

FUN GAMES FOR SOCCER DEVELOPMENT

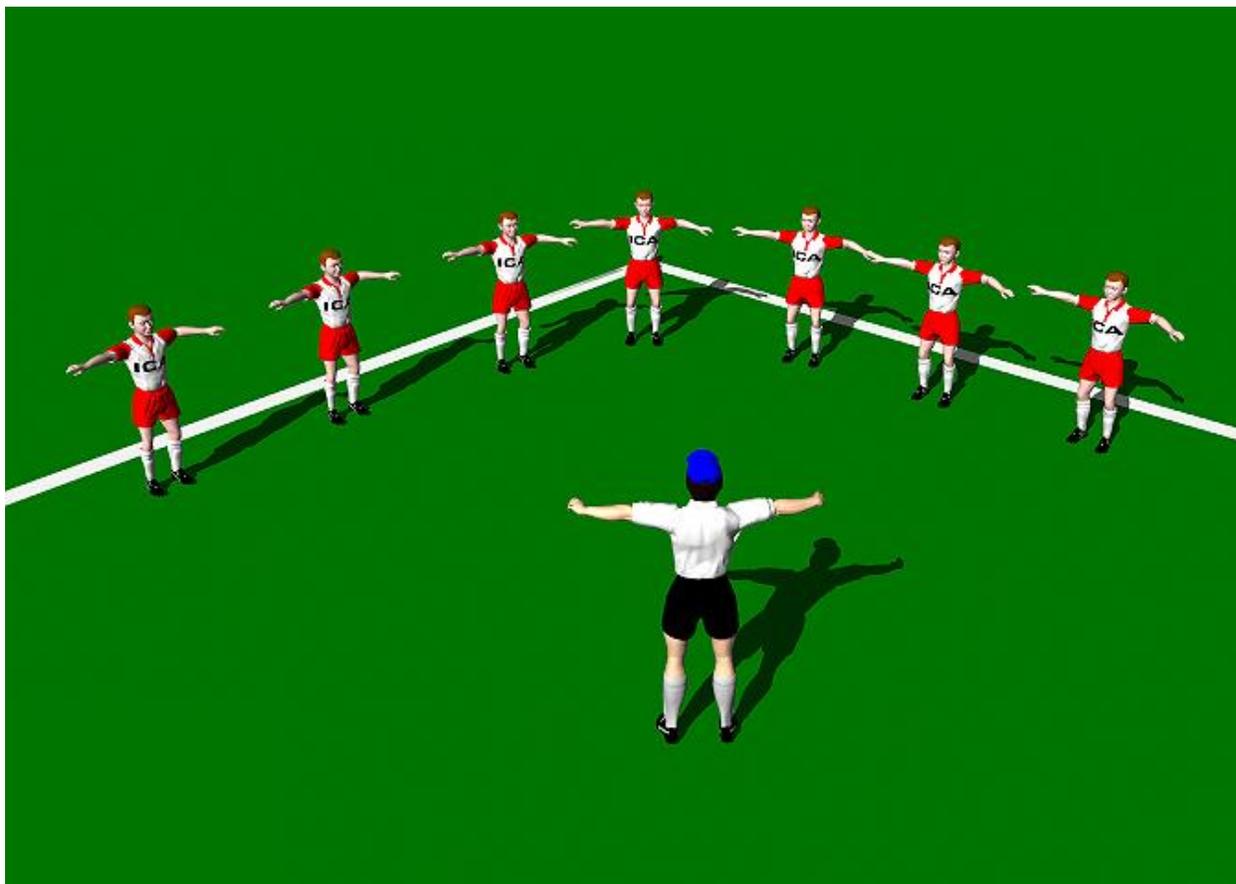


Prepared By: RJ Harding III - Louisa FC
For: Louisa Area Soccer Association – Recreational and Volunteer Coaches
Sources: United Soccer Coaches (Formerly NSCAA), VYSA Recreational Player Development
& ICA- The International Coaches Association

Table of Contents

1. Do This Do That, Warm Up Game
2. Knock Down the Cone Passing Game
3. Fun Volley Game
4. Odds and Evens
5. Odds and Evens using a Ball
6. Warm Up Tag Game
7. Clear the Goal
8. Chain Relay
9. Push Up Wars
10. Knee Slaps
11. Snatch
12. Call the Number
13. Sprint and Sit
14. Throw, Volley, Catch
15. Coloring Pages

Do This, Do That Game



Exercise Objectives:

