



Activities and Games for the U-6 to U-10 player

This disk is geared to aid coaches with activities, not training sessions, for coaching the U-6, U-8, and U-10 player. I hope that these activities will be found useful when planning out your training session for your team(s). Next to each activity, there will be an indication as to which age group the activity is most appropriate although several activities are appropriate for several age groups.

Dribbling

Passing and Receiving

Striking the ball/Shooting

Heading

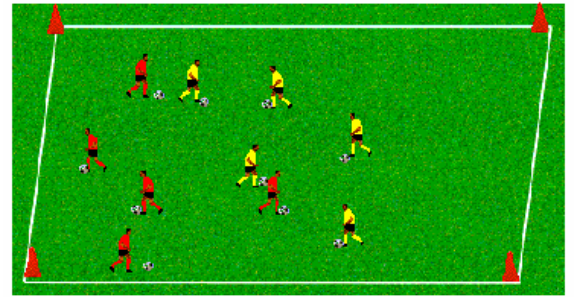
Small Sided Games

Street Games

Dribbling

Body Parts (U-6 and U-8)

All players have a ball inside a playing area. As a coach, you call out a body part, players must stop the ball with that body part. You can also play where players have to move the ball with a specific body part.



Red Light Green Light (U-6 and U-8)

There are a couple of different ways to play this game. One way is the method that most are familiar with when players all line up at one end and have to move from one end to the other end. There is a player in the middle who is the traffic light and yells Red light-Green light. When Green light is yelled, players all dribble their ball in an effort to get to the other end. When Red light is yelled, players must all stop the ball and keep it from rolling from their foot. If a player's ball rolls after Red light is yelled then have to go back where the last person is standing, not all of the way back. They could also do a fun little ticket, which is five touch ups on the ball. Whoever gets to the other side is the winner and becomes the traffic light for the next game.

Another way to play the game is for players to all dribble in an area and as a coach, you yell Red light-Green light. A coach could also hold up a red vest or a green vest without speaking and now the players have to look up in order to find the light.

“Everybody’s It” (U-6 to U-10)

All players have a ball inside a playing area. Players must keep their ball at their feet and try and tag as many people as they can in a specific amount of time. After time is up, ask players how many they tagged and challenge them by asking them to tag 2 more people for the next round. Another way it could be played is to divide the team into two and have one team try and tag the other team and count how many they have tagged. Each team collects the total and the other team gets to go.

Belly Button Tag (U-6)

This game is to introduce the U6 player how to protect the ball. All players have a ball inside a playing area. Players must keep their ball at their feet and try and not let the coach touch their belly button. As a coach, it is important that you just act like you are going to touch them so that they turn around and protect the ball.

TV Tag (U-6 to U-10)

This is a takeoff on the old game that used to be played as a kid. All players have a ball inside a playing area. Players must keep their ball at their feet and try and prevent from being tagged. Two players are it inside the playing area and try and tag a player before they can sit down on the ball and name a TV show, cartoon show, etc. The only rule that you give the players is that they can't say the same show more than twice. If a player gets tagged then they join the taggers.

Dribble Freeze Tag (U-6 to U-10)

All players have a ball and are inside playing area. Two-three players are it and are “Ice Monsters” The IM's try and tag as many people as they can. If a player gets tagged then they have to freeze, stand with a ball, hold the ball above their heads and spread their legs. To get unfrozen a “free” player must pass the ball underneath their legs, then they may put their ball down and become unfrozen.

Hospital Tag (U-8 and U-10)

All players have a ball and are inside a playing area. Everybody's it. Players dribble around and try and tag another player. Wherever a player gets tagged, they hold that part of the body. When a player gets tagged three times, they go into the hospital which is a space by the coach and have to take some medicine before getting healed. Medicine could be: 5 touchups, jumping jacks, something fun-nothing serious like push-ups or sit-ups. Play for time. Another way is to have two players that are the only ones that can tag and see how many people they can put into the hospital.

Dribble Math (U-6 to U-10)

All players have a ball and are inside a playing area. Players dribble around and when a coach calls out a number and players have to form groups of the size being called. The last group that forms, get to perform a fun light exercise like 5 touchups, German Jumping Jacks, etc. Coaches can also use real math problems and the players have to figure out the answer and then form groups.

Knockout (U-8 and U-10)

Every player has a ball and is inside a playing area. Players dribble around and when the coach gives the shout “Knockout”, players go and try and knock someone else's ball outside the playing area. When a player gets their ball knocked out, they do a fun-light exercise and go back in. Play for a certain amount of time. Whichever players had the fewest exercises to do is the winner(s) and a

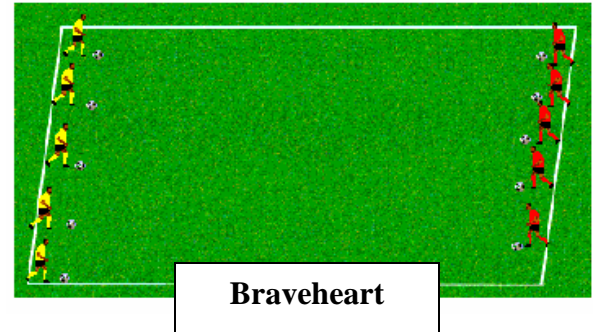
new game is started. Could also play where players whoever has the ball knocked out in the last 30 seconds of the game is out and then play until you get a couple of winners. This way the longest that they sit out is 30 seconds.

Bombers (U-8 and U-10)

All players have a ball at their feet and are inside a playing area, with the exception of a couple of players. Two-three players have a ball, but they hold it in their hands. They have to dribble their ball around basketball style while moving. They try and throw their ball and hit a ball that is being dribbled out of a circle or playing area. After a while, change the bombers until everyone has had a turn.

