

U6-U9 Activities

- 1) **Coach is "it"**: Kids dribble around in designated space and try and get away from coach, if tagged must do selected activity (jump over ball 2 times, run around ball 3 times, throw and catch ball 2 times, etc.) Great warm up for players!!
- 2) **Body Part Dribble**: Kids dribble in area, when coach calls out body part, must touch body part to ball (i.e. knee, elbow, belly, back, etc..) Challenge them. Be creative!
- 3) **Red Light, Green Light, Blue Light, Orange Light...**: Kids dribble in area, coach calls out color, kids perform skill associated with color (i.e. red =stop, green=go, blue=hide, orange=run around ball, black=park on a cone..etc) Add several quick colors to make more difficult.
- 4) **Math Dribble**: players dribble around area with ball, when coach calls out a number players must get into that number (i.e. "3", players must get into a group of three).
- 5) **Superhero**: Children are all given a colored pinnie and tuck them into the back of their t-shirt (like a cape). At a signal they are to dribble their ball in area and try to steal other superhero's pinnies without getting theirs stolen. See who can get the most and still have their cape.
- 6) **Freeze Monster**: Designate 2 players as freeze monsters (blue pinnies work great!) They chase others who are dribbling and try to tag them. If caught person must pick up ball and place it on top of head. To get unfrozen another player must dribble their ball over and either tag frozen player or pass ball thru legs of frozen player (more advanced)
- 7) **Hospital Tag**: Everyone has a ball and dribbles around area trying to tag others. If you are tagged you must place your hand (a band-aid) on place where you were tagged. If tagged a second time you must place your band-aid(hand) on place where you were tagged. After third time you must go over to the coach and are healed by doing a skill (toe touches, juggles, etc..)
- 8) **Islands**: Set-up three to four islands (about 10x10 yards) and give them each a name. Children start on one of the islands. When a coach (shark) yells out the name of one of the islands the children

must dribble their ball and avoid being tagged by a shark making it safely onto the island that was called. If tagged they join in a become a shark.

- 9) Robot Tag:** Pick 2 players to be robots. The rest of players are dribbling their soccer ball inside grid. The two robots “its” must only walk and talk like a robot and try and tag others (more advanced steal balls) If caught by robot (or ball stolen) then they become a robot helper.
- 10) Kangaroo Jack:** same as robot tag but now the two “its” must hop like kangaroos.
- 11) Spiderman:** 2-3 spiderman/woman try and tag others who have a ball (green goblins) and are dribbling around in designated area. If they get tagged they go to the spider web (soccer goal or coned area). Once you have 3-5 green goblins release the players from the web.
- 12) Boss of Balls:** Coach has children hand them the ball and then they toss it out in different directions. Have children bring ball back to coach. See who brings it back in creative, different ways. (encourage this) Have them try different ways. Eventually have them dribble ball back to you. Coach keeps moving around so players have to look up in order to find the coach (vision).
- 13) 1v1 Duel:** Play 1v1 to knock over a tall cone. Whoever has the ball attacks, other defends. Can not stand right on top of cone. If a player knocks cone over other player gets to start with ball.
- 14) Sharks and Minnows:** All players have ball in grid (minnows). 2 players are taggers (sharks) and are released into grid and attempt to kick minnow’s ball out of grid. If a minnow’s ball is knocked out they help sharks get all of the other minnow’s balls out. (Can also play this to lines)
- 15) British Bulldogs:** Line children up on a line in a grid about 25 x 35 yards. Object is for one tagger, to call out British Bulldog and for the others to dribble as fast as they can across to the other side of the grid without being tagged. If tagged they leave their soccer ball and join the British Bulldog and try and tag others.
- 16) Alien Blaster:** Kids dribble in area and attempt to blast (kick soccer ball and hit coach or designated kid) below knee, award

points for each hit. Choose different kids and designate different points.

