

5U & 6U Fun Games for Development

Wembley

Organization:

Set out a 30 x 30 yard playing area.

Each player must have a ball and starts by standing on one side of the grid.

The grid is a stadium, e.g., Wembley, and has 4 sides that can be named:

Scoreboard End, Royal Box, Players Tunnel and Fans Terrace.

The coach shouts a specific sideline name, i.e., Scoreboard End.

On this command all the players must turn and dribble towards the sideline called and get there as quick as possible.

At each sideline the players perform a specific action.

Scoreboard End - Celebrate like there team have scored a goal.

Royal Box - Curtsy to the Queen.

Fans Terrace - Jump around like a celebrating soccer fan.

Players Tunnel - Hand across your chest for the National

You can also get the players to perform actions whilst they are dribbling around the within the square:

Queens coming - Boys bow, girls curtsy to the Queen

Goal - Players celebrate like they have scored a goal

Referee - Players pull out an imaginary yellow card

Ronaldo - Players fall over looking to get a free kick

National Anthem - Stand to attention with your hand across your chest

The aim of the game is for the players is to dribble from one sideline to the other as quickly as possible.

Encourage players to dribble faster by giving penalties to those players who are last. Make sure it is not the same player all the time.

The coach can also add additional fun items into the game when players are dribbling inside the square.

On command, you can instruct players to get a Free-Kick - where the players fall to the ground and fake an injury.

If the coach shouts Referee - players have to stop their ball and stand still as if they were statues.

If the coach shouts Fan On The Field - players must dribble away from the coach who tries to kick their ball out of the square.

Progression:

You can progress this activity by having the players race to each side or by changing the side call during the dribble.

The players will then need to change direction with the ball.

This can be Soccer Cars or Pirate ship also

Coaching Points:

1: Let the game be the teacher

2: Encourage the players to keep the ball close to them and change directions quickly

3: Keep head up as often as possible

4: Encourage players to use both feet and different parts of their feet

5: Practice practice practice

Sharks and surfers

Organization:

Set up a grid 30x20 yards.

Players have a ball each, along one side of the grid. Coach stands in the middle of the grid. The object is for the players (SURFERS) to dribble the ball (SURF BOARD) across the grid (THE OCEAN) to the other side.

The coach starts as the only shark in the ocean but, if the coach kicks a players ball out of the grid, then the player becomes a shark with the coach.

The Surfers only go from one side to the other on the coaches call.

Players stop when they arrive at one end and wait for all sharks to line up and then coach calls surfers to go back the other way.

The winner surfers are the last to have there ball kicked out of the grid.

Play until one or two surfers are left then play again with all players starting as surfers again.

Coaching Points:

- 1: Close control and ball familiarity - Keep the soccer ball close to you as you dribble across
- 2: Head up as often as possible so you can see where the sharks are
- 3: Encourage players to try different dribbling moves to go around the sharks
- 4: Keep body in between defender and ball to protect it

Driving Soccer Car

Organization:

Set out 40x30 playing area. 4 mini grids 5 x 5 yards in each of the four corners that are called different city names. All players have a ball and dribble around the main grid. The ball is their car and the area is the freeway.

Coach shouts commands to the group that correspond to an action. ♦Turn A Corner♦ - players change direction using a specific turn. ♦Empty freeway♦ - the players go faster with their ball.

♦Police♦ - players dribble the ball slower. Coach shouts ♦Everyone to New York♦ - the players dribble their ball to the designated city. If the coach shouts ♦Traffic♦ - the players stop the ball as quickly as possible. On the command ♦Wash your car♦ - players begin making toe taps. ♦Polish your car♦ - players roll the ball forwards and backwards with the soul of their feet. ♦Open your Sunroof♦ - have the players throw their ball in the air before controlling it.

Progression:

Insert time restrictions on the session.

Coach can act as a runaway truck♦

Coaching Points:

- 1: Use of controlling surfaces (foot, thigh, chest) do not just use any part of the body
- 2: Move into line with the ball in time to receive it - Soft control
- 3: Read the speed and trajectory of service, be willing to move forward or back to receive
- 4: Prepare the ball to space or away from defenders
- 5: Let the ball come across the body to open out

Peep behind the Curtain/Mr Wolf

Organization:

Set up a grid 20x30 yards. Have the players stand on the 20 yard line with a ball each. The coach stands at the opposite end of the grid from the players. The object for the players is to dribble to line the coach is stood on at the opposite end, but they can only move when the coach is not looking. If the coach sees a player move, they are sent back to the start line. The coach faces away from the players and peeps around his shoulder slowly to give players a chance to stop their ball. When a player reaches the line with the coach, send all players back and play again.

Mr Wolf variation when:

Coach calls out a number and players take that many touches, this teaches controlled dribbling. When players get close coach turns and chases players away and takes ball if players kicks it to far away. Works on change of direction controlled dribbling at pace.

Progression: Have player or players as wolf have them take charge, you will quickly see them realise the closer the player is the easier it is for them to get the ball, teaching basic defending technique (Spacing, Delaying, Deflecting and timing of tackles) at a very basic level.

Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

Simon Says

Organization:

Set up a grid 20x20 yards. Every player stands inside the grid with a ball. Coach stands outside the grid and shouts commands to the players. For example: Coach says, "Simon says dribble " then the players must dribble around the grid. Coach can use many different commands. Examples are; dribble, stand still, turn, twist or hold ball in hands. The coach must Sometimes say Simon says then other times just say the command, any player that does a command without the coach first saying Simon says loses a life. Every player starts with 10 lives. Player with most lives at the end wins.

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Pirates of the Caribbean

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Scoreboard End, Royal Box, Players Tunnel and Fans Terrace.

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At each sideline the players perform a specific action.

Scoreboard End - Celebrate like there team have scored a goal.

Royal Box - Curtsy to the Queen.

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You can also get the players to perform actions whilst they are dribbling around the within the square:

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Goal - Players celebrate like they have scored a goal

Referee - Players pull out an imaginary yellow card

Ronaldo - Players fall over looking to get a free kick

National Anthem - Stand to attention with your hand across your chest

The aim of the game is for the players is to dribble from one sideline to the other as quickly as possible.

Encourage players to dribble faster by giving penalties to those players who are last. Make sure it is not the same player all the time.

Or give points to the fastest 5 players.

The coach can also add additional fun items into the game when players are dribbling inside the square.

On command, you can instruct players to get a Free-Kick - where the players fall to the ground and fake an injury.

If the coach shouts Referee - players have to stop their ball and stand still as if they were statues.

If the coach shouts Fan On The Field - players must dribble away from the coach who tries to kick their ball out of the square.

Progression:

You can progress this activity by having the players race to each side or by changing the side call during the dribble.

The players will then need to change direction with the ball.

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5: Practice practice practice

Gate Ball

Organization:

Set out a 30x20 playing area.

Have players spread out and split players into pairs with one ball for each pair. Place cones inside the grid making small goals, make sure you have more goals than pairs. Each pair counts how many goals they can score by passing the ball through the goal to their partner. After each goal, the pair must move to another goal to score again.

Progression:

Progress this exercise by using a time limit. After each time, ask players to beat their previous score by moving faster, using better skill and better communication to score more goals in the same time limit.

Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going
- 2: Type of pass: Inside push pass, driven pass or lofted pass
- 3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through as an "L"
- 4: Follow through on pass and use body to generate power
- 5: Focus on weight and accuracy of pass, both are very important

Target Ball/ Wreck it Ralph/ Star Wars

Organization:

Set out a 30x20 playing area. Create 2 teams. Each player has a ball and the teams line up on opposite sides of the grid. Depending on the number of players on each team, place a set of cones in the middle of the grid in a line. The object of the game is for each player to pass their ball at the cones to knock them over. Players from each side use the balls that come from the opposite side to continue passing. The game continues until all the cones are knocked over. The team that wins is the one who knocks over the most cones.

Wreck it Ralph/ Star Wars

Same set up. But have Fix it Felix/ Jedi who run around picking cones up. Have a timer on and the team with the most cones up or down wins. The name of this game and all games can be changed to suit your group, their favourite cartoon etc.

Progression:

Increase the difficulty by adding less cones or by placing them further away from the players. Keep score for each team to add competition to the exercise

Coaching Points:

- 1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness Inventive ways to get the ball past the keeper.
- 2: Accuracy and technique over power, aim for the corners of the goals - Time the shot
- 3: Develop the accuracy using both feet before improving the power of the strike
- 4: Inside of the foot for accuracy and laces for power

Thru the Legs/ Tunnel ball

Set out a 30x20 playing area in teams of 3 players.

Each team has 1 ball.

Players stand 5 yards away from each other in a straight line. Use cones to mark out where each person should stand.

Players try to pass the ball through the middle players legs to the players at the other end.

Each time they are successful they receive a goal.

After 3 minutes switch the person in the middle and repeat the exercise so that each player has a turn in the middle.

Progression:

Progress by increasing the distance between players.

Add a competition by the first team to make 10 passes through the middle players legs wins.

Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going.
- 2: Inside push pass.
- 3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through.
- 4: Follow through on pass and use body to generate power.
- 5: Focus on weight and accuracy of pass, both are very important.

Mr Wolf

Organization:

Make a circle about 20 yards in diameter.

Players spread around the edge with a ball each.

The coach stands in the middle and is 'Mr. Wolf'.

Every child is a sheep and must ask the question very loudly, What time is it Mr. Wolf?

The Wolf must then say a time e.g. 2 o'clock. Each player must then dribble the ball forward, e.g. two steps for 2 o'clock and six steps for 6 o'clock. When the players get close enough to the center the coach may announce, Dinner Time.

The coach then attempts to tackle and steal the soccer balls from the sheep.

The players must turn and get outside the circle before being captured.

When a sheep is caught they become an assistant wolf in the middle.

The winner is the last remaining sheep.

Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

Scooby Doo

Organization:

Set up a 40x40 playing area. Divide the area into two equal halves with a center dividing line with one team in each half. Each player starts with a ball. The object of the game is for each team to finish with as few balls as possible in their half. When the game starts the coach whistles, hums or sings the theme tune to Scooby Doo. The players pass the balls in their side across into the opponents half, without it going out of the area. When the tune stops all the players stop passing and the team with the least amount of balls on their side wins. Any balls outside the area do not count.

Coaching Points:

- 1: Use of controlling surfaces (foot, thigh, chest) do not just use any part of the body
- 2: Move into line with the ball in time to receive it - Soft control
- 3: Read the speed and trajectory of service, be willing to move forward or back to receive
- 4: Prepare the ball to space or away from defenders
- 5: Let the ball come across the body to open out

Follow the Leader

Organization:

Set out a 40 x 40 yards playing area.

All players have a ball each and are organized in single file behind the coach.

The object of the game is to follow the coach around the area, repeating his/her movements, such as using different parts of the feet, and making turns.

Progression:

Give the players a range of moves, turns or skills to follow

Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

Beat the Clock

Organization:

Set out a circle 20 yards in diameter. Spread the players equally around the perimeter of the circle so they stand between the cones. Each player has a ball. One player is positioned further outside the circle to act as the initial beat the clock dribbler. This player on the outside of the circle dribbles around the perimeter and tags another player of their choice. Both players then dribble around the circle in opposite directions trying to get back to their starting position before the other player. First player back wins, the other player becomes the beat the clock dribbler.

Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

Treasure Hunt

Organization:

Set up a grid 30 x 20 yards and place as many disc cones and pinnies on the floor inside the grid as possible.

On the command of the coach, all the players go into the grid.

While keeping control of their soccer ball, they pick up as many 'pieces of treasure' as possible.

When all cones and pinnies are collected, each player counts to see how many 'pieces of treasure' they have.

The winning player is the one with the most.

Replace the cones all over the grid and play again.

Progression:

The players must dribble around (inside foot / outside foot) the treasure to 'dig it up' before they can take it.

Coaching Points:

1: Let the game be the teacher

2: Encourage the players to keep the ball close to them and change directions quickly

3: Keep head up as often as possible

4: Encourage players to use both feet and different parts of their feet

5: Practice practice practice

Freeze Tag

Organization:

Set up a 20x20 yard square. All the players stand in the area with a ball each. A designated player is chosen to be a tagger. The tagger will enter the square on the coach's command and tries to tag the other players in the square. If a player gets tagged the player must freeze and place the ball on their head. The other players can free the tagged player by passing their ball through their legs without getting tagged themselves. The object of the game is for designated tagger to freeze all the players in 1-2 minutes, then change the tagger over and play again.

Progression:

. Have tagger dribble their ball they can pass it and hit runners to freeze them,

Spiderman variation: Add bib to taggers hand they can throw big as spider web. Helps with hand eye co-ordination.

Coaching Points:

1: Let the game be the teacher

2: Encourage the players to keep the ball close to them and change directions quickly

3: Keep head up as often as possible

4: Encourage players to use both feet and different parts of their feet

5: Practice practice practice

Pinball

Organization:

Mark out a 20 x 20 yard area.

Split the group into two teams with the teams standing opposite each other on the sidelines.

Each player has a ball. Scatter about 20 cones between the two teams in the middle of the grid. Each player must attempt to knock down as many cones as possible by shooting with their laces. When they have knocked down a cone they must run, pick it up and place it on a pile outside the grid.

The winning team is the one who knocks down the most cones

Coaching Points:

1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness Inventive ways to get the ball past the keeper.

2: Accuracy and technique over power, aim for the corners of the goals - Time the shot

3: Develop the accuracy using both feet before improving the power of the strike

4: Work with players to use their instep

Soccer Bowling

Organization:

Set out a 30x30 playing area. Create teams of 2-4 players.

Place 6 cones together 5-15 yards away from the players depending on their ability. Increase the distance as players progress. Each team tries to knock all their cones over by players taking turns to pass a ball at the cones. After each pass the player must retrieve the ball and dribble it back to their line for the next player to take their turn. The first team to knock all the cones down are the winners.

Coaching Points:

1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness Inventive ways to get the ball past the keeper.

2: Accuracy and technique over power, aim for the corners of the goals - Time the shot

3: Develop the accuracy using both feet before improving the power of the strike

4: Practice practice practice

Soccer Golf

Organization:

Set out a 50x30 playing area.

Set up 4 or more holes using flags/cones around your playing field making each hole 20 to 50 yards long. The object of the game is for each player to use a variety of passes to get their ball from one hole to the next hole. The ball must stop within the cone circle, which should be 4-5 yards in diameter. Coach the players to use a variety of passes from lofted passes, chipped passes to normal inside foot passes. You can also coach players to use hook or slice to make curling passes if there are any obstacles in the way.

Coaching Points:

1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness Inventive ways to get the ball past the keeper.

2: Accuracy and technique over power, aim for the corners of the goals - Time the shot

3: Develop the accuracy using both feet before improving the power of the strike

4: Inside of the foot for accuracy and laces for power