

# Activities for Coaches to Use

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## **Eyes/Knees/Toes/Ball (Concentration/Competition)**

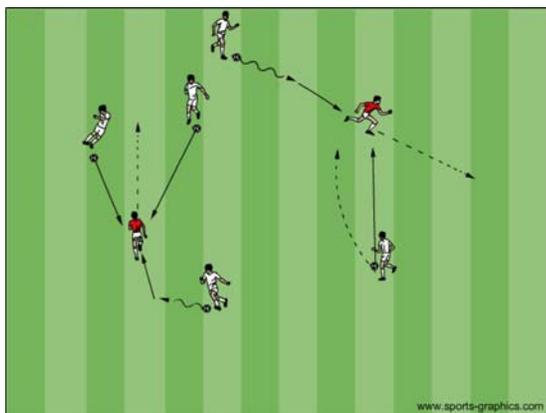
Players have a ball each between their legs. Coach stands in front of the players calling out body parts and at the same time touching that body part with their hands and player copy. Very similar to “Simon Says”. When the coach says ball the players quickly grab their ball and lift it over their head as quickly as they can. They can be trying to be quicker than you. Important to have fun with this one.

## **Ball Pass – Over/Under, Inside/Outside (Concentration/Social)**

Players pair up one ball between tow. The players stand back to back and pass the ball under (through their legs) and over their head or hand the ball to their partner passing it off to the right and twist to the other side to get the ball from the left side. If the players move a little apart one player twists left the other right and make a figure eight passing the ball off to each other. Have them switch the direction they are going.

## **Ouch (Dribbling)**

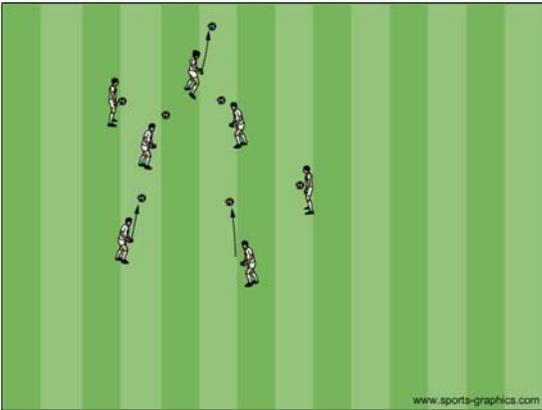
Players have a ball each trying to hit the coach below the knees by passing their ball. If the coach gets hit by a ball he yells “Ouch”. The coach walks around the space changing direction trying not to get hit. This a good one to walk slowly and even stop in front of some players to let them hit you.



**I can do this, can you?** (Intro Activity) The coach shows the players something he can do then asks them to copy. This can be challenges with or without the ball. Start with very easy activities such as running, skipping, hopping, walking backwards, skipping backwards then move to challenges with the ball such as bouncing and catching, rolling, kicking, dribbling etc. The coach can then ask the players to show everyone something they can do then everyone tries to copy. This very basic introduction to each session gives the players confidence to leave their parents side and work with the rest of the group.

## Toss and Clap

Players have a ball each holding it in their hands. "I Can do This Can You" show them you can toss the ball up and catch it. Progress to toss the ball up and clap once before catching. Progress to two claps, three claps and so on. I like doing this one as a lead in to thy juggling. For thy juggling the players holding onto their ball tap their ball with their thigh like they are marching in place. Progressing to bumping the ball out of their hands and catching it. Progressing to two thy bumps and so on. This is the intro to juggling.