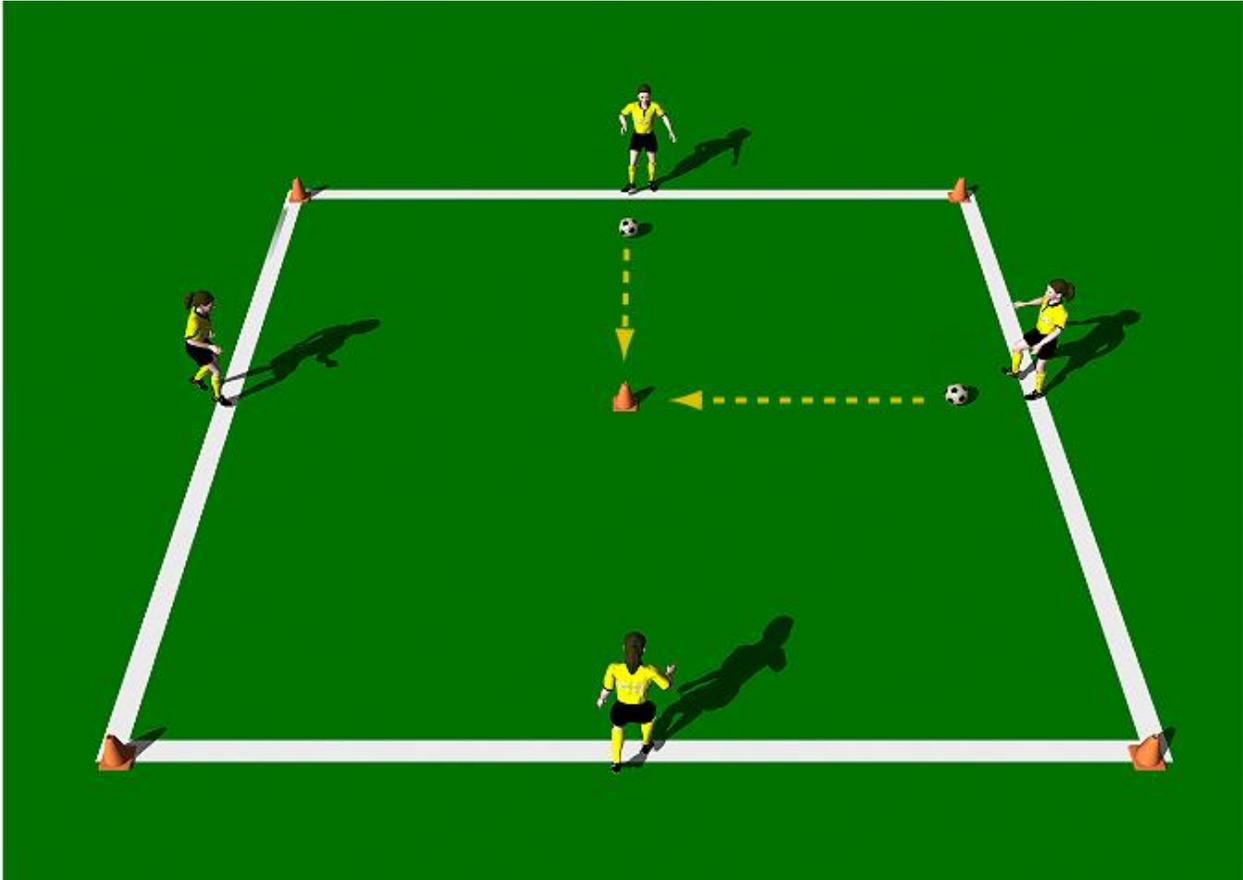
This is a fun game to incorporate into your warm up or warm down activity. It also develops quick thinking, timing and coordination.

Coaching Pointers:

The coach should stand in a position so the entire group can see him clearly. The Rule: If the coach says "Do this" the group does not react. If the coach says "Do that" then the players must instantly mimic the coach's movement. The coach should be creative and perform a variety of different moves such as;

- • Both arms out to the side or both arms out to the front.
- • Kneel on one leg, both legs.
- • Sit down.
- • Stand up.
- • Move a finger, elbow, etc.
- • Make up your own moves.

Knock Down the Cone Passing Game



Exercise Objectives:

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

Coaching Points:

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down. First pair to knock down the cone 5 times wins.

Field Preparation:

Area 10 x 10 yards. 4 players. 2 balls. Cones.