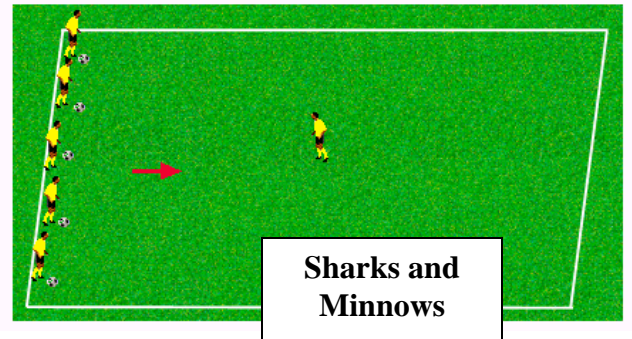
Braveheart (U-6 to U-10)

Divide into two teams. All players have a ball and start by dribbling outside of the square/rectangle. They must, however stay opposite from the other team when traveling with the ball on the outside of the square/rectangle. When coach yells “charge”, they each dribble towards each other and try to get to the other line and stop the ball on the line. The team that has 3 players on the line first gets a point. At first, you could have them walk with the ball, then progress to running with the ball.



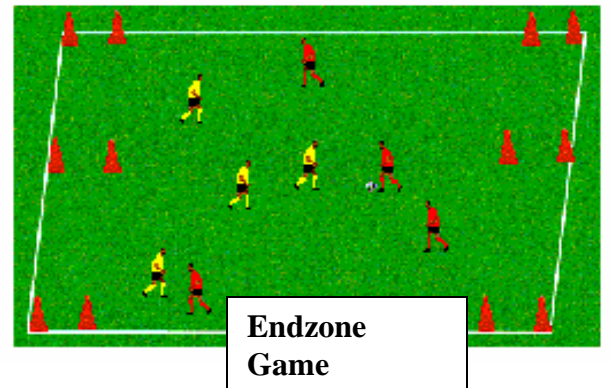
Sharks and Minnows (U-8 and U-10)

All players have a ball and line up on a line facing a direction. One or two players do not have a ball. One of those who do not have a ball yell “Sharks and minnows” and that is the cue for all the players with the ball to try and dribble their ball to the other end of the square without letting the sharks steal their ball. If a shark steals a ball then they become a minnow and the minnow that had their ball taken becomes a shark. There are many different variations to use: A) Sharks steal ball and go to a goal instead of just stealing the ball. B) Minnows must control the ball in a goal area to encourage good ball control instead of just kicking the ball over the end line if a Shark gets close. C) Minnows could all have a tail (vest) hanging out of their shorts and the sharks have to pull out a tail instead of stealing a ball.



Endzone Game (U8 to U-10)

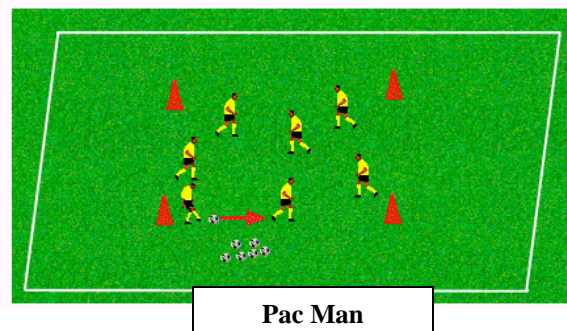
2v2 to 4v4 to an end zone. Two teams of 4. Each team attacks and end zone that is very skinny. Each team defends an end zone. When a team can dribble the ball into the opponent’s end zone, they go the other way. “Make it-Take it”. The ball must be controlled in the end zone or stopped. If the ball goes out, it is dribbled in and not thrown in or passed in as a variation.



Passing and Receiving

Pac Man (U6 to U-10)

All players get inside a very small square/circle without a ball except for 1-2 players who have a ball. A pile of balls is on the outside of the grid. They are to dribble their ball and when they get close enough, try and pass their ball and hit a player without a ball below the knees. Players that get hit by a ball grab a ball and then become it as well. Play until about half of the people have balls, half do not. Then start a new game. The reason for a small area is to keep the distance of passing minimal for safety reasons.



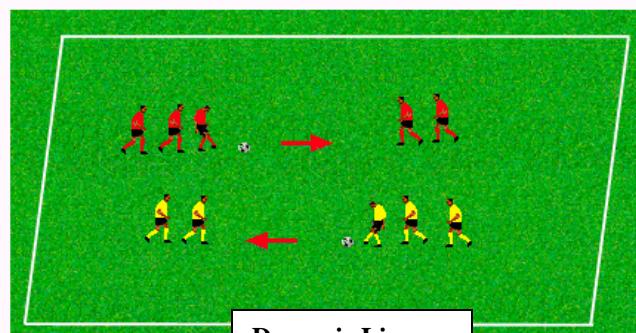
Pac Man

Defrost Tag

See [“Dribble Freeze Tag”](#)

Dynamic Line (U-6 to U-10)

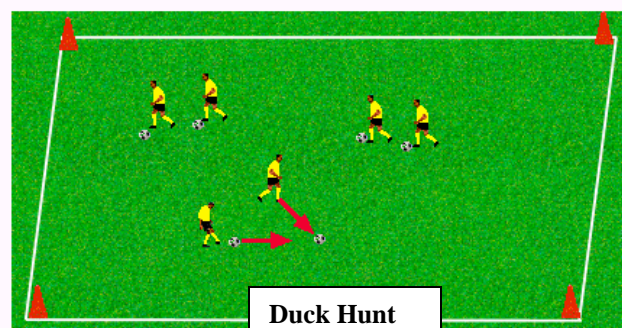
Players are in lines of 4-5 players. Or 3-4 players per team. Players face each other and one touch passes to each other. If the ball gets passed awkwardly, then the whole line has to move with the ball. Have a competition between two teams. See who can get 10 passes that are complete and straight. Focus on technique with passing and striking the middle of the ball.



