







U5/U6 Division


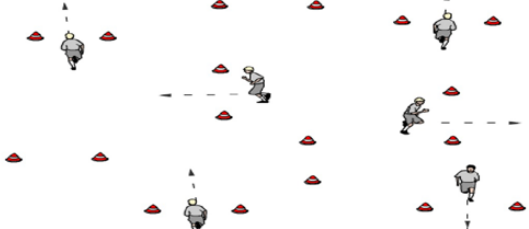


Recreational Program

Games & Activities
Booklet



No training area sizes are listed on the activity diagrams; however as a general guide use a 25/20 X 20/15 yard training area for your practices. Adjust the size of the training area accordingly to make sure your practices work. Some practices show more than six players as teams often practice with another team.



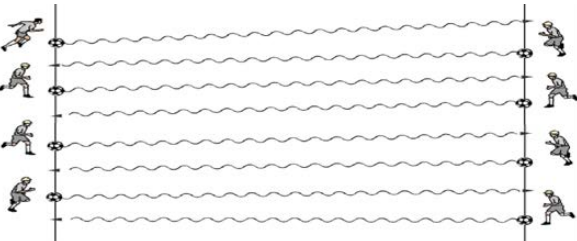

ACTIVITY KEY	
	PASS
	RUNNING
	DRIBBLING
	SHOOTING

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">BALLNASTICS</p> 	<ul style="list-style-type: none"> • Ballnastics exercises should be performed individually with or without a ball • Examples without ball: Running forward and backward, hopping, bouncing, skipping, crab crawling or bear crawling through and around the balls • Examples with ball: Figure eight around legs, around the waist, throw and catch, thigh and catch, toe taps on the ball (play a game to see how many toe taps you can do in 10 seconds), roll the ball around with the soles of cleats, jump back and forth over the ball, etc. 	
<p style="text-align: center;">MULTI GATE GAME</p> 	<ul style="list-style-type: none"> • Place cones in pairs throughout the training area 3-4 yards apart • Make sure that there are at least 3-4 more goals than the number of players participating • Challenge the players (for a set period of time 15-30 seconds) to get as many goals as possible by moving through the cones in various ways e.g. running forward, running backwards, ball stuffed up shirt, ball above the head, bouncing the ball, hopping, skipping, dribbling etc. 	
<p style="text-align: center;">EVERYBODY'S IT</p> 	<ul style="list-style-type: none"> • Each player has a ball dribbling in the training area • On coach command the players try to tag as many other players as possible while maintaining control of their own ball • Players get a point every time they tag another player 	<ul style="list-style-type: none"> • Head up • Dribble with the laces • Vision to see where the other players are
<p style="text-align: center;">DEAD SQUIRRELS</p> 	<ul style="list-style-type: none"> • Players (squirrels) start by running around a circle • Soccer balls are placed in the middle of the circle • As the players are running around the circle the coach shouts out various commands such as "change" – change direction or "dead squirrels" – players lie on their back like a dead squirrel • When coach calls "get your nuts" players run into the middle – turn with the ball and try to dribble a ball to the outside of the circle • Take one or more balls away each time so the players compete for a ball. Players score a point if they get a ball to the outside of the circle 	<ul style="list-style-type: none"> • Speed to get to a ball first • Acceleration out of the turn

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">SQUASH THE FROGS</p>	<ul style="list-style-type: none"> • Each player has a ball • The coach sets up multiple flat cones around the field (more cones than there are players) • The players then have to dribble around and stop the ball on as many cones (frogs) as possible in a one minute period • The players count their own score and the player with the most frogs flattened is the champion 	<ul style="list-style-type: none"> • Close control
<p style="text-align: center;">SHARK ATTACK</p>	<ul style="list-style-type: none"> • Each player has a ball dribbling in the training area • Add safe base areas in the four corners of the area • On the outside there is a player without a ball (shark) • On the coach's command "shark attack" the shark enters from outside the grid and tries to steal and knock the player's balls out • The players can prevent themselves being caught by running to one of four safe bases on the corner of the grid • If a player's ball is kicked out they become a shark 	<ul style="list-style-type: none"> • Speed from moving from box to box • Push ball into space so it is easy to run with the ball
<p style="text-align: center;">MATH DRIBBLE</p>	<ul style="list-style-type: none"> • Each player has a ball dribbling in the training area • The coach then calls out a math problem (1+2) and the players immediately solve the problem by forming that appropriately sized group, linking arms and each player still keeping control of their ball • Last players to form the correct sized group do a challenge – toe taps, star jumps etc. 	<ul style="list-style-type: none"> • Communication
<p style="text-align: center;">TURNOVER</p>	<ul style="list-style-type: none"> • Each player has a ball dribbling in the training area • Divide players into two equal teams – cones up/cones down groups • The coach sets up multiple small cones around the field • One half of the cones are the right way up and the other half are turned upside down • The players have to dribble around and try to turn as many of their cones either the right way up (if they started upside down) or upside down (if they started the right way up) 	<ul style="list-style-type: none"> • Vision • Awareness of cones • Communication between teammates