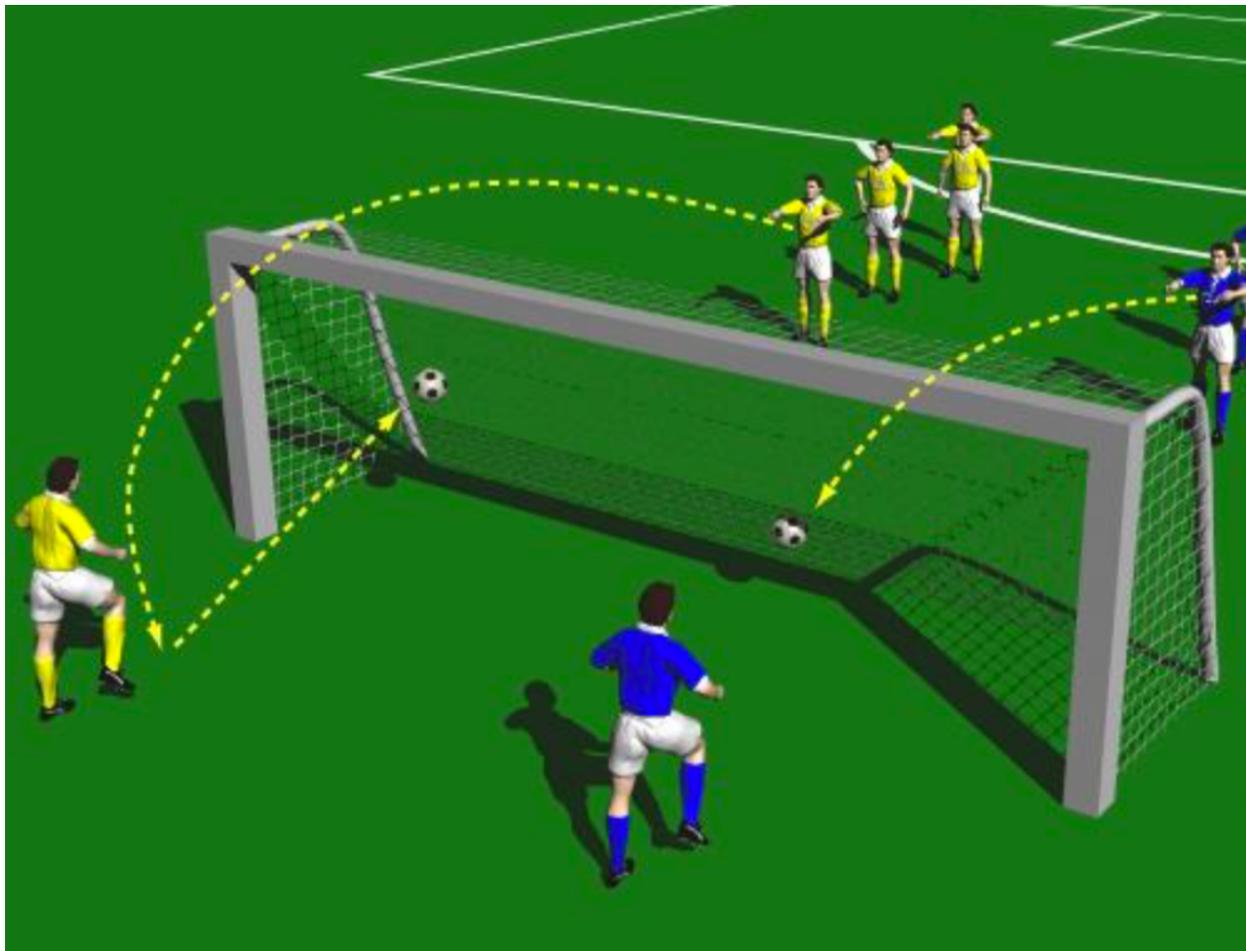
Fun Volley Game

Exercise Objectives:

Players love this game! This fun volley challenge game is designed to improve each players technical ability when volleying the ball. It can be used as a fun warm up game as a pre-cursor to your shooting session. It also sets a fun tone to the start of your practice session.

Coaching Pointers:

Perform the exercise in the following sequence; Divide your team into to equal groups. Place one player from each group in front of the goal. The first player from each group serves the ball (using both hands) over the crossbar for his teammate to volley into the open net. The ball cannot hit the ground. it must be "all net". If the player successfully volleys and hits the net, he quickly sprints to the end of the line and the server become the next person to volley. First team to get every player to score a volley win. If the player doesn't not score, he keeps trying until he does. They cannot swap until the player scores.



