

Youth Soccer Games

by Phil Johnson

Soccer Connections

1. Categories - Dribble around the coach
 - Call out categories for the players to group together.
 - As they group together, give a "high five" and give your name.Grouping Ideas:
 - Color- hair, shirt, eyes, shoes...
 - Favorities-Ice Cream, color, season, cartoon, fast food, cereal, subject in school, book, number...
 - # of Siblings, birth order, born which month of the year, born on even or odd year or day of month...
2. Name Game – Passing in small groups. Pass and move within grid.
 - Pass to someone who calls your name. Start with hand toss then go to passing with the feet.
 - Call the name of teammate and pass to them.
3. Numbers Passing
 - Number off in each group. Pass in numbered order.
 - Make it "look like soccer" – movement into space and toward the Ball.
 - Make it "sound like soccer" - call for the ball, clear and concise.
 - Make groups of five with two balls passing in numbered order.
4. The Sun and Planets
 - Players dribble around the "sun" – the coach. Avoid colliding.
 - As the "sun" moves slowly the players adjust their orbit and with their vision and dribbling they must keep the "sun" in the middle.
 - Add two "asteroids", slow runners without a ball, through the pack for dribblers to watch out for.

Gates For All Ages

- Set up – Each child carry two cones of the same color into the grid. Most children will wear them on their heads, wrists and ears. Space both cones shoulder width apart. Return to the sideline.
- On "go", players run with ball in hands and touch cones with their feet. Count the cones they touch. "Stop" go back "home" – return to start line. Ask how many did they get. Repeat, but lengthen the time.
- Dribble through the cones. Count as you go.
- Dribble through yellow cone, then orange, then yellow etc.

- Add gate closer – coach stands in the gate – players go to another gate. Pairs pass the ball through the gates. Players must not run through any gates. Make it look and sound like soccer.
- Pass in threes and fours.
- Option: pick up gates in the middle. Let players adjust.
- Play with two teams – one ball. Score by passing or dribbling through the gates. Add a second ball.

Rectangle – Small Sided Grid

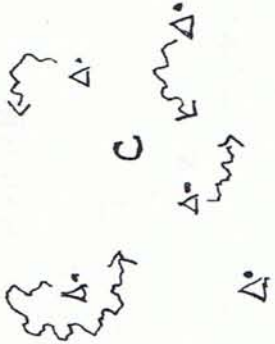
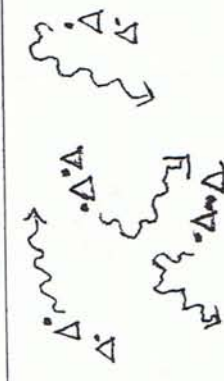
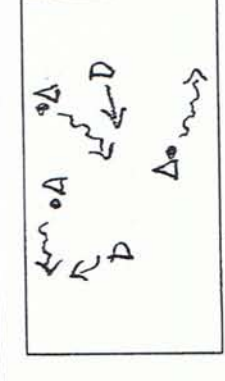
- Keep Away.
- Dribble Magic – show and tell – new moves – copy cat.
- Tag Games
- Pom Pom Pull Away
- British Bull Dog
- Sharks and Minnows
- The Glob
- The Crab
- Pac Man
- Team Knock Out
- Pass to outside targets
- Moving out and into the grid with dribbling and passing.
- Line Soccer
- Turkey Shoot
- Hospital Tag
- Freeze Tag
- Sayonara
- Two Goal Game
- Others...

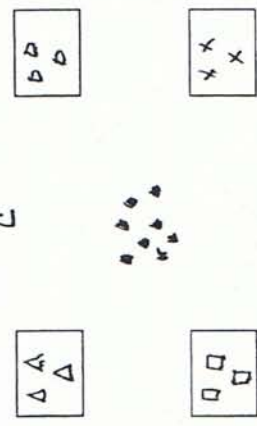
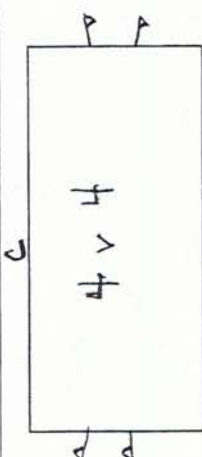
Team Building Games

- Knots
- Head-Catch
- Quick Draw
- Head-Hips-“Ball”
- Toss – Clap Hands – Catch
- I Can Do This, Can You
- Partner Push-ups with ball

U 10 - Combining In Groups of Three's	ACTIVITY	DIAGRAM	Phil Johnson - MYSA
		COACHING POINTS	
1. Two Is Company, Three's A Crowd	* Pairs lock elbows, with hands on hips. * Pairs scattered around a circle. * One pair plays tag. One chases the other. * To stop being chased attach to any elbow. * Out pops the next player to be chased. * Option: Lay down on stomach next to partner. * Be aware of safety.		<i>Body Awareness, Warm-up</i> * Balanced running. * Change of direction. * Agility. * Keep vision up.
2. Frenemy Challenge	* Three's Passing. Pass and Move. * Coach calls "hold". Player with the ball keeps possession. * Play keep away from the other two. 1 v 2. * If you steal the ball, keep possession. * Coach calls "stop". Players without the ball do a "forfeit".		<i>Fitness, Body Awareness</i> * Get a passing rhythm. * Move quickly to steal the ball. * Shield with strong balanced body. * Play safely. * Stay close.
3. Passing In and Out - 3s	* 3's passing in a small grid. * One pops out for short-short-long passing. * Alternate - Pass out to an adjacent grid. * Pass out - dribble in. Ball and players change grids each time. * "Can you paint the field?" or "Click the mouse on each pad". * Combine groups passing with two balls.		<i>Maze, Decision-Making</i> * Start slow - get organized. * Communicate with voice. * Anticipate the pass. * Move into space. * Face the ball and go to it. * All passes firm and on the ground.
4. Gates Passing - 3s	* Three's passing - pass in 1-2-3 order through gates. Pass and move. * Two-way goals. Only ball goes through the gate. * Coach calls "stop". Count the total gates. * Options: Double pass each gate. Same colored gates. Alternate colored gates. Every other gate, dribble through. Coach close gates by stepping in. Combine teams.		<i>Decision-Making, Maze</i> * Plan your path and route. * Be prepared to change. * Listen to teammates. Communicate & encourage. * Quick ground passes, turns and runs.
Run Pass			