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">KNOCKOUT</p>	<ul style="list-style-type: none"> • Each player has a ball dribbling in the training area • Players try to knock the other players' balls out of the grid while keeping control of their ball • If a player knocks a ball out they score a point • The player whose ball is knocked out must collect their ball and do an assigned task before reentering the game e.g. toe taps or a slalom exercise • Play for 1 minute to see who has the most points 	<ul style="list-style-type: none"> • Close control • What type of tackle? • Awareness of other players
<p style="text-align: center;">TUNNEL SOCCER</p>	<ul style="list-style-type: none"> • Each player has a ball dribbling in the training area • The coach jogs around the training area and from time to time stops and spreads his legs to form a tunnel • The players dribble after him/her and try to shoot the ball through the tunnel whenever the coach stops. After a set period of time the coach moves again • The player who scores the most goals wins the game 	<ul style="list-style-type: none"> • Vision • Awareness of coach position
<p style="text-align: center;">I CAN DO THIS</p>	<ul style="list-style-type: none"> • The coach performs some type of movement or skill while simultaneously saying "I can do this, can you"? • Players imitate the coach by copying his movements (e.g. running, hopping, skipping, running backwards) • Once the concept has been introduced the coach can now introduce a ball and perform soccer specific movements such as dribbling, toe taps, right foot only, left foot only etc. • Progression: Allow players to now lead and let them use their imagination to do things with and without the ball 	<ul style="list-style-type: none"> • Concentration • Head up so they can see what the coach is doing
<p style="text-align: center;">GOOFY STOP</p>	<ul style="list-style-type: none"> • Each player has a ball dribbling in the training area • As the players are dribbling the coach challenges the players to stop the ball in a goofy manner • Challenge players to keep the ball close and incorporate the ball in the goofy stop 	<ul style="list-style-type: none"> • Close control

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">FIGHTER PILOTS</p>	<ul style="list-style-type: none"> • Players start without a ball on one side of the grid • Players have to run from one end of the grid to the other • The coach shoots the balls at the “fighter pilot” (players) trying to hit them below the knee • If a player is hit by the ball they then join the coach at the side and also try to hit the other fighter pilots with a ball below the knee 	<ul style="list-style-type: none"> • Movement • Awareness of where the ball is coming from • Speed
<p style="text-align: center;">CRAB SOCCER</p>	<ul style="list-style-type: none"> • Each player with a ball • The coach starts in the middle of the training area as a crab, in a crab position • Players dribble their balls from one side of the area to the other • The crab in the middle attempts to kick balls out of the training area • If a player has their ball kicked out, they become a crab and help the coach trap other balls • If a player loses their ball out of bounds they also become a crab • Last two players are the winners and start as crabs in the next game 	<ul style="list-style-type: none"> • Close control • Can they use skill to beat the defender? • Head up • Dribble with the laces
<p style="text-align: center;">OUCH</p>	<ul style="list-style-type: none"> • Each player has a ball. The coach moves about the field with the players • Each player dribbles with their ball and tries to hit the coach with the ball • Whenever the coach gets hit he/she yells “ouch” • The player that causes the most ouches wins the game. 	
<p style="text-align: center;">BLOB WITH AND WITHOUT THE BALL</p>	<ul style="list-style-type: none"> • Each player on the end line without a ball • The coach starts in the middle of the training area as the blob • Players have to run from one side of the training area to the other • The blob attempts to tag them • If a player is tagged they become part of the blob and join hands with the coach • Play until there are two players left • They are the blob for the beginning of the next game • Progression – same game but each player has a ball 	<ul style="list-style-type: none"> • Quick feet to dodge the blob • Vision to see where the space is • Teamwork