Odds and Evens without the Ball

Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

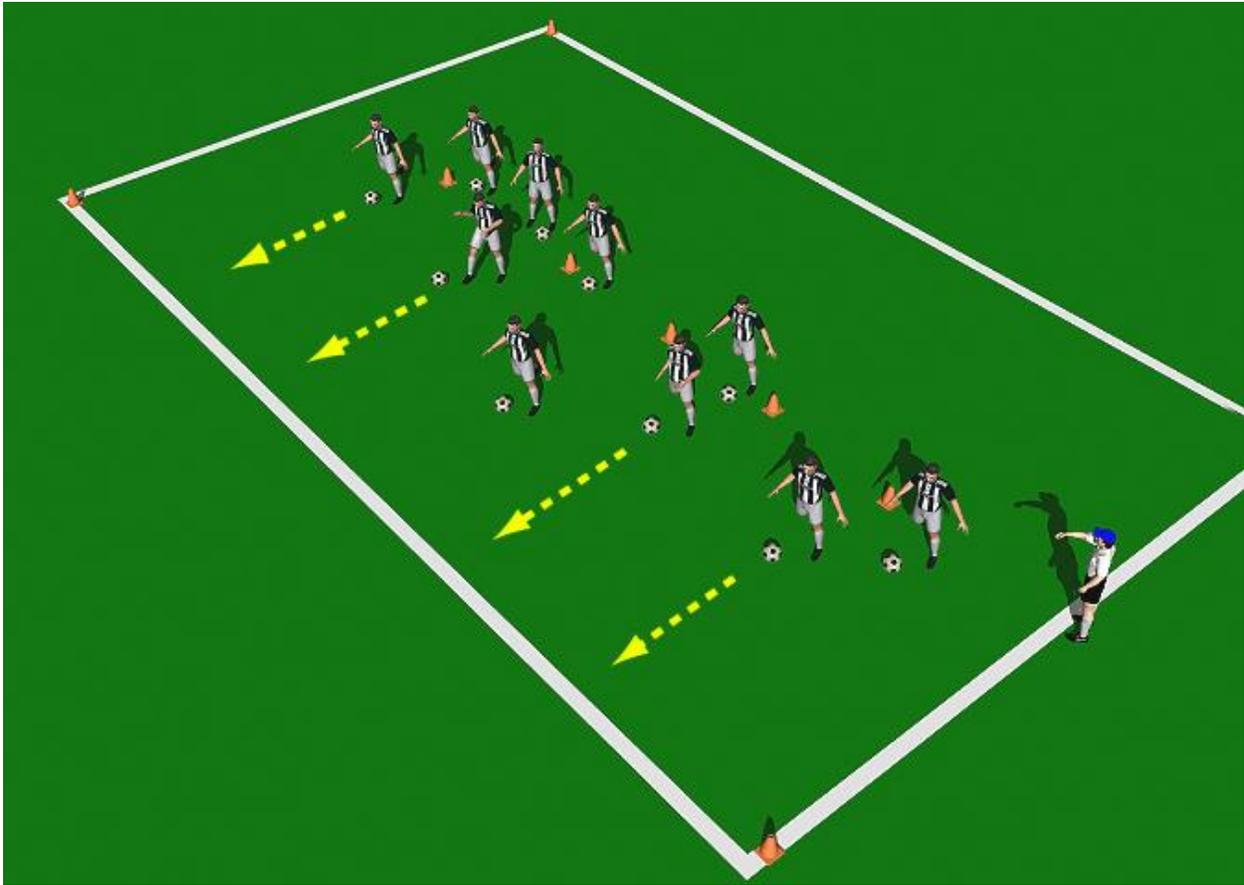
Coaching Pointers:

Divide the group into pairs. Each pair positioned face to face on the starting line. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform with a ball. Make a competition between partners; award a point for each time the player wins the race. First player to 10 wins.



Odds and Evens with the Ball



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers:

Divide the group into pairs. Each pair positioned face to face on the starting line with a ball each. Using cones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform without a ball. Make a competition between partners; award a point for each time the player wins the race. First player to 10 wins.

Warm Up Tag Game

Exercise Objectives:

This is a fun warm up exercise that emphasizes a change of direction and acceleration.

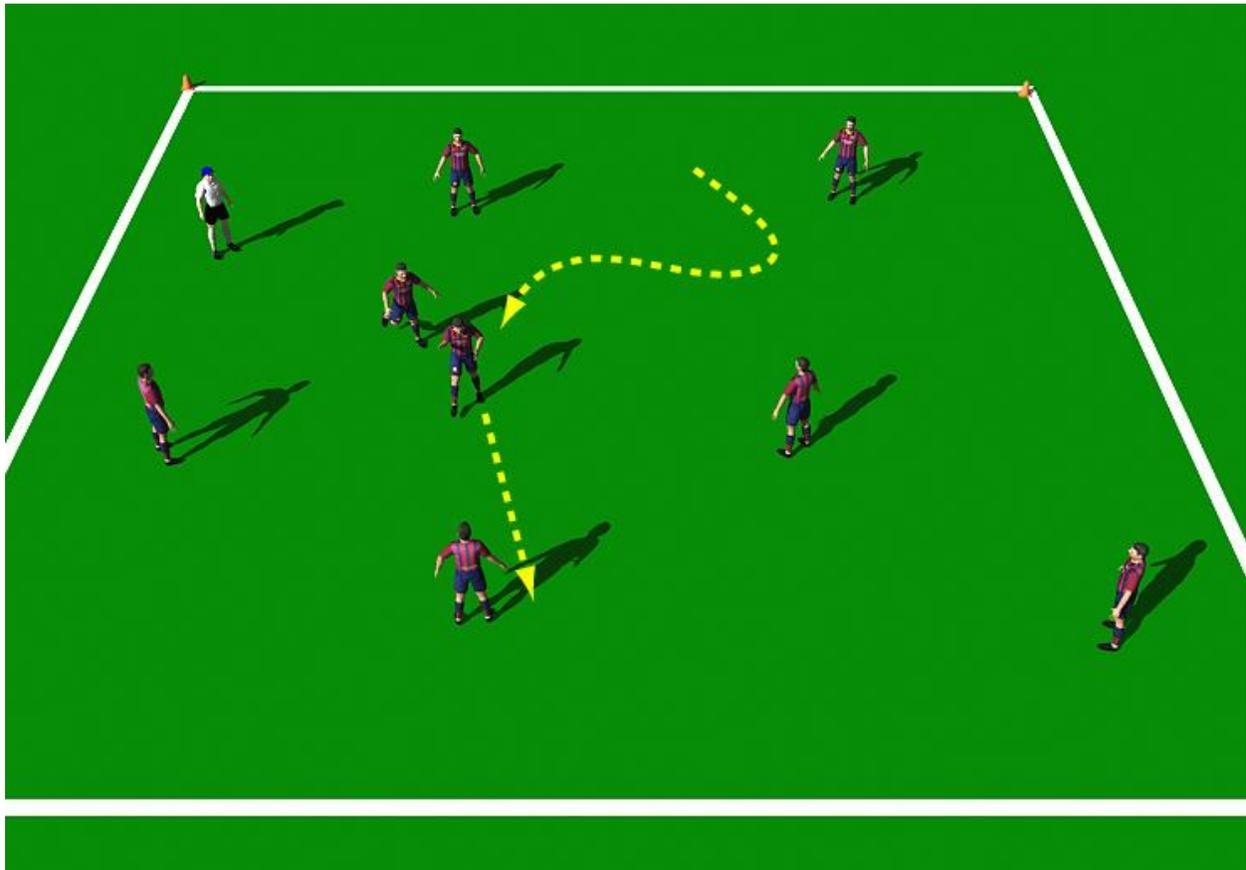
Coaching Pointers:

Group stands around the grid, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner, the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

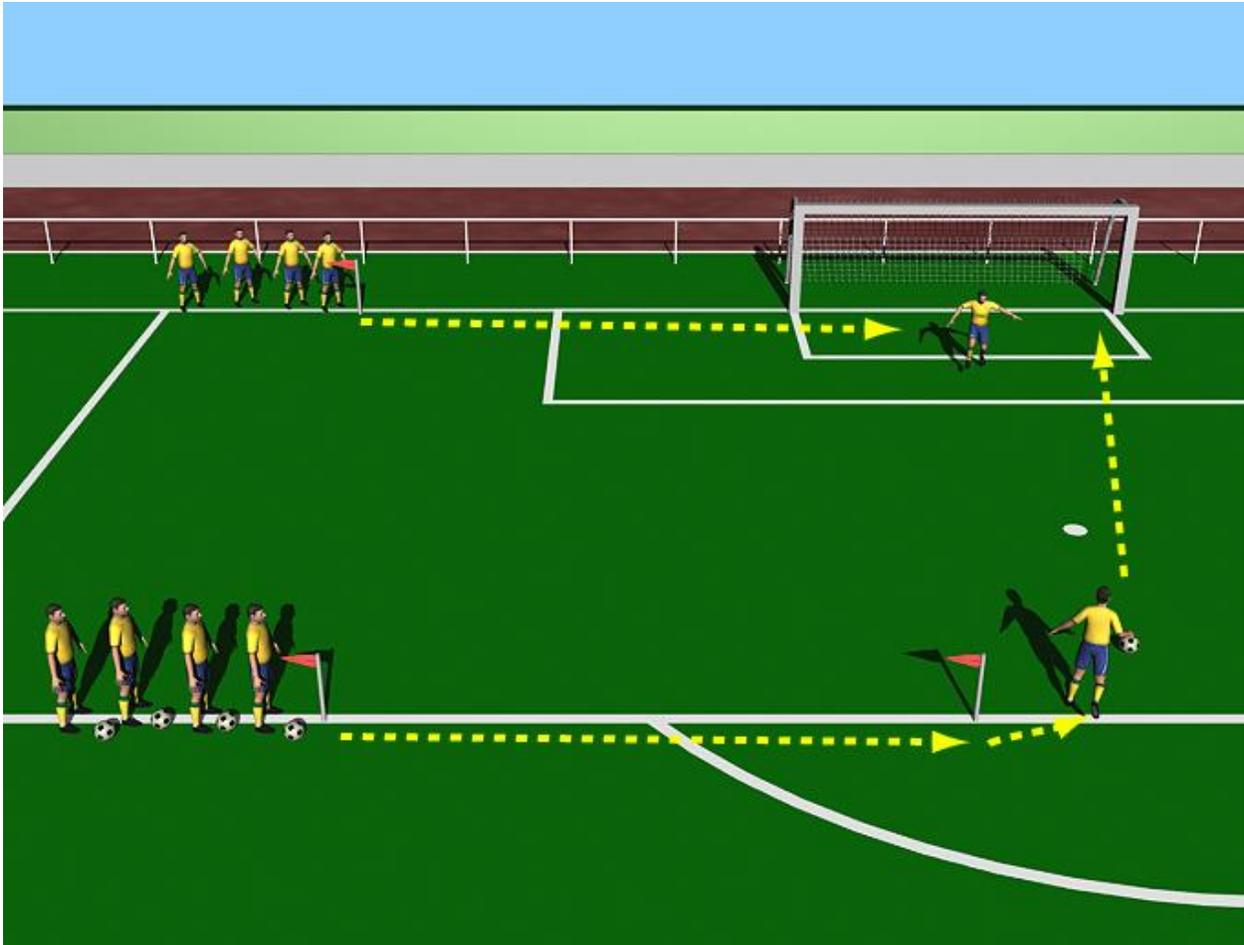
The runner can be relieved by standing "shoulder to shoulder" next to a resting player, thus making the player he stands next to the new "runner".