Dynamic Line

Duck Hunt (U-8 and U-10)

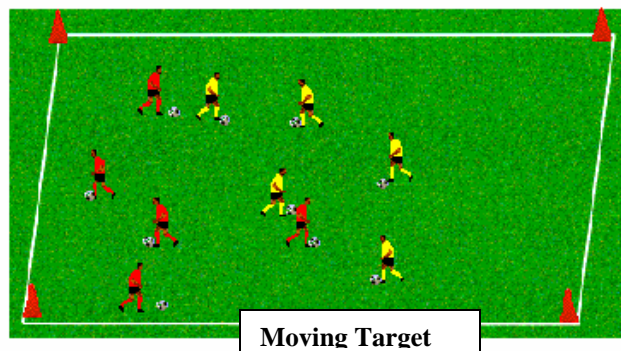
Players get into pairs. Each player has a ball. One person is in front of the other like “follow the leader”. The person in front dribbles anywhere, but cannot lose his/her partner who is following right behind with a ball. When the coach says “pull”, the person in front passes their ball to the side and the person behind has to pass immediately and try and hit the ball that was just passed. If a ball is hit then a point is scored. Players switch roles after 3 times. Variation is to allow players in front to decide themselves when they pass a ball out instead of listening to the coaches’ yell.



Duck Hunt

Moving Target (U-6 to U-10)

The coach has a ball. Coach dribbles around an area then knocks ball forward, players try to pass and hit the ball to get a point.
b) Same as above except two players have a target ball.



Moving Target

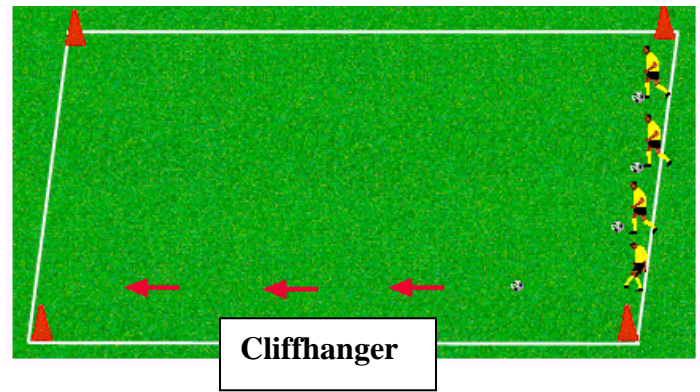
Moving Marbles (U-6 to U-10)

All players have a ball and are inside a playing area. Each player tries to pass and hit another player's ball while they are moving. If a player passes and hits someone else's ball they get a point. **Variation:** Divide into two teams. One team is trying to hit the other team's ball. One team is designated as the passing team, the other is the dribbling team. After time, they switch roles. Play 3 rounds and see which team has the most total amount of hits.



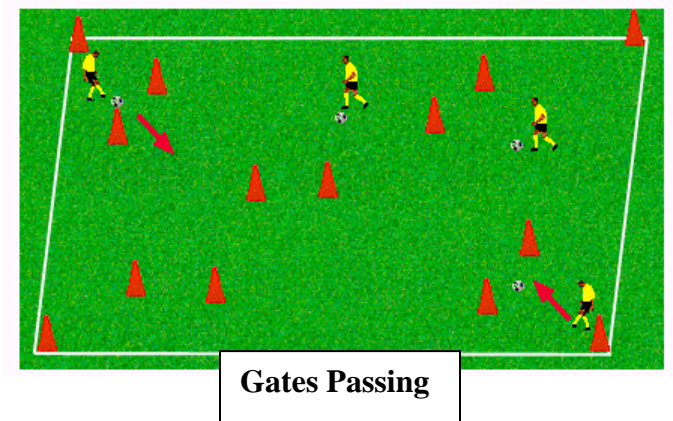
Cliffhanger (U6 to U-10)

Every player has a ball and lines up on the side of a square/rectangle. Each player will pass their ball and after they pass must run and catch up to their pass before the ball crosses the other line. The objective, however, is to pass the ball as close to the other line without it going over the line or cliff. Players could go one at a time or all at once.



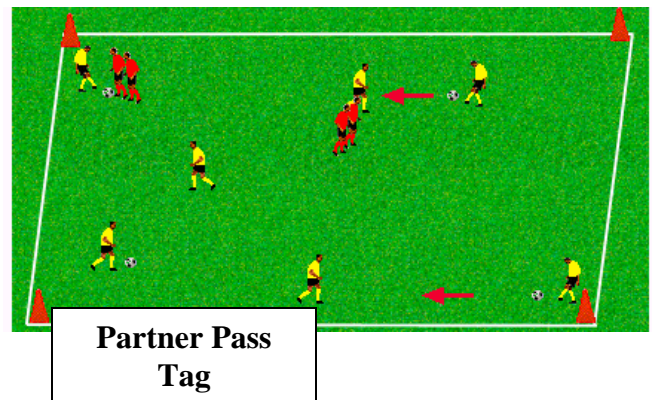
Gates Passing (U6 to U10)

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side. b) instead of using gates, use cones that can be knocked over and they get a point if they pass and hit a cone so that it knocks over.



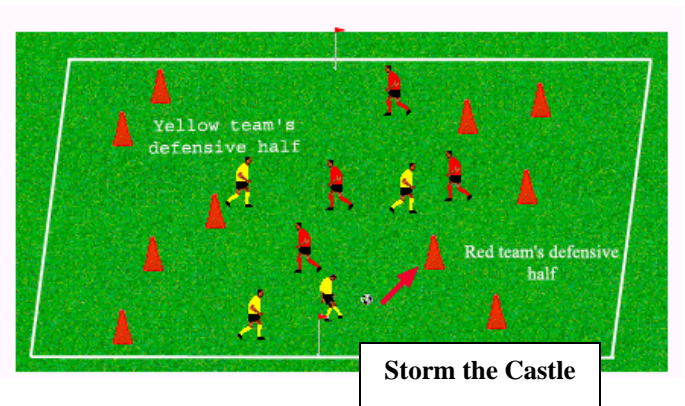
Partner Pass Tag (maybe U-8, primarily U-10)

Players pair up and share a ball. Two pairs do not have a ball and hold a vest, bib, towel, etc between them. They are "it". They try and tag any body that has a ball. Pairs that have a ball can only pass to each other. If someone that has a ball gets tagged they along with their partner become "it" and the "it" players now take their ball and try to prevent from being tagged.