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">FIND THE COACH</p> 	<ul style="list-style-type: none"> • The coach throws the players balls' in random directions and has them return their ball to him/her • The coach does not stay in one place but continues to move, challenging the players to lift their head while they dribble in order to find the coach • Progression – the coach conditions the way the players dribble the ball back (right/left foot only etc.) 	<ul style="list-style-type: none"> • Head up
<p style="text-align: center;">FOLLOW THE LEADER</p> 	<ul style="list-style-type: none"> • 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, etc • Progression – allow players to now lead and let them use their imagination to do things with and without the ball 	
<p style="text-align: center;">BRAVEHEART</p> 	<ul style="list-style-type: none"> • Divide players into two equal teams • Players have a ball and start on opposite end lines • When the coach shouts “charge,” they each dribble towards each other and try to get to the opposite end line and stop the ball on the line • The team that stops all their balls on the line first gets a point. • If necessary – start by walking with the ball, then progress to running with the ball 	
<p style="text-align: center;">BALL RETRIEVE</p> 	<ul style="list-style-type: none"> • The coach kneels in the middle of the training area with the players around him/her • The coach takes one ball at a time and throws them away • The players retrieve their ball and bring it back to the coach as quickly as possible • The coach adds various conditions on how the players can return the ball e.g. balanced in one hand, with right or left hand, rolling the ball along the ground, ball between the knees, bouncing the ball, dribbling etc. 	

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p>WHAT TIME IS IT MR. WOLF?</p>	<ul style="list-style-type: none"> • Players start with a ball on one side of the training area opposite the coach/wolf • The coach/wolf has their back to the players. The players ask “What time is it, Mr. Wolf?” If Mr. Wolf says “8 o’clock,” the players take 8 touches forward, 6 o’clock, 6 touches forward, etc and try to tag the wolf • If Mr. Wolf says “Its dinner time,” the Wolf attempts to tag the players before they can get back to the starting line. If a player gets tagged they become a wolf 	<ul style="list-style-type: none"> • Head up • How to turn
<p>SHARK POOL</p>	<ul style="list-style-type: none"> • Half of the players (sharks) sit on the ground without balls • Each of the other players has a ball and they stand on one side of the training area • The players with a ball dribble from one end of the grid to the other • If a player’s ball is kicked they become a shark • Sharks must stay sitting but can stretch and bend to try and steal a ball 	
<p>BINGO</p>	<ul style="list-style-type: none"> • Cones are distributed throughout the training area • One player and the coach are the “replacers” • Each player has a ball. The players with the balls try to knock down as many cones as possible with their balls • The “replacers” (all players take turns in this role) set up the cones as fast as they are knocked down • When a player knocks down a cone they yell bingo • The player who scores the most bingos wins the game 	<ul style="list-style-type: none"> • Vision to see where the cones are • Weight and accuracy of pass to knock the cone over
<p>RED LIGHT GREEN LIGHT</p>	<ul style="list-style-type: none"> • Players start with a ball on one side of the training area • The coach calls out either green light or red light • Players dribble their ball and go when green light is called and stop when red light is called • If a ball is not stopped and controlled immediately, the player is sent back even with the last player, but not all the way back • The first player to get to the opposite end wins the game 	