Field Preparation:

Entire Group 30 x 30 Yards



Clear the Goal Game



Exercise Objectives:

This is a fun shooting and defending game (especially if you don't have a goalkeeper available)

Coaching Pointers:

Divide the entire group into two teams. Position the defending players at the flag pole on the end and position the attacking players at the flagpole on the corner of the edge of the box (as in diagram above). The attacking players have a ball each. The practice starts when the first attacking player touches the ball. As soon as he takes his first touch, the defending player must run into the goal and defend the shot. The defender cannot use his hands or attack the defender. The attacking player cannot shoot until he gets around the flag pole in the middle of the penalty area. He only has "one touch" after gets past the flag to shoot. Reverse roles after several minutes. Keep score and make a competition out of the game.

Chain Relay

Exercise Objectives:

This is a fun warm up that focuses on teamwork and team building skills.

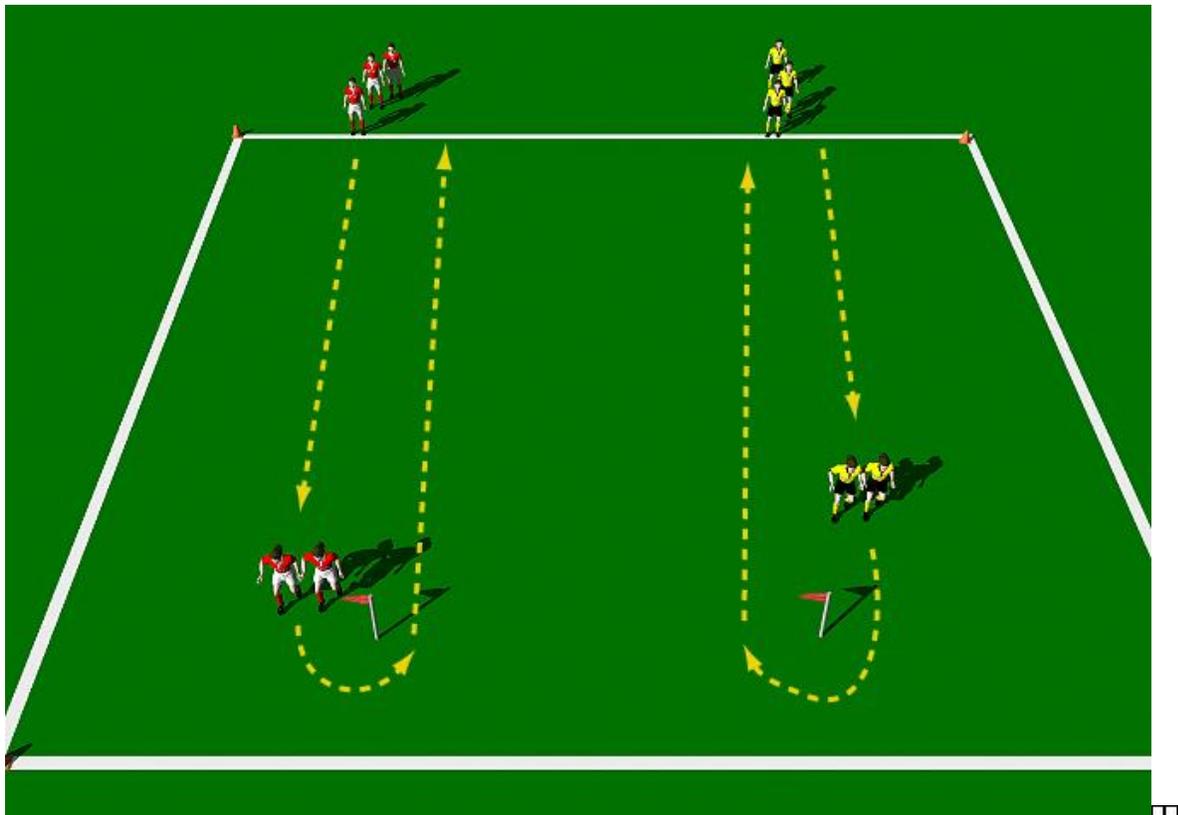
Field Preparation

Entire Group Half Field

Coaching Pointers:

Divide the group into two teams. Place cones 20 yards apart. First player in each group runs around opposite cone and back to group. He then joins hands with the next player and repeats.

Follow this sequence until all players are linked in a chain. First team around cone and back to finish line with all players win. If the link is broken, the team must start again from the first player.



Push Up Wars

Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing.

