammate. The teammate must call for the ball and receive it before dribbling and shooting on goal.
- d) 1v1: Player starts with ball on half way line and dribbles to try and score. Player on the goal line tries to win ball away from dribbler.



SHOOTING

Clean Your Room:

Set-Up: Grid is split into 3 sections. Middle section is small. Players are divided into 2 teams and stand in an area on opposite sides of the grid. Players are only allowed in their grid (not the middle grid). Players shoot their ball onto the opponent's area and then try to return the opponent's balls that come over to their area. When the coach shouts "freeze", the team with the least number of balls in their area is the winner

Progressions: Control the ball first then hit across. Use laces to shoot the ball.

Knock the Cone Over:

Set-Up: Players must dribble round the grid and try and knock down as many cones as they can by shooting at them. Players can't get too close to the cones

Progressions: Coach replaces the cones. Players have 30 seconds to knock down as many cones as they can, and beat their own score. Split teams in 2. One team picking cones up, the other trying to knock them down. 30 seconds to play and coach counts number of cones standing up vs cones knocked down to determine who wins. Switch roles

Soccer Marbles:

Set-Up: Players are in teams behind the shooting line. Each player has a ball and attempts to kick their soccer ball to hit the target soccer ball and knock it out of the grid. Players can go at any time but must always shoot from behind the shooting line.

Progressions: Increase the size of the grid to make it more difficult. Add teams on the opposite side. Teams attempt to move the target ball over the opponent's end line. If player's get hit with a ball while collecting their ball from the grid then they have to do a coach's forfeit before returning to the game.

Ouch:

Set-Up: Create a grid and have every player with a ball. Coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach. The coach should yell "Ouch" each time they are hit. Make sure the players are striking the ball with the proper part of the foot. If the players are struggling to hit the coach, the coach should stop for a couple seconds to give the players a chance.

Progressions: Use different parts of the foot: Inside, Instep, Right and Left foot

Hitters and Dodgers:

Set-Up: Create a 15 by 15 grid. Only 3 players start off with balls ("hitters"). The remaining balls should be placed outside the grid. The other players start off scattered throughout the grid they are the "dodgers". The "hitters" dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball. The "dodgers" attempt to avoid being hit by the "hitters". If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the "hitters". The last players standing win.

Run and Shoot:

Set-Up: Have the players in two lines by the center circle and facing a goal (two goals needed to keep players moving). Have the first player from each line start moving towards the goal and feed him/her a ball from beside the net (need two servers). They have to dribble toward the goal and shoot. Try to get parents behind the goals to help collect balls and keep kids moving through the lines.



Camp Town Races:

Set-Up: Line up all the players on one end of the field. They each have a ball. On the whistle, they all dribble to opposite end, shoot ball into goal, get ball out of goal, and run back and finish with a shot on opposite goal. The first one to finish is the winner.

Progressions: Start half of the players at one end and half on the other.

Cops and Robbers:

Set-Up: Have 2-3 cops, everyone else is a robber (only robbers have balls). Robbers dribble around and try to knock over the cones (banks) by kicking a ball at a cone and knocking it over. Cops run around and try to stand cones back up (before money falls out).

Losing Your Marbles:

Set-Up: Coach has all the balls. Players lay on the ground with their eyes closed. Coach places balls randomly in the grid. When coach shouts, “go”, players get up, find their ball and dribble it to coach.

Progressions: Players find their ball and score a goal, then find a space to lie back on the ground. Add more than one goal.

Protect the Cone:

Set-Up: Each player has a ball and one cone. Each player must control their own ball at all times, while protecting their cone and trying to attack (kick over) other cones. When defending, player tries to keep ball and body between the cone and the attacker. On attack, the player dribbles to get a clear kick at a cone. If your cone is kicked over, you can set it up again after performing a Coach’s forfeit (2 jumping jacks, 10 toe taps etc).

Progressions: 1 pt for a player knocking a cone over.