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">BODY PARTS</p>	<ul style="list-style-type: none"> • Each player with a ball dribbling inside the training area • When the coach calls out a body part the players must control the ball with their feet and then put that body part on the ball • Last player to put that body part on the ball does three toe taps 	<ul style="list-style-type: none"> • Head up
<p style="text-align: center;">DISNEY GAME</p>	<ul style="list-style-type: none"> • Two teams of equal numbers stand at either side of a goal • Give each player a Disney character name and make sure there is a matching character on the other side. • The coach places two balls in the playing area and then calls out a Disney character • The two players run around the cones into the playing area and the first one to score wins one point • Progression: Place one ball in the training area and create a 1v1 situation 	
<p style="text-align: center;">TAIL TAG</p>	<ul style="list-style-type: none"> • Each player has a tail (pinnie tucked into the back of their shorts) • On coach command, each player tries to steal the other players' tails and if they win a tail they throw it on the ground • When a player loses their tail they continue to play as the winner is last player left with a pinnie • Progression – Players keep the pinnies they steal and see who can collect the most pinnies 	
<p style="text-align: center;">MUSICAL BALLS</p>	<ul style="list-style-type: none"> • Place four cones outside the playing area • Players dribble in the playing area and on the coach's command, players dribble their ball around any of the four outside cones • The last player to get back into the training area loses a life • Make sure all players are moving in the playing area not staying by the sides 	

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">ONE GOAL GAME</p>	<ul style="list-style-type: none"> • Divide players into two equal teams • Place a goal in the middle of a playing area • Teams can score from any direction 	
<p style="text-align: center;">KICK THE CAN</p>	<ul style="list-style-type: none"> • Place a large trash can in the middle of an open area with no out of bounds • Divide players into two equal teams • The object of the game is to hit the trash can as many times as possible, each time you hit it your team gets a goal • While one team is trying to score the other team is trying to defend and win the ball back and score themselves • Progression – can only hit the can with a left foot shot 	<ul style="list-style-type: none"> • Support • Accuracy of shot • Depth • Movement to create space
<p style="text-align: center;">MULTI BALL GAME</p>	<ul style="list-style-type: none"> • Divide players into two equal teams and play a regular 3v3 or 4v4 game on a shortened field • The coach stands at the sideline with all of the balls and feed balls in – at times add more than one ball • Once all the balls are gone have the players run and collect them and bring them to you and play again 	<ul style="list-style-type: none"> • Concentration - when ball goes out remember the next ball comes from the coach • Can I score as many times as possible • Teamwork
<p style="text-align: center;">MULTIPLE GOAL GAME (INFIELD)</p>	<ul style="list-style-type: none"> • Divide players into two equal teams • Players score goals by dribbling the ball through one of the multiple goals distributed throughout the field • Both teams attack and defend all goals • Play 3 minute games • Progression – adjust the size of the goals to make it more or less challenging 	<ul style="list-style-type: none"> • Work as a team • Head up to see where next goal is

ACTIVITY	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">END LINE GAME</p>	<ul style="list-style-type: none"> • Divide players into two equal teams • A player scores a goal dribbling the ball over the other team's end line • Players do not get a point if they just kick it over the line • There are no throw-ins or kick-ins and if the ball goes out of bounds the coach feeds in a new ball • Progression: Give the players an extra point if they can stop the ball on the other player's end line 	
<p style="text-align: center;">MOVING GOAL GAME</p>	<ul style="list-style-type: none"> • Divide players into two equal teams • Two coaches or parents hold a pinnie between them forming a goal • The players must then try to kick their ball through the goal (any side) while the goal is moving around • Both teams score into the same goal 	
<p style="text-align: center;">MULTIPLE GOAL GAME – CORNERS</p>	<ul style="list-style-type: none"> • Divide players into two equal teams • Make goals with flags or cones in each corner of the field • When a goal is scored or the ball goes out of bounds, the coach plays in a new ball to keep the game flowing • The object of the game is to score through any of the 4 corner goals by passing or shooting • Progression: Assign each team two goals to attack and two goals to defend 	
<p style="text-align: center;">MULTIPLE GOAL GAME – END LINES</p>	<ul style="list-style-type: none"> • Divide players into two equal team • At times combine with another team and play bigger numbers: 3v3-4v4-5v5-6v6 • Place three goals on each end of the training area • Players score by dribbling or shooting through any of the multiple goals on the opponent's end line 	



Special thanks to Ian Bradley, State Director of Coaching, Iowa Soccer Association,
for his help creating this manual and use of his activities diagrams.

Thanks to Sam Snow, Director of Coaching US Youth Soccer Association
and Frank Trovato, Director of Coaching Alaska Youth Soccer Association
for their help and assistance with this manual.

Updated August 2014