**10 Steps** Each player has a soccer ball within a 20x20 grid. The coach sings out a rhyme. The players react to each number

For the first week the coach should go over steps 1-5. The next week add on steps 6-10

1: Number One is On the Run (players run with the ball)

2: Number Two's the Sole of the Shoe (players stop the ball with the bottom of the foot)

3: Number Three is On the Knee (players touch the ball from knee to knee)

4: Number Four is Head to the Floor (players place their forehead on the ball)

5: Number Five is Do a Dive (players dive down onto the ball)

6: Number Six is Do Some Tricks (Coach gives the players a very simple trick to try)

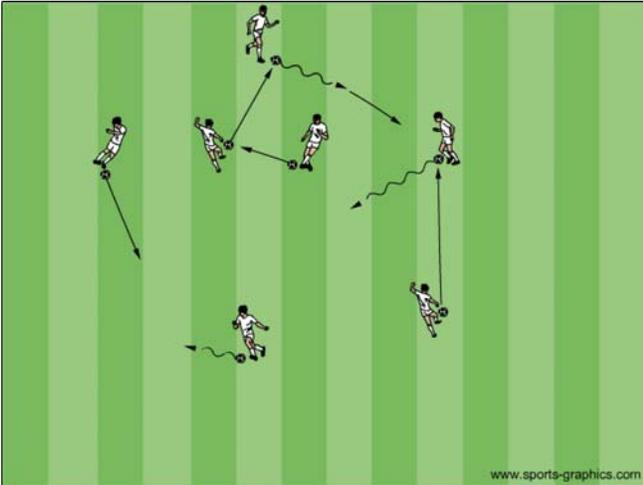
7: Number Seven is Ball to Heaven (Player throws ball in the air and tries to stop it before it stops bouncing)

8: Number Eight is Run to a Gate (Players leave their ball, run to a gate – 2 cones- then back to their ball)

9: Number Nine is Its All Mine (Players try to keep their ball away from the coach) 10 Number Ten is Head it Again (Players try to head into their own hands)

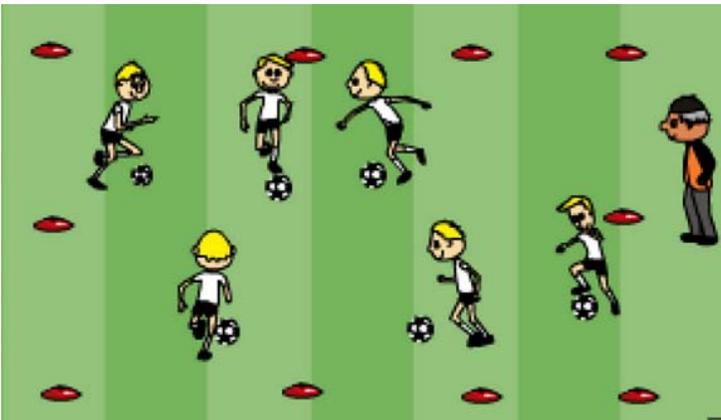
### Ball Tag (Dribbling/Passing)

Each player with a ball uses their ball to tag another player's ball without letting their ball get tagged. Objective of the game is to tag as many balls as you can without letting your own ball get tagged. Players get lots of touches on the ball using different surfaces of their foot. It is chase and retreat activity.



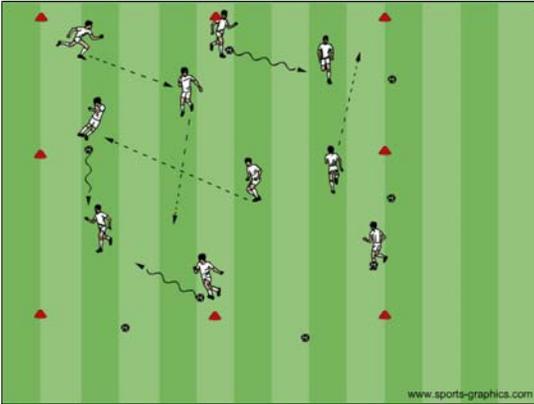
### Everybody's It (ABC's/Dribbling)

First time playing this game do it without a ball. Players try to tag each other as many times as they can. The benefit of this activity is the movement of the players. Fast/slow, stopping/starting, changing direction. After 30 seconds ask the players how many people they tagged then play again challenging them to tag more people than they tagged last time. Progression: have them each get a ball holding it in one hand, then progress to the ball at their feet.



