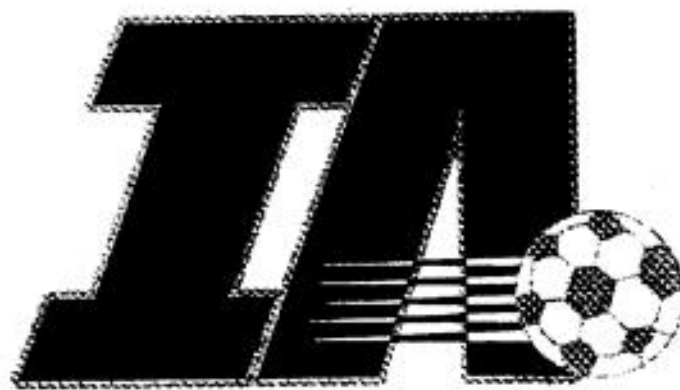


**GAMES & ACTIVITIES
FOR PLAYERS U-6
THROUGH U-12**

IOWA SOCCER



ASSOCIATION

GAMES AND ACTIVITIES FOR "G" LICENSE

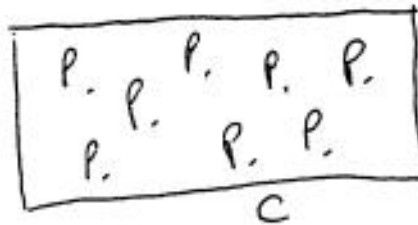
<p>WARM UP GAMES</p> <ol style="list-style-type: none"> 1. "Show me" 2. Red Light/Green Light 3. Body Part Dribble 4. Math Dribble 5. Over & Under/Side to Side (Stretching) 6. Coordination Games 7. Fetch It! 8. Traffic Lights 	<p>FUN GAMES</p> <ol style="list-style-type: none"> 1. Everybody's It! 2. Knee Tag 3. Hospital Tag 4. Chain Tag 5. Team Tag (in partners or groups of 3) 6. Color Tag 7. Tail Tag (3 versions) 8. Hook & Look (Elbow Tag) 9. Circle Tag 10. Head/Catch Game
<p>TECHNIQUE – DRIBBLING</p> <ol style="list-style-type: none"> 1. Truck & Trailer 2. Shadow Dribble 3. King of the Jungle (Pac-Man) 4. Snake in the Grass 5. Stuck in the Mud 6. Raceway 7. Four Corner Capture 8. Phone Booth Tag 9. Sharks & Minnows 10. Knockout (Individual & Team) 11. Keep Away 12. 1v1's 13. Attack of the Crabs 14. Bridge to Bridge 	<p>TECHNIQUE – PASSING</p> <ol style="list-style-type: none"> 1. Moving Line Passing Game 2. Marbles 3. Sequenced Passing Game 4. King of the Jungle (Pac-Man) 5. Gates Game 6. Box Ball (2v2 to 4v4 to targets – stop ball inside opponent's box) 7. Pass-Catch (Ultimate Soccer) 8. Triangle Game (2 triangles) 9. One Goal Game 10. Balls Galore 11. Touch the Cones 12. The Game (4v4)
<p>TECHNIQUE – SHOOTING</p> <ol style="list-style-type: none"> 1. Clean Up Your Room 2. Buzz Lightyear's Shooting Gallery 3. Team Shootout 4. Dragons & Castles 5. Battleship 6. Star Wars (Asteroid) 	<p>SMALL SIDED GAMES</p> <ol style="list-style-type: none"> 1. The Dutch Game 2. Triangle Goal Game (2v2 or 3v3) 3. Multiple Goal Game 4. Moving Goal Game 5. Barrel Ball (4v4) 6. Line Soccer Game 7. Zone Soccer Game 8. 7v7 Triangle Game (7v4 + 3 GK's) for U-10's and U-12's 9. The Game 10. Street Soccer

WARM-UP GAMES

“SHOW ME”

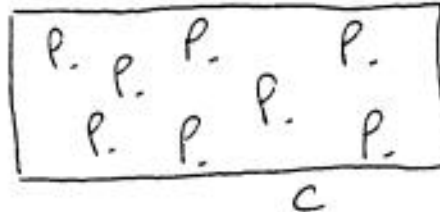
As players arrive at practice, I ask them to show me a “cool” trick (something they can do with the ball). I then have all the other players try that “cool” trick. It can be anything like dribbling (close to their body, far away from their body, different directions/speed, throwing it up in the air and then controlling it with a body part, heading a ball, etc.). Have a different player show you a trick.

P = Player
C = Coach
. = Ball



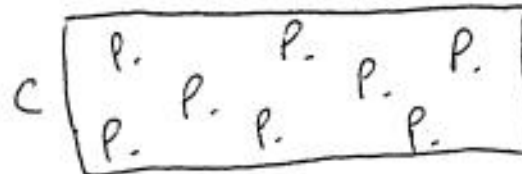
RED LIGHT/GREEN LIGHT

Have everyone dribbling their balls inside a specific area. When coach says, “Red Light,” everyone must stop immediately with their foot on the ball. When coach says, “Green Light,” everyone must go (start dribbling). Have players change directions/speed; find an open space.



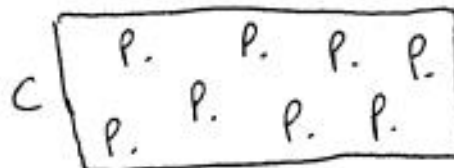
BODY PART DRIBBLE

Continue with same commands as previous game, but add a body part when stopping play (Red Light). The players must put their body part that the coach calls out on the ball as quickly as possible.