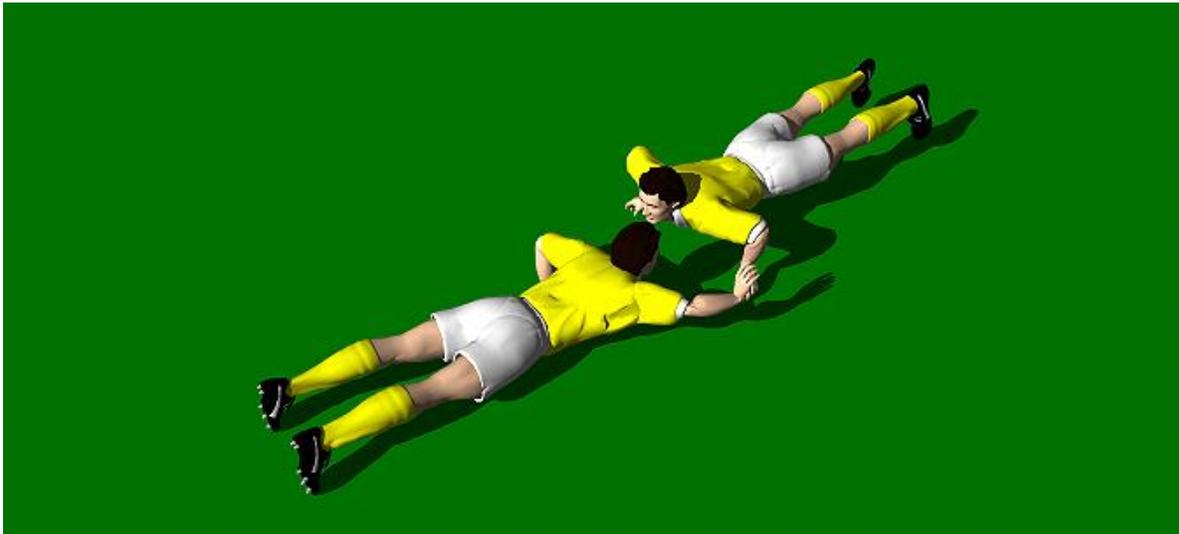
Field Preparation

2 Players

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other in the push up position. The object of the game is for each player to try to knock their partner to the ground by pulling their arms. A point is awarded for each successful attempt.

First player to 5 points wins. Rotate players to challenge new opponents. Players should keep their legs closed and ankles touching.



Knee Slaps



Exercise Objectives:

This is a fun game that players enjoy. Develops fast footwork, agility and simulates a defensive position (down low, knees bent)

Field Preparation

2 Players

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other. The object of the game is for each player to try and slap his partner on the knee. Players are down low in the bent knee position (just like a defending stance). Players move around trying to avoid getting slapped. A point is awarded for each successful attempt. First player to 5 points wins. Rotate players to challenge new opponents. Be careful not to bang heads.

Snatch



Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It develops players reaction time.

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other. The coach call out a series of commands, which the players must perform, but when the coach shouts out "SNATCH" the first player to grab the ball wins. Coach tells the players to touch their; head, ears, shoulder, knees, toes etc. First player to 5 wins.

Call the Number

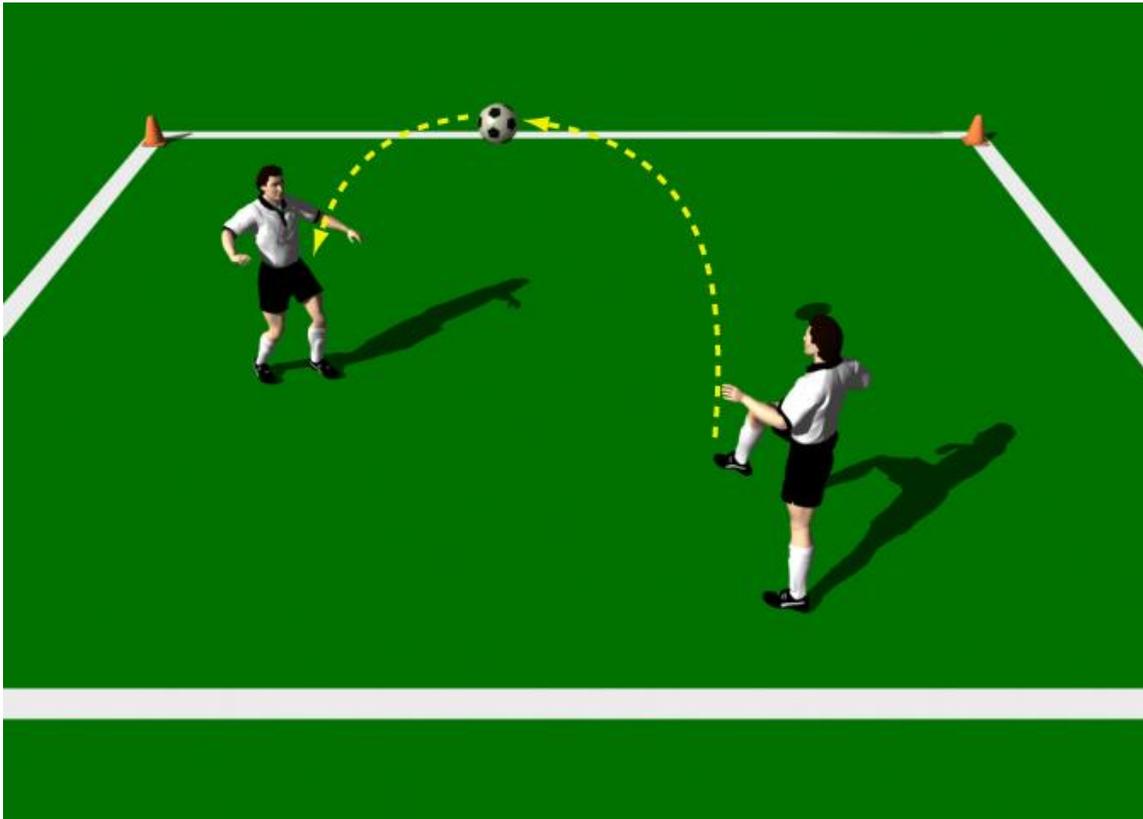
Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers: Players are paired up with a partner, facing each other at a distance of 2-3 yards. Players serve a ball to their partner in the air, using the Head, Chest, Thighs or Feet. On playing the ball, the server must instantly call out loud number; 1, 2, or 3. The receiving player must keep the ball in the air, the designated amount of times. e.g.: player shouts "one", ball is returned on the "first touch". Player shouts "two", ball is juggled once, played back on "second touch". On returning the ball, the player then calls out a number for his partner.

