

Games and Activities for Teaching the Game of Soccer

Grades K-2

- Freeze Tag
 - To set up the drill all you need to do is make a large square and have two players in bibs be 'it'. When you blow the whistle they then attempt to tag the other players.
 - If touched, the players must then freeze and stand still in the same spot. They can only be unfrozen if one of their teammates manages to touch them.
 - The game ends once all the players have been frozen by the two players who are 'it' with the rest of them trying to prolong it for as long as possible.
 - Once the players have played a few rounds, give each of the team a ball and have them try to avoid and dribble away from the two who are 'it'.
 - When they are frozen their teammates can unfreeze them by passing their ball between their legs.
- Simon Says
 - In a large box, the players dribble about with a ball at their feet until a coach or a player who is Simon shouts out a command such as change direction, stop the ball, only use your left foot, etc.
 - As the players never know what instruction is coming next, they need to focus and listen out for what they say.
 - Other commands could get the kids jumping or clapping, juggling the ball, or even kicking it as far away as they can!
- Follow the leader
 - In this drill, players follow a leader who dribbles the ball around the field, performing various movements and turns. The followers must mimic the leader's actions, encouraging them to pay close attention and react quickly. Use this drill to help enhance dribbling skills and agility and to develop the ability to imitate and react to different movements and techniques.
- Red Light, Green Light
 - Start all of the players on one sideline shoulder-to-shoulder, each with a ball.
 - The end-line is the opposite sideline.
 - The coach should move 15-20 yards away from the closest player.
 - With the coaches back to the players, yell "GREEN LIGHT," and the players try to dribble to the coach.
 - The coach then yells "RED LIGHT," the players must quickly stop the ball. The coach should wait a moment and then turns to face the players.
 - Any player moving must go back to the farthest person from the coach.
- **You can play any child's game and just add a soccer ball to make it work.**
- **I would also play a lot of 1v1 drills to goals. Goals can be anything: another player resting or Cone or two cones or a pug goal.**

Grades 3-4

- **Any activities from above is fun and is a great warm up activity.**
- Knockout
 - Players start inside the playing area, each with a ball at their feet.
 - On the signal, players dribble around keeping control of their own ball while trying to knock or kick away the other balls.
 - When a ball is knocked out, the player must stand along edge with ball between feet
 - Shorten the playing area as time goes on.
- Number game
 - Create the Playing Area: Set up a small field with goals at each end.
 - Divide into Teams: Split players into two equal teams, assigning each player a number (e.g., 1-5).
 - **Coach's Role:** The coach stands with a supply of balls on the sideline. The coach kicks a ball into the center of the playing area and calls out a number or numbers.
 - The players with the corresponding numbers sprint onto the field to compete in a 1v1, 2v2, or larger-sided game against their opponents.
 - Continue the Game: The players continue until a goal is scored or the ball goes out of bounds.
 - Reset: The players return to their starting positions, and the coach calls out new numbers to begin another round.
- Rondos- Keep Away
 - Mark out a small 10x10 yard square using cones. The size can be adjusted—make it bigger to give attackers more space or smaller for a greater challenge.
 - Four players (attackers) stand around the outside of the square.
 - One player (the defender) is inside the square.
 - The four attackers pass the ball to each other, trying to keep it away from the defender.
 - The defender tries to intercept the ball or force a bad pass.
 - If the defender intercepts and controls the ball, they swap places with the attacker who made the last pass or mistake. The player who made the mistake now becomes the defender in the middle.
 - Coaching tip: To keep the game moving, you can set a rule that after five successful passes, the player in the middle must switch out with one of the attackers.
- Benfica Finishing Drill
 - Set up a field with goals(keepers are optional) on each end. 20x30 yards

- Have two lines on each side of the field at midfield. One side has balls the other does not.
- Put two cones at 8 yards from the players with the ball.
- The coach says go. The player with the ball and the player without the ball run out towards the cones. The player with the ball once they get thru the cones can dribble towards either goal the player without the ball must try to stop them from scoring. The player with the ball can change direction and go to the other goal.
- As soon as the shot happens the next player in each line goes. Players switch lines. **The coach should encourage creativity and speed of play.**
- **Remember: Play to goal a lot and let them be creative. Play a lot of 4v4 at this age group.**

Grades 5-6

- **Any activities from above is fun and is a great warm up activity.**
- Rondo's/ Keep away- one team tries to keep the ball.
 - 4v1
 - 4v2
 - 5v2
 - 6v3
- Play a lot of 5v5 with keepers.
- **They should be moving at all times. Try not to have lines.**

If you are looking for more activities or help please contact Bill Donald at bill.donald@k12.tullyschools.org