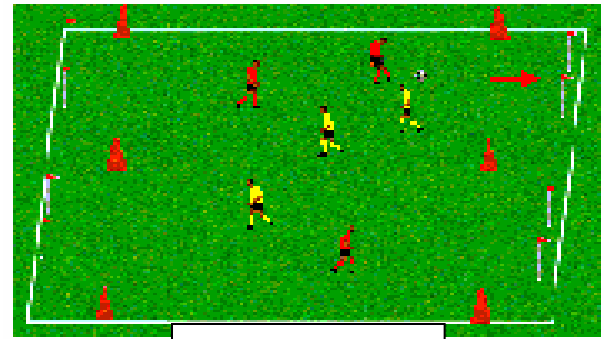
Storm the Castle (U8 and U10)

Make two teams. Each team gets a collection of standup cones and spreads them all over their **defensive half** of the field. It is played like a normal game. When a team knocks over a cone, whoever knocked over the cone picks it up and places the cone on their defensive half. When time is called, the team that has the most cones on their defensive half wins. If needed, play with two balls going at the same time.



Outside Goals

Divide into two teams. Both teams must stay inside the playing area. Each team has 2 goals to score on, but they are outside the playing field. A goal must be scored with a pass from inside the playing area.

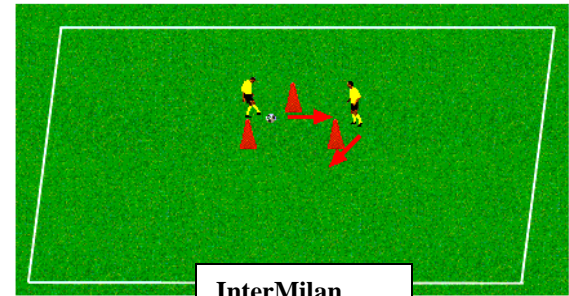


Outside Goals

Receiving Games

InterMilan (U8 and U10)

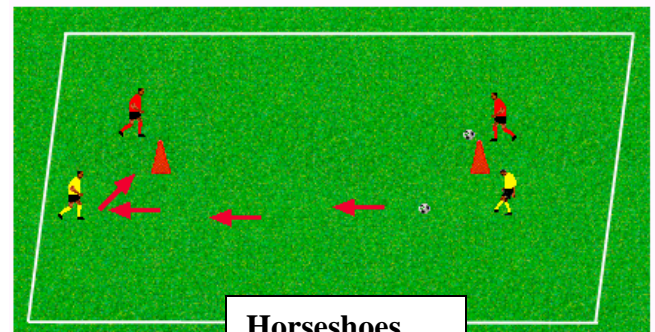
Two players take 3 cones and spread them about a yard apart into a triangle shape. One player passes the ball through a pair of cones and the other player will then receive the ball and has one touch to take the ball around a cone and then back through for the other player to repeat. Every time they can do this successfully it is a point. Anytime they hit a cone or the pass isn't completed, it is not a point.



InterMilan

Horseshoes (U8 and U10)

Two players make a team. Two cones/balls are needed. The two cones are placed anywhere from 10-20 yards away depending on ability and whether or not balls will be passed on the ground or in the air. The pairs/teammates are opposite of each other. One teammate passes the ball to their other teammate who has to redirect the ball using only one touch to get the ball as close to the cone as possible, like horseshoes. After one team goes, the other then takes their turn. Whichever team has their ball closest to the cone gets a point. The sequence is simply repeated with the players now switching roles between receiver and passer. Play for a certain amount of points or for time. Balls can be required to be played in the air if players are able. Ball then must be received out of the air without touching the ground and in one touch.



Horseshoes

3v1 "PIG" (U8 and U10)

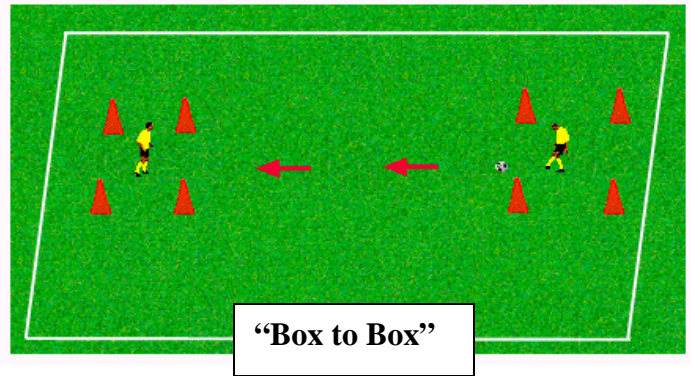
Four players to a square grid. 3 players are on the outside, 1 is in the middle. Player in middle is the defender and must stay inside the square. 3 players must stay on the outside of the square. Outside/receiving players have to take two touches every time they receive the ball. It is a keepaway game. Players on the outside and try and make as many passes without the player in the middle touching the ball or with them not making a mistake. Players on the outside count how many passes they can get against the player in the middle. After a set time, switch the players so that everyone has been in the middle. Whoever has the most passes against them gets a letter. Play like "PIG" in basketball.



"PIG"

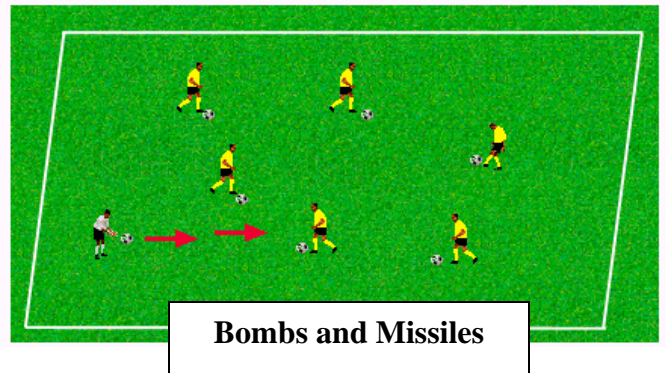
Box to Box (U8 and U-10)

Two players each go inside a square of about 5 x 5. Each box is anywhere from 10-30 yards apart depending on ability and space. The game is played with one ball. Each player takes a turn passing a ball into the other players box. The receiving player has one touch to receive the ball and one to pass it back to the other box. A player receives a point when they receive a pass from the opposite box and it **stays inside** the box. A bonus point is scored when they can successfully pass the ball into the opposite box. A variation would be to have players pass the ball into the air to each other. Another variation is to require the player to take a touch outside the box to the side before they can pass.



