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Kicking

Bowling

- 6 tall cones (blue) set up in a triangle like bowling pins
- Set a cone (red) a distance away and have players kick their ball at the group of cones
- Can move players back as they improve

Magic marble

- Place a spare ball in the middle; the ball can only be moved by another ball hitting it (players focus on aim to hit the ball and on power to move the ball)
- Increase the distance as players improve; can try slowly rolling the ball and have players aim at the now moving target

Clean Your Room

- Players are all dust bunnies in a designated area, they must protect their ball from the player that is “cleaning their room”
- The player must clean their room using their ball as a tool
- The cleaning player kicks their ball at the ball of a dust bunny; if the ball of a dust bunny leaves the designated space, they have been cleaned up and are out until the next round
- The last dust bunny is the cleaner of the next round

Passing

Ball Tag

- Passing between two players
- With the inside of the foot (not the toe)
- If players can hit a stationary target and trap the ball, encourage them to move and hit a moving target

Gate Passing

- Cones are set up in pairs of two as gates and players are paired together
- Pairs pass the ball through a gate for 1 point

Keep Away

- Players pass the ball to one another to keep it away from coach
- In 6U, coach should stay the “defender” in the middle, once in 8U, players that lose the ball may become the “defender”
- Swap players with care as some may become upset if they lose the ball or if they can’t take the ball from other players, keep their emotional state in mind when swapping players

Relay Races

- Set a line of cones with each cone at a reasonable passing distance
- Each line has a pair of players with one being at the first cone and the other at the second cone
- The first player passes the ball and runs to the 3rd cone, the second player turns and passes the ball; players continue until they are at the end of the line
- Once all players understand the process, have the different lines race one another to the end

Dribbling

The Big Race

- Set up a set of cones for each player (starting point and ending point)
- Players race to the end and back, create silly ways to race (act like a bear, elephant, hop on two feet, skip, run sideways, run backwards, dribble the ball)

Simon Says/Can You Do This

Younger kids often won't see the difference between the phrases "coach says run to the cone" and "run to the cone". "Can You Do This" is often a coach demonstrating a skill and challenging the players to copy them which is easier for younger players to understand.

- Dribble with both feet
- Dribble with left foot
- Dribble with right foot
- Stop with foot on top of the ball
- Bells
- Toe Touches
- Turn to the right
- Turn to the left
- Roll the ball with bottom of the foot

Red Light, Green Light

- Can have a target end OR dribble around an area
- Can also instruct which surface of the foot (outside, inside, bottom, top, right foot, left foot, etc)
- Red Light = stop
- Green Light = go
- Yellow Light = fast as player can go
- Traffic! = toe touches to honk the horn
- Rain! = bells as windshield wipers

Follow the Leader

- Coach dribbles around and players follow as best as they can; can rotate which player is the leader
- Can also have them copy what foot/surface they dribble with

Funny Turns

- Two cones and players take turns dribbling and showing their silly turns around the cones, have other players copy as best as they can, this game is to have fun while practicing turning and giving players an opportunity to learn from one another

Sharks and Minnows

- Dribble from one side of the box to another, coach starts as the “shark”
- Players are “eaten” as they dribble from one side to the next (sides are safe areas)
- Players can either join as sharks or are out once they are “eaten”
- The last player that keeps their ball safe is the shark for the next game

Obstacle Course

- Set cones out in formations to develop different skills
- Cones in a line - have players dribble down the line, weaving through the cones
- Have players hop over cones, two legs, one leg, sideways, backwards
- Have cones set in a zig-zag pattern and have players dribble to practice turns
- Have players use the bottom of their foot to drag the ball sideways or backwards between cones
- Can end with players shooting the ball in a goal

Big Bad Bear

- Coach is a bear that is trying to take the ball away from players
- Player must dribble to avoid coach
- There is a small square of cones that is the “cave” that one player can hide in at a time for 10seconds. While the player is hiding, they must do bells or toe touches. Once the 10 seconds are up, the player leaves and another player may enter the cave
- If coach takes the ball away from a player, they also turn into a bear

What Time is It?

- Coach is the big bad wolf who has stolen balls from the players. Players start at a line and ask “what time is it”
- Coach responds with a time (4 o’ clock) and the players take that many steps toward their balls (4 steps)
- Other instructions may include “jumping time”, “tea time”, “balancing time”, and other silly movements so the players are having fun
- Once players start getting close to their balls, answer their question with “dinner time!” and chase them. Players try to run around coach to retrieve their ball and take it back to the starting line

Defense

Lava monster

- Players are dribbling in a designated area
- If they or coach kick their ball out of the designated area (into the lava), they are out
- Once all players are out, restart the game

Freeze tag

- Players are in a designated area dribbling
- If their ball leaves the designated area (they kick it too far or coach takes it away), they are frozen
- Frozen players stand in the designated play area with their legs apart and the ball over their head, other players must kick their ball between the frozen players legs to unfreeze them
- Once unfrozen, players put their ball down and join the game again

Orbit

- Players are a force field protecting their spaceship (ball)
- Players orbit the ball while facing it to protect it when coach goes near the ball
- Players look to turn and dribble away from coach