



Sunday Soccer

Parents and Coaches

For warm-ups, play games which are not soccer related, but promote physical activity and are a lot of fun. Simon says, freeze tag, team tag, take-away, etc.

Remember that the kids aren't showing up to play soccer, they're showing up to have fun. Have fun with them.

GAMES

Egg Hunt

Have more balls than players. Have the players line-up across one end of the field. Take their balls and spread them out around the field, these are the eggs. (If you have an unusual colored ball --make it the Golden Egg or something special.) At the other end of the field is a goal. I use a portable goal and call it the "basket." Blow the whistle, or whatever, and turn them loose. The object of the game is to get the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. I like to time them to see how fast they can accomplish the task.

Follow the leader

Pick a leader and have him dribble anywhere on the field, encouraging him to make lots of turns, changing speed, etc. All other players have to follow the leader and do whatever that player does. Switch leaders often.

Animal Sounds

- Every player has a ball.
- On "go," Coach runs slowly away from the players, who dribble after him and try to hit him with the ball by shooting at him. 1 point for each time the coach is hit.
- Tell them that if they hit you 5 times, you'll make an animal sound of their choosing, or tell them a joke, or whatever funny thing you can think of.

Can you do this

Setup

In a unmarked area gather your players without their soccer ball (you can introduce this later in this drill). The coach should come up with short list of activities such as: skipping, one-legged hops, star jumps, log rolls, summer salts, push-ups, etc...

Instructions

The coach should start by asking the players "I can do [activity] can you?" The coach should then demonstrate to the players the activity and have the children do the same.

Variations

Introduce the soccer ball and change activities to include the soccer ball such as:

- dribbling
- throw ins
- punting

Coaching Points

- Allow Children the ability to explore their body movements.
- Make it fun for the children!

Musical Chairs

One less ball than the number of players in the drill. Players run around in goal areas in a scramble until whistle is blown. Players race to get ball from center circle and dribble to score on goal. Player without ball help get balls to center, repeating this until only one player left. Make sure to keep things moving along, don't wait very long to blow the whistle. Once players have concept start adding in defenders. One more that may work for you is using a ball as the goal. Have players match up by ability. Throw one ball out as the goal. Throw a second out that the two players will try and possess and score. First player to ball is attacker, second defends goal (ball) and tries to gain possession of ball. If successful, roles reverse. Only run this for 30-45 sec depending on effort of the players. I usually have 2-3 pairs doing this at once each with their own goal (ball) and playing ball.

Monster Invasion

Tell the players that a Monster is coming to try to steal their pet ball and that they must keep it away from the Monster by dribbling it around the field (tell them they must stay inside the field). The Coach or a parent is the monster. Ideas: drag your leg like Frankenstein, make monster noises, make a face, and say things like "Don't let me get your ball!!!" But don't actually scare them. The idea is just to have them try to get away. Don't catch the players, just have fun.

1. A ball for every player.

2. Use disk cones or markers to make a square field about 10 steps by 10 steps (or smaller if you have only a few players).

Teaches:

1. "Control Dribbling"
2. The concept of a "field" and staying inside the lines ("in bounds") and that it's bad to go "out of bounds"
3. Controlling the ball while under pressure
4. Using peripheral vision
5. Looking up while dribbling
6. Dribbling in "traffic" with a lot of other players nearby

Wacky Cars (red light, green light)

Ask: Do players have parents that drive cars:

Ask: Do they drive with their head looking down NO

- On green light command: go
- On red light command: stop ball with foot
- On Rev the Engine command: toe touches on the ball
- On Yellow light command : run to the touch line and back
- On Head Lights command : move the ball with your head
- On Reverse command: pull the ball backwards with your feet
- On Over the Bridge command: Bounce the ball with your thigh(Upper leg)

Body Part Dribble

Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, patella (see what they do, it should be the knee).

Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).

Shark and minnows (Probably not for 3k)

Teaches kids with the ball to shield it from an opponent and teaches kids without the ball how to take it away from an opponent. Use pylons to create a 15-yard square. One player, the shark, starts outside the square without a ball. All other players, the minnows, start inside the square with a ball. When the coach yells, "Shark's getting hungry!" the shark starts running around the outside of the square and the fish start dribbling around inside the square. When the coach yells, "Shark attack!" the shark enters the square and has 30 seconds to send as many balls as possible outside the square. When a ball leaves the square for any reason, the corresponding fish must leave the square and stay out until the coach gives the "Stop!" command at the end of the 30 seconds. A fish has done well if still alive. The shark has done well if few fish survived. Choose a new shark and play another round until every player has been the shark once.

Pirate Ship

Equipment:

- Entire team
- One ball per player

- 4 cones

Objective: To go in the direction the coach is pointing.

Description:

- The “ship deck” is the playing area. The coach acts like the ship and its movements (Left, Right, Back and Forward). You may sway or point in the direction you choose. The players (mateys) are to sway with the coach and move around on the ship deck.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success

Hit the cone

Game Rules

Make the goal one cone placed inside an area with a radius of approximately six yards.

The circumference can be marked out with frisbees, bibs or flat cones.

A goal is scored when the ball is played from outside the area to knock over the cone.

All players are allowed to run through the circle but no player is allowed to touch the ball in the circle.