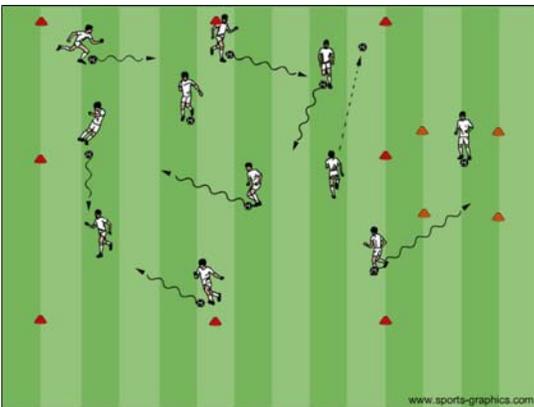
### **Tail Tag (ABC's/Dribbling)**

Each player has a pinnie and tucks it into their shorts making a tail. Players try to steal and hold onto as many tails as they can without losing their own. Keep playing even if you do not have a tail. 30 seconds pause the activity to see how many tails people have. To restart players give back tails to those who do not have one and play again. Without a ball and then with a ball.



### **Hospital Tag (Dribbling)**

This game has big space that everyone moves around in. There is a little space that is used as the hospital. The objective of the game is to send others to the hospital by tagging them. When tagged you need to use a free hand as a band-aid to cover up the area where you were tagged. If tagged a second time use your other hand to cover the other area you were tagged. You can release a hand your using as a band-aid to quickly tag someone. If tagged a third time you need to go to the hospital because you have run out of hands (band-aids). When in the hospital have the players do a skill. Three toe taps, three juggles, etc. Then they are healed and can go back into the game with two free hands.



### **Math Dribble (Dribbling)**

Players are dribbling their ball, when coach calls out a number the players need to quickly get into groups of that number.

### **Body Part Dribble (Dribbling)**

Players are dribbling their ball, when coach calls out a body part the players stop their ball with that body part. For example: knees, toes, nose, ear, elbow, hand, head, back.

### **Spider's and Fly's (Dribbling)**

Players line up on the end line (Fly's) and need to get to the opposite side of the space without and then with a ball trying not to get tagged by the (Spider's) who are on the field.

*Spiders:* "We are the spiders"

*Fly's:* "We are the fly's"

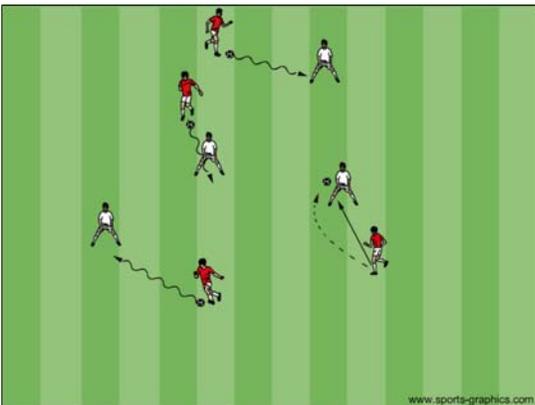
*Spiders:* "We are going to get you"

*Fly's:* "Let me see you try"

Then the fly's run across the field. If caught the fly's turn into the spiders. Keep playing until all the fly's are gone.

### **Gophers and Trees (Dribbling)**

Players pair up. The players talk to each other deciding who is going to be a gopher and who is going to be a tree. Trees stand up with their legs more than shoulder width apart. The gophers run to crawl under as many trees as they can. Progress to having a ball and dribbling and pushing their ball underneath as many trees as they can.