Goal Relay Race:

Set-Up: Players are split into two teams. Each team stands beside one goal (not in the goal). Coach starts the game. The first player dribbles his or her ball and shoots the ball into the other goal. When he or she scores, the next player in line goes. After scoring, the players celebrate and then sit down in a line next to the goal (on the side away from the other team). First team to get all their balls in the goal wins.

Progressions: After players score they must run back to where they started.

Run and Turn:

Set-Up: Players start on the end line and hit the ball out in front of them. On Coach’s command, players go to the ball and bring it back to where they started. When they turn, hold up 1 or more fingers and ask them to call out how many fingers you are holding up.

Progressions: Once players get their ball they dribble and then shoot the ball into the goal.

Monsters to Goal:

Set-Up: Players all start on one end of the field and the goal is at the other. Parents (monsters) are between the players and the goal. Each player has to dribble around the monsters and then score a goal. All the players go on coach’s command. Monsters are wandering and not trying to stop the players.

Progressions: Monsters are behind the players, and on coach’s command, the monsters try to chase the players and tag them before they score a goal. If a player gets tagged, they have to see you for a silly penalty before they can try again. The parents get the ball from the goal and return the ball to you. Switch roles and have the players be the monsters



Striker!:

Set-Up: Divide players into two teams. Place each team behind the goal line on opposite sides of the goal, facing the field. Place a keeper in goal facing the field. Coach/assistant stands behind the center of the goal with a supply of balls. Coach tosses a ball over the crossbar to about the penalty spot. A player from each team both sprint to the ball and attempt to control it, turn, and get a shot off. The second to the ball defends (if he then wins the ball, then he tries to shoot). When there is a score, save, or ball goes out of play, restart the same way with a different pair of players.

Progressions: Limit the amount of time each pair has to attempt to score (also stops players getting bored and waiting). Can also limit the playing area by making a grid that players have to remain in.

Steal the Bacon:

Set-Up: Players are split into 2 teams and stand on opposite corners of the grid. Coach numbers players on each team. Coach stand outside the grid with a supply of balls, and serve one ball into the middle of the grid as he calls a number. The two players with that number (one from each team) sprints to the ball and attempts to dribble past their opponent over the end line to score.

Progressions: Add goals. 2 numbers are called out. Players must both touch the ball before they can score.

1v1 Multiple Goals:

Set-Up: Create a 30x30 grid. Split your team into pairs with one ball per pair. Randomly set up small goals (approx 2-3 yards wide) with cones/flags within the grid; one goal per pair. Each pair will play 1v1 using their goal only. Goals are scored by dribbling across the goal line. Goals can be scored from either side of the goal. Players play 1 to 2 minute games and rotate players.

Progressions: Open it up where each pair can score on any of the other goals. They are still paired up with only their partner and should not interfere with any other pairs going on. Goals can still be scored from either side of the goals by dribbling through the goal.

Multiple Goals:

Set-Up: 5 or 6 goals are set up randomly in the area. Players are divided into 2 teams. The teams can score in any goal of their choice. To score, players must dribble through the cone goals rather than shoot.

Progressions: When one player scores, he can't score again until somebody else on his team does.

See Ya Later:

Set-Up: 2 goals on either end line. Coach is boss of the balls. Players split into 2 teams and stand either side of coach on the sideline. Coach passes ball onto field of play. One player from each team plays until a goal is scored or the ball goes out of bounds, at which point player to touch the ball last gets the ball and both players return to the back of their line as quickly as possible.

Balls all Over:

Set-Up: Play on a normal U6 game field with goals. Play a normal 3v3 game with the exception of playing with more than one ball. The coach can add in more soccer balls as he/she sees fit.

Players v Parents:

Set-Up: During the last practice of the season have a scrimmage between the parents and the players (with the coaches helping the players). This serves a couple of purposes. The kids love this game. They get a chance to show their parents what they can



do and they enjoy beating their parents. (The parents never win, the coaches make sure of that....) Also, since many of the parents have never played soccer it shows them how difficult the game really is. The hope is that a parent may now think twice before "yelling" at a child for missing and "easy" shot in a game. Everybody seems to enjoy this scrimmage.