Point System:

- • If the player allows the ball to drop - 1 point to partner.
- • If the player does not control the ball the exact number of times - 1 point to partner.
- • Bad service - 1 point to partner.
- • Player forgets to call a number - 1 point to partner.



Sprint and Sit

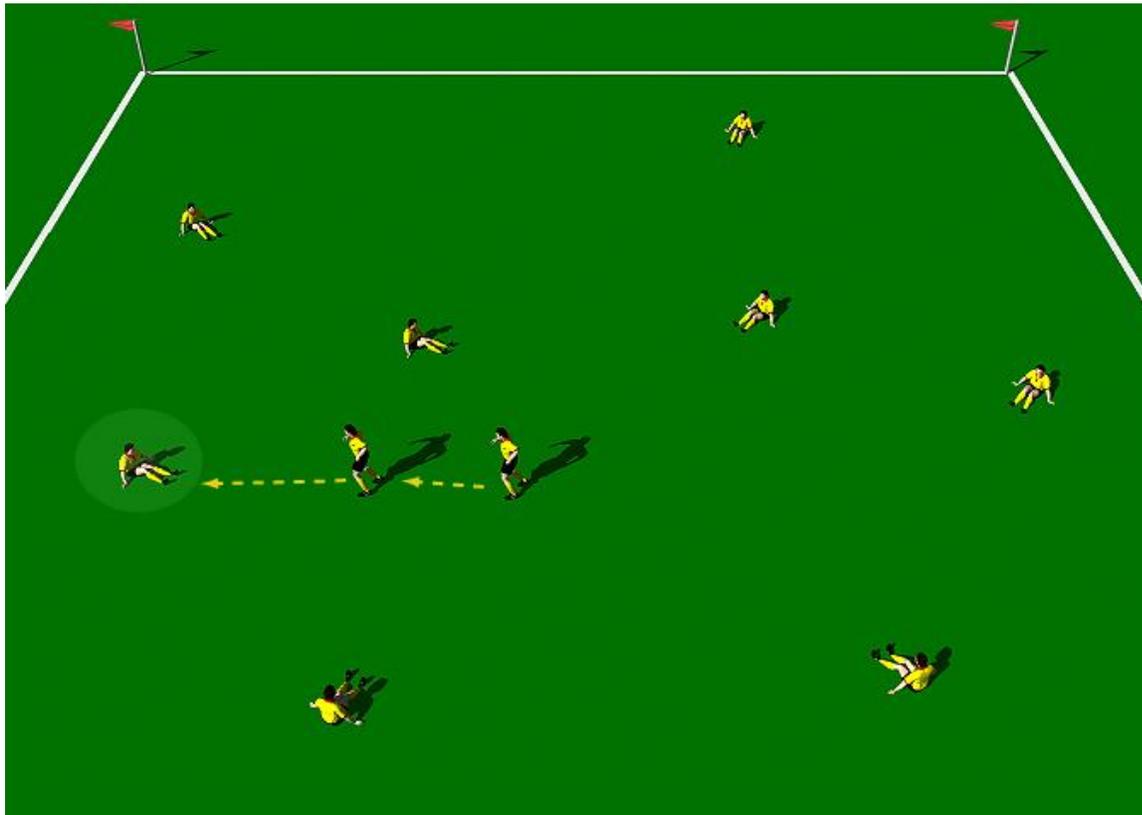
Exercise Objectives:

This is a fun warm up exercise that emphasizes a change of direction and acceleration.

Coaching Pointers:

Group sits on ground, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner, the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

The runner can be relieved by sitting next to a resting player, thus making the player he sits next to the new "runner".



Throw, Volley, Catch



Exercise Objectives:

This practice will improve attacking and “Volley” techniques. This can also be used as a fun warm up activity with your team.

Half-Volley: strike or kick (the ball) after it bounces off the ground.

Full-Volley: strike or kick (the ball) before it touches the ground)

Coaching Pointers:

Divide the team into two groups. Identify groups by using colored bibs. The object of the game is for a team to score with a “half-volley”. The team in possession can only advance up the field using this sequence “Throw, Volley and then Catch”. Players cannot dribble or run with the ball. Opposing team can only intercept a volley with a catch. Progression: Full-volley the ball from throw to catch.







Louisa Area Soccer Association