Bombs and Missiles (U6 to U-10)

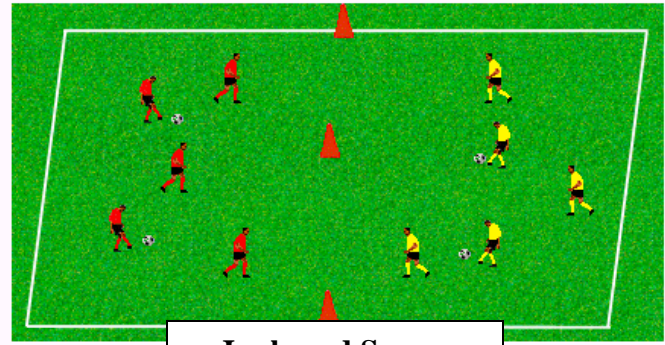
Every player has a ball. The coach also has a ball, which will be the target. Players dribble around and when the coach says “Bombs away”; the players toss their ball in the air and then bring it down with a specific body part that is designated by the coach. While the balls are being tossed, the coach rolls a ball anywhere on the field. When the players successfully bring the ball down, they try and pass to hit the ball that the coach just rolled out and sink it! As the coach, make sure to walk around the field as the players are dribbling.



Shooting/Striking the Ball

Junkyard Soccer (U6 to U10)

Divide team into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time. Variation: Give each team a point every time they can strike the ball past the back line of the playing area. Another variation is to require a pass to be made to a teammate before the ball can be struck back to the other half.



Junkyard Soccer

Moving Goals (U6 to U10)

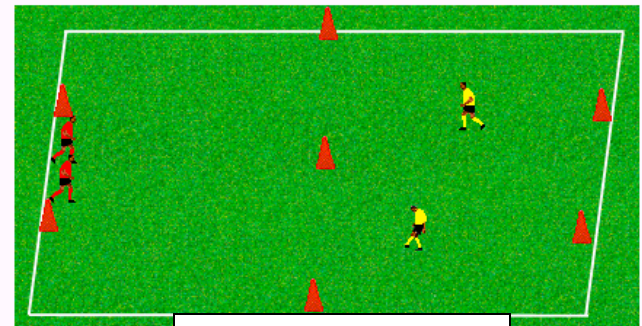
Two teams play a normal game except the coach and a helper or holding a rope, vest, large pole, etc between them. This represents a goal. The goal moves around and the two teams play around the goal and try and shoot the ball under the goal, which is constantly moving around the area.



Moving Goals

Partner Shooting (U6 to U10)

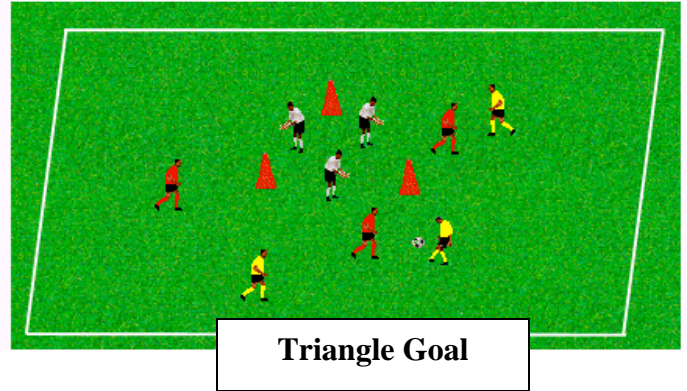
Two pairs play against another pair. Each pair is one half of an area. Goals are marked out. Each pair must stay on their defending half of the area. As a pair, they work together to try and shoot the ball past the other two players and between a goal or a line. At first, have one player roll a ball to their teammate who shoots. Then progress to passing to their teammate. The two players, who attempted a shot, run back and go into goal. Pairs should take turns. Play for a certain number of points or for time.



Partner Shooting

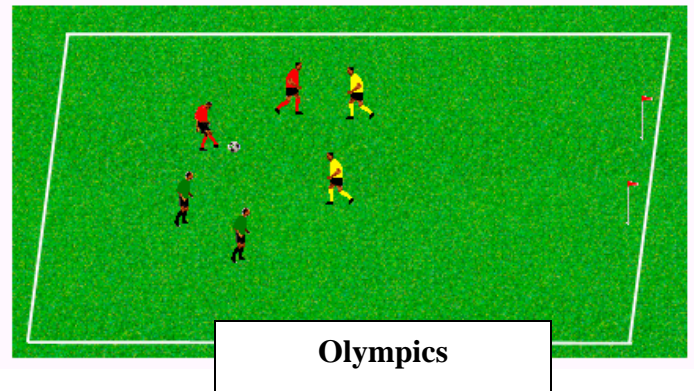
Triangle Goal (U8 and U10)

Two teams play around a triangular shaped goal. Play like a normal game. Each side of the triangle has a goalkeeper between two cones. Two teams play against each other and try and shoot the ball past one of the goalkeepers in between the triangle. Play for time and then rotate the goalkeepers.



