

# 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