U 10 - Combining In Groups of Three's	P. 2	Phil Johnson - MYSA
ACTIVITY	DIAGRAM	COACHING POINTS
5. Math Dribble - Each player dribbles a ball around in tight space. - Avoid contact. Keep eyes up. - Use a variety of moves. - Change directions and speed. - Coach calls number "three". - Players quickly group into 3s. - Hands on shoulders, ball in the middle. - Repeat. End with numbers for two teams.		Maze, Reaction, Body Awareness - Vision up. - Show dribble magic. - Stop and start. - Stay low as you dribble. - Keep close control with the ball. - Avoid contact. - Listen and respond quickly.
6. Sayonara - Two teams – lined up on the sideline. - Coach rolls ball out. - First two race out to complete to score. - Ball goes out of bounds – new ball and next two players. - Options: If you score you stay on. - Groups of 2 per team, then 3 compete.		Target, Decision-Making - Cross the line only when the ball is served in by coach. - Look to score quickly. - Communicate. - Combine passing to score.
7. 5 V 5 – Four Goal Game - Two teams. Score on either of two goals. - Must defend two goals. - Ball out on the end-line, kick in for the defense. - Ball out on the touch-line, use "hustle" rule – first player to pick up ball gets to kick it in. - Place extra balls by each goal for quick restart. - No goalkeeping. Pass ball in from out of bounds. - Options: Add a neutral player in the middle. - Use throw-in on the touch line.		Maze, Target, Decision-Making - Change directions quickly. - Use space. Make it big for offense. - Go back and wide to go forward. - Communicate. - Transition quickly.
8. 5 V 5 - Two Goal Game - Two Teams. Go to Goal. - Play a regular game. - Play all game rules. - Teach within the game.		Target, Maze, Body-Awareness, and Decision-Making. - Key on team offensive play. - Use space and support to keep possession. - Communicate. - Quick change of direction and speed. - Firm, quick ground passes. - Close control when dribbling.

U 8 - Dribbling / Passing – Playing In 2s	ACTIVITY	Phil Johnson - MYSA
	DIAGRAM	COACHING POINTS
1. Universe Dribble * Each player with a ball. Dribble around coach. * Focus on turns. Name moves by players. * Avoid all contact. * Toss cones out. Make a move at the cone * Coach is the sun, players the planets. * Ride the Enterprise, change soccer balls. * Star Wars – pass ball to hit the others. * Revolutions – keep the sun in the center.		<i>Maze, Decision-Making, Body Awareness</i> * Move with comfort in the dribble. * Vision up. * Change and turn – sharp and quick. * Follow directions.
2. Bring the Ball Back * Circle the coach. Partners – one ball. * Bring ball back using hands, feet other. * Score through coaches legs.		<i>Decision-Making, Target.</i> * Listen and follow directions quickly. * Build teamwork. * Communicate.
3. Shadow Dribble * Pairs each with a ball. * Dribble following each other. * Engine and caboose. Show magic and use variety of speed and direction. * Switch roles.		<i>Maze, Decision-Making</i> * Show dribbling magic. * Follow closely. * Copy moves.
4. Hospital Tag * Each with a ball. * Two chasers – diseases. * Each player has two “band aids” – hands. * When tagged, put on “band aid”. * Go to hospital after two used “band aids” * Get the cure, “step ups” from Dr. Phil.		<i>Maze, Body Awareness, Decision-Making</i> * Keep ball close. * Look around, vision up. * Stay balanced. * Be ready to change directions quickly.

U 8 – Dribbling / Passing – Pairs	ACTIVITY	DIAGRAM	COACHING POINTS	Side 2
5. Gates – Dribbling / Passing * Set up – 2 cones each, spread them out. * From start line, run through the gates. * Dribble through. Pass through – pairs. * Alternate colors. * Dribble through orange cones, pass through yellow cones.		<i>Maze, Decision-Making</i> * Make a plan. * Run to gate, call for pass. * Pass and move. * Encourage each other. * Solve problems together.		
6. Math Dribble * Dribble around the coach. * Coach calls “four”. * Players group in 4s. Put balls in middle. * “Three” sets up the next game.		<i>Maze, Decision-Making</i> * Keep ball close. * Listen and follow directions.		
7. Eagles Nest – Golden Egg * Four teams, in four nests. * Balls in the middle. * Object is to get the “eggs”- balls into their own nest. * Coach calls “Go” to begin. Play. * To stop, coach calls “stop”. * Count “eggs” in nest. * Finish with “golden egg” is 10 points.		<i>Decision-Making, Target</i> * Make a plan. * Follow directions. * Listen to the words.		
8. 4 V 4 Two – Goal Game. * Two teams go to two goals. * Defenders ball – when ball is out on end. * Hustle Rule – ball out on the side.		<i>Target, Decision-Making</i> * Look to pass forward. * Seek chance to shoot. * Make space big [spread out] when you have the ball.		