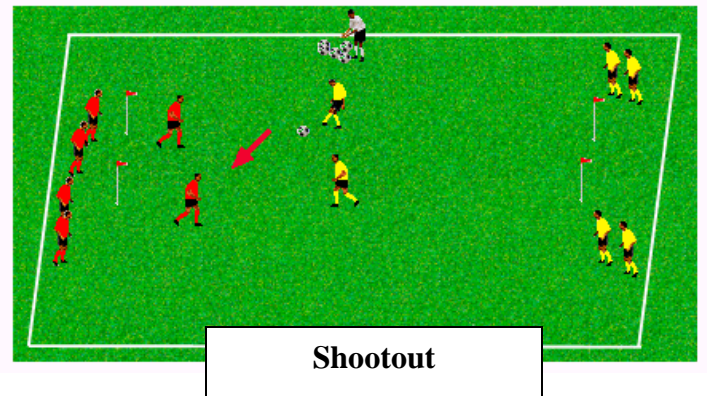
Olympics (U6-U10)

Three teams of 2-3 players. Game is played to one goal. As a coach, you have a pile of balls ready to go on the side. Each team of three picks a country name. When a team scores a goal, then run off the field and yell their country name. The first team to score gets "Gold". The remaining two teams play until one of the two teams scores a goal and then they run off. For being second, they get "Silver". The last team that was scored on gets "Bronze". Play more rounds and then tally up the medals to see who had most Gold medals. You could also give each medal a point value and at the end, tally the amount of points.



Shootout (U8 and U10)

Two teams each take a place behind the goals. The coach will yell out a number of players and a direction like "2 Right". Two players from each team run by the right side of the goal and then come in. The coach can call any number and direction. After the coach yells out a number and a direction, they roll in a ball for the players. Play for time or a certain amount of points.



Heading

Head to Tag (U8 and U10)

To warm-up for fun, play “Header Tag”. All players are inside a grid. One-three players have a ball and are “it”. “It” players run w/ ball and try and hit a player with the ball, but they have to throw the ball off their head in order to hit a player. If a player gets hit, then they are “it”.

2v2 Battles (U8 and U10)

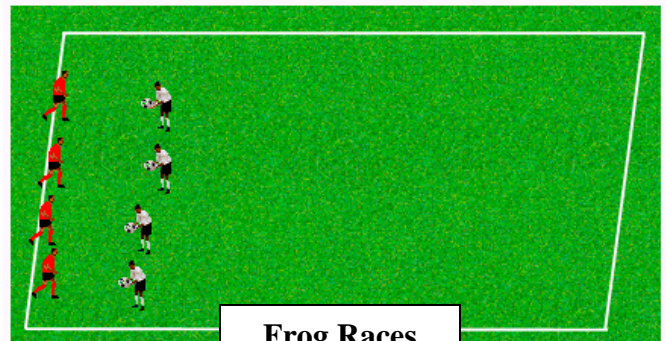
In this game, pairs work together to had the ball marked into the goal (cones). Each pair works together to advance the ball to the other team’s goal by heading the ball back and forth or by tossing and heading. The pair who is not advancing the ball must go back to the coned goal and have to stay on the line until the attacking pair have attempted a goal with their head or the ball dropped. Once a ball drops the pair that was attacking must immediately run back to their goal and the pair that was defending can start from where the ball dropped and try and score. FUN GAME! Play for time or points.



2v2 Battles

Frog Races (U8 and U10)

Players pair up and share one ball. Teammates face each other. One player has a ball in their hands, the other is facing them, but in a frog position. When the coach says, “Go” The person with the ball tosses to their teammate who has to head it back into their hands from a frog position. Go to a certain point in the area and then players switch roles.



Frog Races

Throw-Head-Catch (U8 and U10)

Players get into groups of 3. One ball is needed. They get into a triangular shape. One person tosses the ball to another person who then heads it to the third person to catch. Every time someone is successful, they get a point.

Small Sided Games

Get Outta Here! (U6 to U10)

This is a very fun shooting game. Divide the teams into two. Each team gets to the right and left of the coach outside the field. The Coach has all of the balls. Each team sends two players out at a time. Two small goals are on each end. Coach plays ball in. Whichever team scores stays. If the ball goes out of bounds, they are both out of there and two players from each team step on. If a team has too many players on the field when the coach plays in a new ball, then it is a penalty kick.



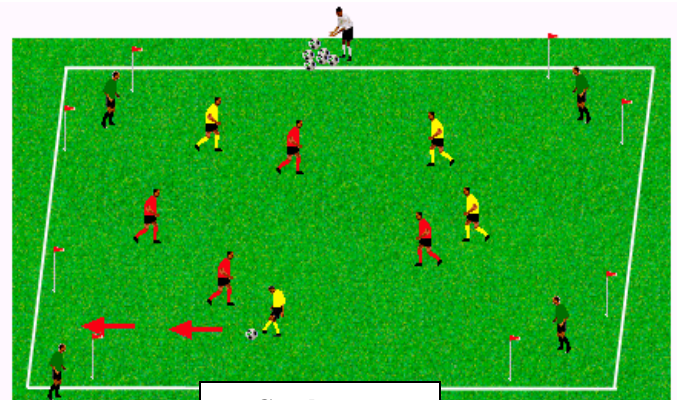
Get outta here

Boss of the Balls (U6 to U10)

Play is simply 4v4 to 5v5 to small goals. The coach is in the middle of the field and on the side. Coach is the “boss of the balls”. Anytime the ball goes out, the players simply leave it and the coach plays in another one. Coach continues this until all of the balls are gone. The coach then tells the players to retrieve them as fast as they can.

Gatekeeper (U8 and U10)

This next game is a great one that can be used with many age groups. It is good for developing vision, possession for a purpose and other technical implications. The coach makes 4 gates with cones approximately 3-5 yards wide. A player is placed inside or in between each gate. Three teams of 4 or two teams of 7-8 players. Inside the playing field, play 3v3 or 4v4. The coach plays a ball in and then points, does not yell to a gate. The person in the gate that the coach points to steps out of the gate. This is the target gate that both teams are trying to get to. They score when the ball passes through the gate. The player that was in the gate does not try to block the ball, simply step out! If the ball goes outside, the coach plays in another ball and then points to a new gate.