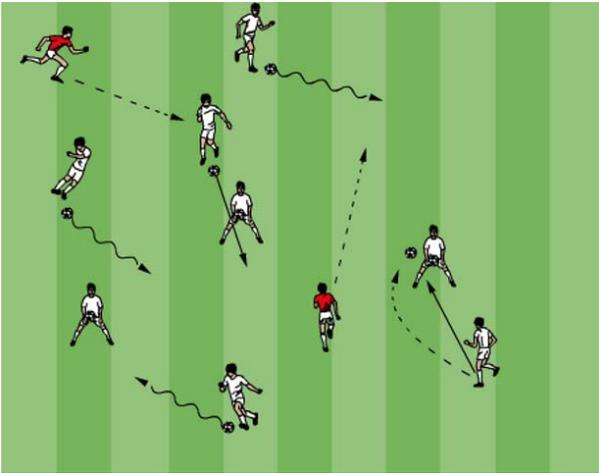


### **Saucers and Teacups (Dribbling)**

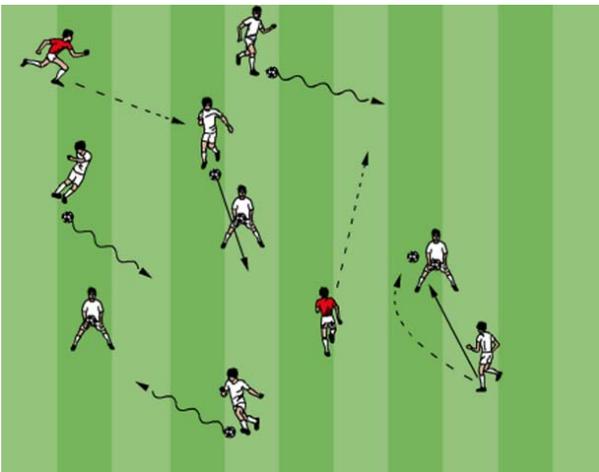
Players are divided into two teams. Half are Teacups and half are saucers. Cones that are placed right side up are saucers and cones that are flipped over are teacups. Players run around turning cones over to get more of what their team is. Play for 37 seconds and have the player's count how many teacups and saucers there are. Congratulate them on their effort and play again. This is a good one to jump in and turn cones over if it is getting lopsided.

### Freeze Tag (Dribbling)

All players have a ball. One or two players without a ball wearing pinnies are the taggers. The objective of the game for the taggers is to “freeze” everyone and for everyone else to not let that happen. Players with a ball can unfreeze or defrost a player that is frozen by pushing their ball through the players legs. A player is frozen when tagged they pick up their ball and spread their legs more than shoulder width apart. They should call for “help”. Play for a minute and switch taggers. The players choose who the next taggers are by handing their pinnie to someone and that person giving them their ball.



**Stuck in the Mud (Dribbling/Passing)** Each player has a ball except for two MUD MONSTERS (coach to start with). The MUD MONSTERS run around and try to tag the other players. If a player gets tagged they must pick up the ball, put it above their head, and shout HELP ME!! To be freed another player must pass the ball through the frozen players legs. Rotate MUD MONSTERS around until everyone has had a shot.



**Cone Man/Girl** (Dribbling/Turning) Each player has a ball except for 2 Cone Men/Cone Girls. The Cone Men/Girls have a cone each and they chase the other players and try to place the cone on their soccer ball. If a player is 'Coned' they stop, pick the ball up, kick and catch, then they are back in the game.

**Alien Attack** (Dribbling) Each player has a ball except for 2 Aliens (who have a cone on each ear) The Aliens chase the other players around the area (planet soccer) and try to kick away their soccer balls. If a player's soccer ball is kicked away they must perform 3 juggles (dependent on age) then they can re-enter the game.

**Gates** (Dribbling/Passing) Set out a series of 'gates' (marked out by cones) throughout the area. Make the 'gates' different in size. Set challenges for the players. Such as: dribble through as many gates as possible, dribble through different colored gates, play the ball through the gate in the air etc. Progress to having two players (with one ball between them) moving around the area and passing through the gates. Progression: Add Gate Keepers, this is also a good one to get parents involved. The gates they are standing in are closed and the players need to find the open gates. There are two ways to manage this one. You as the coach and point to a gate to open or close the gate by the parents stepping out or in the gate or the parents can move randomly to different gates to close them just by standing in the gate.