- 17) Clean out your yard:** Divide children into two equal teams. Make a grid (30 x 40 yards) with a dividing line separating two areas. Object is for children to kick their ball into other team's grid. Let them play for a few minutes and then stop the game. Object is for the team to have fewer soccer balls in their grid. On coach's signal, no one is to kick a ball. Count who has the least.. (Make sure to show proper striking technique, etc)
- 18) Space Invaders:** Mark off area, put all balls in a pile to one side all kids move around inside area with ball, 1-3 kids off to side and are designated aliens and attempt to kick ball and hit others below knee height. If kid is hit they become alien helper and go over to pile of balls and attempt to hit other kids with their ball.
- 19) Draw:** 2 players have one ball between them. They stand feet together equidistance from ball. On coach's command, "draw," players attempt to pull ball back. Play up to a certain amount of points then rotate players to play others. (Before you say draw you can have your players touch different body parts...i.e. if you say knees they must touch knees..eyes..etc..then say draw)
- 20) Combat:** Begin by playing Draw (see above), then player who has ball tries to keep it by shielding without dribbling away. After 1 minute whoever doesn't have the ball does a silly penalty (star jumps, donkey kicks, etc...)
- 21) Builders and Bulldozers:** Choose $\frac{1}{2}$ players to be builders and the other $\frac{1}{2}$ to be bulldozers. Set up 12-20 tall cones in area. Object is for bulldozers to dribble their ball (wrecking ball) and knock over cone (building) by shooting ball at cone, builder's job is to run over and set cone back up. Switch roles after several minutes. Keep points to make activity competitive.
- 22) "Get Out of Here" :** Make two even sided teams and have them stand behind two cones. Use pinnies to distinguish teams. Send one player out at a time and have them go to designated goal. If ball goes out of bounds coach responds by saying "get out of here." Then send next two kids in.
- 23) Snake:** Two children join hands and attempt to tag others who are dribbling in area. If tagged they join hands with snake and continue to make snake bigger. Great cooperative activity.

24) Pirates of the Caribbean: Divide group into 4 equal teams. Place 4 grids (5 x 5 yards) equidistance from center. Place all soccer balls (treasures) in one large pile. On command have each pirate (player) run out and get one soccer ball and dribble it back to their ship (grid). If no ball are left in the middle children are allowed to go to any ship and take a treasure (ball) and dribble it back to their ship. No one is allowed to block someone or steal a ball that is not inside a grid. Add a golden ball (one that is different) and make it worth more points.

25) More Basic version of Pirates: In a grid have all players moving with their soccer ball (treasure). In a separate smaller grid have a coach or player without a ball and tell everyone that they are the pirate without the treasure and they want to steal yours. Players must guard their treasure (by shielding or dribbling away), if their treasure gets stolen then they become a treasure less pirate and try and steal everyone's and bring it back to the small grid (pirate ship).

26) Foxes and Chickens: Half of the children are foxes and the other half are chickens (w/eggs=ball). Start all foxes in group and send them into grid area. Object is for foxes to knock out all of the chickens eggs out. Switch after all eggs/balls are knocked out. (You can change the type of characters)

27) Gates: Set up 8-9 small goals 3 yards apart and spread them out within your grided area. Send the players out to dribble through as many gates in allotted time. Challenge them (i.e. only right foot, only left, must pass thru, must do something creative thru, can only go backwards, must do a move...etc.) Can partner up and have them work on passing thru gates. Add a gatekeeper who can run to different gates and block.

28) Knockout: Every player has a ball and dribbles around in grid. Object is for one person to kick another persons out of grid while keeping their ball inside. You can't leave your ball and chase others. Once your ball gets knocked out you must go to a coach and do a small skill before getting back in.

29) 2v2, 3v3, 4v4 Games: Can play to small goals or end lines. Play with little or no coaching. Set up several fields approximately 20/25 x 30/35 side by side and just observe. The game is the best teacher!