Gatekeeper

One Goal Game (U6 to U10)

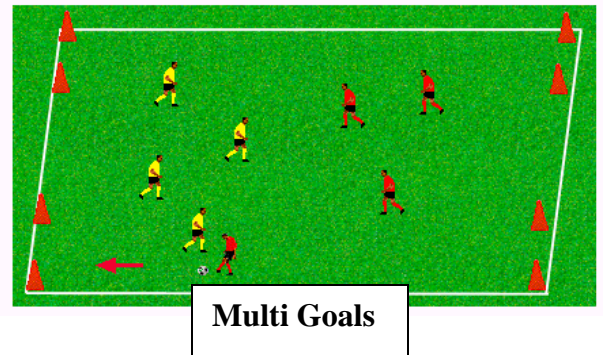
Place a goal in the middle of a playing area. Two teams play around one goal. Teams can score from any direction. Can play with or without goalkeepers. A variation would be to have one team score from one side and the other team score from the other.



One goal game

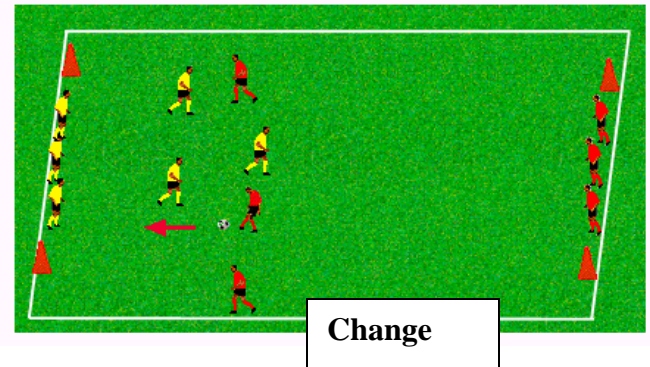
Multiple Goals (U8 and U10)

Two teams play a normal game. Each team has two goals to attack and two goals to defend. Goals are placed on the sides of the playing areas. This game is good to teach team shape and to work on getting the team to spread out a bit. When a team is on one side and it is too crowded, can they go to the other side and score?



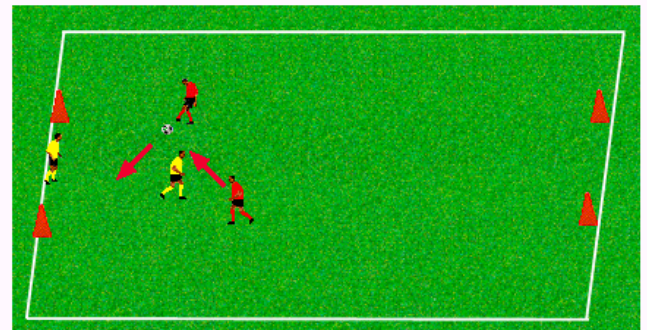
3v3 “Change” (U6 to U10)

Two teams of 6 players. 3 players from each team play out on the field, the other 3 players go into a goal or protect a line. Play like a normal game. When the coach yells “Change” the players who were on the field switch with the players who were in goal. The players simply leave the ball where it was when the coach yells “Change”.



2v1, but in 2’s (U8 and U10)

Two pairs play together one team. It is a small-sided game that works on 2v1 situations. When a team is attacking, they must attack with 2. The team that is defending, is allowed to have 1 defender on the field and the other player must go back and protect the goal, so it is a 2v1 situation. When the team that is attacking scores or a there is a change of possession, the teams simply change roles. Could play with any number of players, just that when a team is defending someone must go and play the role of the goalkeeper.



Street Games

In this section, I would like to share some “Street Games” with you. The concept of doing a “Street Game” within your training session is so that hopefully players will want to play these games when they are away from training. We want the kids to simply play as much as they can on their own. I have taken some traditional “Street Games” that I played as a youth and put a ball along with it. If you know of anymore “Street Games”, please do not hesitate to contact me.

“21” (U8 and U10)

This game is played like the basketball game. Points are two for a goal and one for a “Freeby”. Play any amount of players, but 3-4 is best. Make a goal with cones, bags, balls tree, trashcan, etc. Like the basketball playground version, it is everyone for themselves. The goal is either made in a triangular shape, or a square. Points (goals) may be scored from any direction, but must be from outside of the goal and go through two cones, bags, hit the trashcan, tree, etc. When someone scores a goal, they get a "freeby" (free throw). A cone, mark, spot is designated to shoot the freeby from. All other players have to line up even with the “freeby” shooter and can enter when the ball has been touched. In order to get the bonus point, the ball must stop inside the goal. The freeby spot is approximately 10 yards or so from the goal. If the ball does not stop inside the goal, then it is live. Whoever gets the ball may score. You could make everyone take the ball back to a line, which would be opposite of the Freeby mark before scoring if desired. It is a fun game that can be modified for even older age groups. For example, make older aged kids chip the ball inside the box for a freeby to count. Like in the street or park, you must end on 21, not 22 or higher. If you do, then you go back to having 13 points. Make up other rules as you go along.

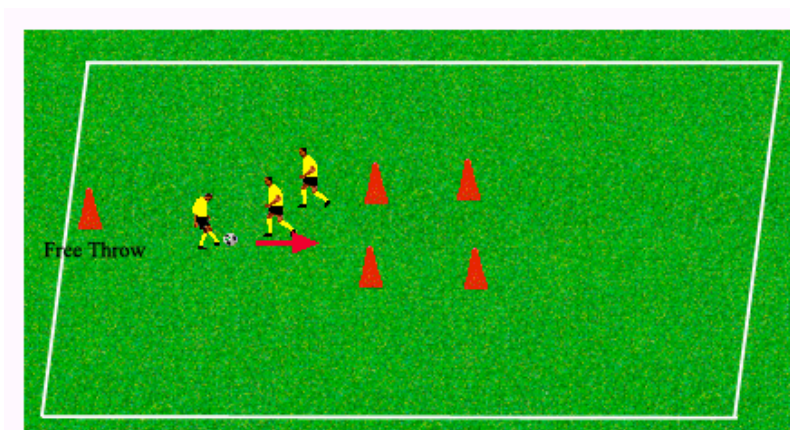
Other Ideas for this game:

- 1) Could place a ball or other type of object to be hit for the point.
- 2) After a freeby, the first player to touch a missed freeby after it has been played checks up with someone and then play is started again.
- 3) Could play in teams and play 2v2, 3v3, etc.