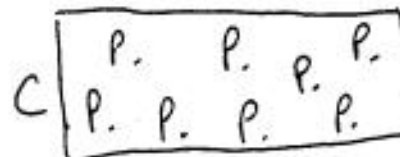
MATH DRIBBLE

All the players are dribbling inside a specific area. When the coach calls out a math problem, they must solve it and then get into groups of however many is the answer. (i.e. $2+2=4$, they would get into groups of four.) For the younger ages (U-6), call out a number instead of a math problem. Can even hold up fingers, and not call out the number, so they dribble with their head up.



SIMON SAYS

The coach is “Simon” and whatever he/she says, the players must do. Simon can call out any different activity to do with and without the ball. If Simon calls out an activity without saying, “Simon says...,” the players must do a “special activity” (i.e. Martian pushups, donkey kicks, star jumps, frog leap-jumps, etc.).



OVER & UNDER/ SIDE TO SIDE (STRETCHING)

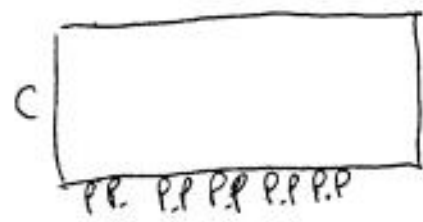
Players are in pairs and have their backs facing each other. They pass one ball, with their hands, from one side to another (side to side). Then ask them if they can come up with another way they can pass the ball to their partner. They pass the ball over their head and then through their legs (over & under). Then combine the two activities as the players have to execute whatever command the coach calls out.



COORDINATION GAMES

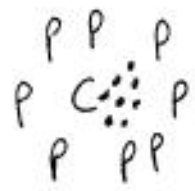
Players must bring balls from one side of an area to the other with whatever body parts coach calls out. This game can actually be done with or without a ball as well as with one or more players. Can make it competitive as players try to get to opposite side as quickly as possible; who can finish first?

(i.e. Bring a ball with one hand and two heads, bring a ball back with two chests – two players)



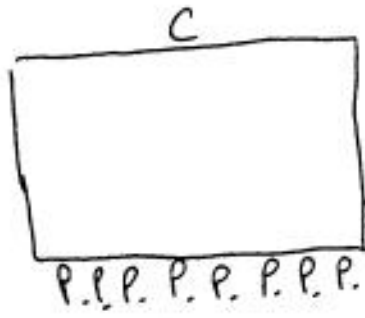
FETCH IT!

All the players bring their ball together for the coach. The coach then tells the players how to bring their ball back to him/her and then throws/kicks the players' balls away. The players must go and "fetch" their ball as quickly as possible and bring it back to the coach. The older the players are, the more they can work in groups.



TRAFFIC LIGHTS

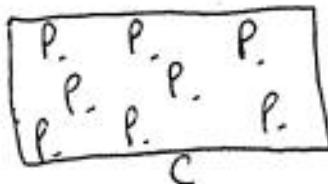
All the players are on one side while the coach (or designated player) is on the opposite side. The coach is the traffic light. When the coach has his/her back turned to the players, they must dribble toward the opposite side. When the coach is facing the players, they must stop. Players that are caught moving, with or without their ball must return to their starting position. The only signals that players should receive are visual (from the coach that he/she is turning around).



FUN GAMES

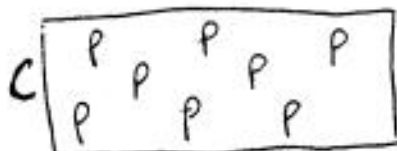
EVERYBODY'S IT!

All the players dribble their ball inside a specific area and try to tag anyone they can because everybody is it! For every person a player can tag, they get one point. How many points can you score? Remember to tag softly, not hard. Also, players can only tag on the shoulder, back, or arm.



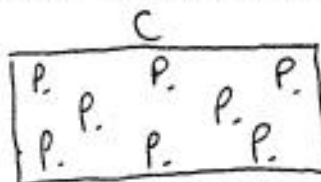
KNEE TAG

Can play this tag game with or without the ball. All the players are inside a specific area and try to tag other players' knees. Players score one point for each time they tag someone's knee. Remind the players to be careful and avoid knocking heads!!!



HOSPITAL TAG

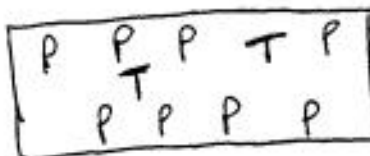
Everyone is dribbling a ball inside a specific area and trying to tag other players. Every time a player is tagged, they must hold that body part. After a player is tagged three times, they must go to the "hospital," they go to the coach. The coach gives them a special activity (i.e. martian pushups, star jumps, donkey kicks, etc.)



CHAIN TAG

Play this game without balls. Everyone is inside a specific area with two distinguished taggers. Once a player is tagged, they must link arms with the tagger. Eventually, there will be a "chain" of taggers with a few players still running around. Ask the taggers if there is an easier way to tag all the free players. Maybe the two chains combine to make one chain. See if they can solve the problem.

T = Tagger



COLOR TAG

Every player is wearing a different color and is dribbling their ball inside a specific area. When coach calls out their color, they leave their ball and try to tag as many people as possible. When players are tagged, they have to remain frozen until one of their teammates tags them to unfreeze them. When the coach calls out a different color, everyone is unfrozen and the new color called out is the tagger; the old tagger retrieves their ball and continues to play.