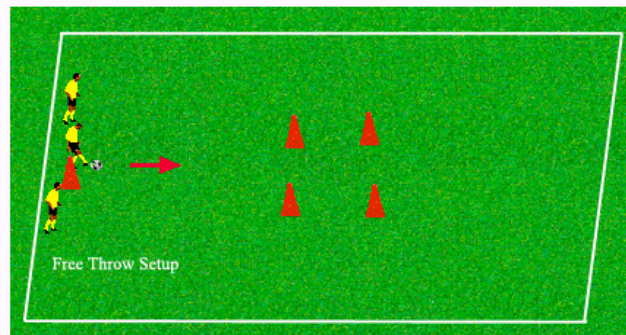
Freeby's- 1) Ball is played into the square with a back heel; 2) Ball is chipped and must bounce once before stopping inside the square; 3) Place a ball inside the square and players must hit ball.

Below are the diagrams for the game:

Original Setup

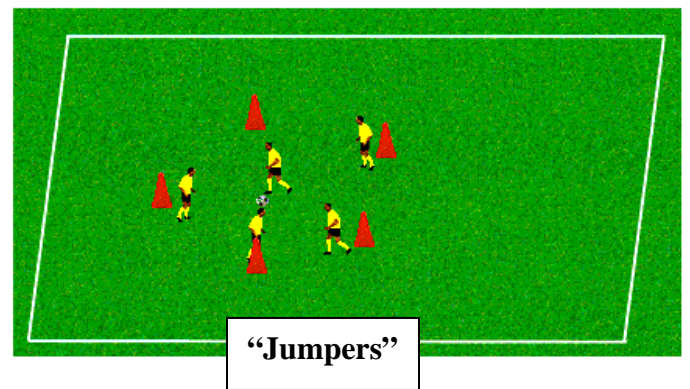


“Freeby” Setup



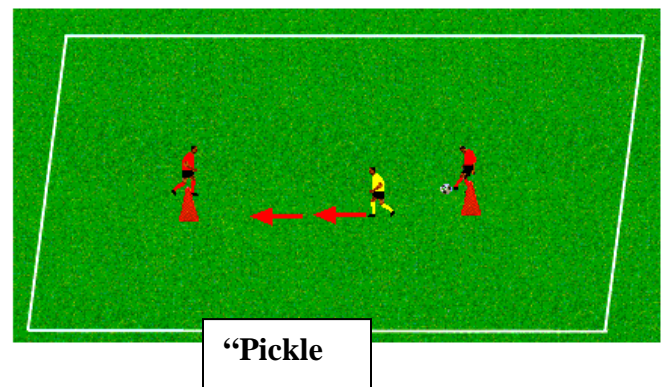
"Jumpers" (U8 and U10)

This is an English game. Any number of players can play. It is everybody for themselves in this one. Each person has a goal, bag, cones, whatever to protect. Make a circle with the goals. One ball is used. Each person is trying to score on each other's goal or "jumper". If the ball goes out of the circle, the "jumper" closest to where the ball went out gets to take the ball. Goals are scored by hitting the bag, cones, etc. Play to whoever gets 3 goals (jumpers). Could also play if you get scored on twice then you are out. Make it a knockout competition. Groups of 4-5 players are ideal.



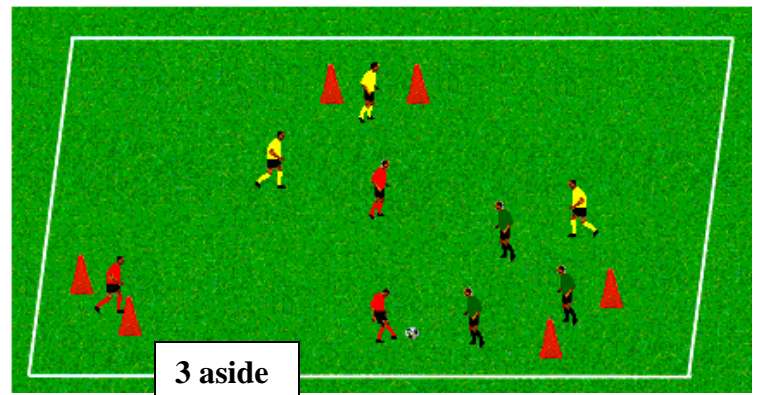
"Pickle" (U8 and U10)

When I played this game with a baseball, we called it "hotbox". 3 players for this one. One ball is used. One person is the base runner. The other two take place by a base (cone). Each player guards a cone (base). The two players guarding the base pass the ball back and forth to each other. Whenever the base runner feels, they can run and try to touch as many bases as possible without being tagged. In order to be tagged, the fielder (player guarding base) must have the ball at their feet and then tag the runner. It's fun to see the kids play this one. They play a lot of one touch and don't really even realize it. The fielders try to get the runner in a pickle or get the runner caught between the two bases. Then they can run that player down. Whoever tags the runner becomes the runner. The person that touches the most bases wins.



3 a side soccer (U8 and U10)

3 teams of 2-3 players. Each team guards one goal. It is every team against each other. The three teams play against each other and try to score goals. Use bags, cones, balls, etc. for goals. The team that gives up 3 goals loses the match. When that is achieved the game starts over. As the game goes, teams pledge allegiances to each other only to be traitors. A team can pass to another team, but they don't have to pass the ball back. Be careful because the team that you may trust, just may turn on you.



One Goal Game (U8 and U10)

Two teams of 2, 3, or 4 players. The goal is in the middle of the field. Each team has a designated side in which they can score on. When a team is defending, one person must go into goal. The others remain and defend. When a goal is scored and goes thru the middle goal, the team that was scored on now attacks. The same is true for when a shot is taken and it goes into the other teams then the team that shot the ball must now defend on the other half and the defending team changes.

