

Activity: Snake race (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a ball, few cones and 2 pug goals

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: Two teams will be formed. Each team will stand by their own goal line. The coach will yell "Go"! The first player per team must dribble the ball around the cones (the coach will determine how they should dribble/turn on the cones) towards opposite goal and try to score. After scoring the goal they will return back, give "high five" to the next teammate before going to the goal again. After every player score, the team that finish first wins.

Variations/Progression: Request the players turn with different part of their foot. Also, you can request players to go around the cones as well.



Activity: Goal sizes (10 mins)

Number of players required: Full U5 or U6 team

Equipment: extra cones to create the goals, and few cones to mark grid.

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: Place the cones (goals) around the grid. The goals should have different sizes.

How the game is played: The players will try to kick the ball between the cones. If they score the goal, the player must celebrate first before trying to score another goal. However, if the player kicks the ball out of the grid, he/she must do something that the coach request. Example: imitate a "dog bark".

Variations:

- Can only use the inside of the foot or shoelaces to kick the ball.
- The player that score in all goals first, wins.



Activity: U Turn (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a ball and 2 pug goal

Grid requirement: Create a 20 X 20 yard grid marked with cones.

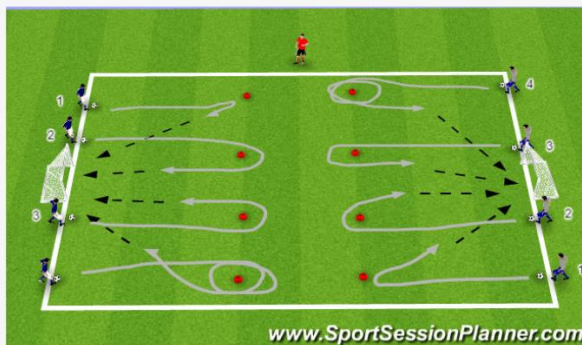
Organization: All players are required to play within the grid.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: All players must stand by their own goal line – "Starting point" with their own ball. The coach will yell "Go"! All players must dribble the ball towards the cone ahead of them, turn (different part of their foot - coach will request a different part each time), with ball with his/her feet and try to score in the pug goal located in their starting point. The team that finish first, wins. All players need to switch each play from 1 - 2 - 3 - 4 - 1.

Variations/Progression:

- Request the players to do something if they touch the cone.
- Add a time for all players to collect the balls
- The players can steal the ball from the goal.



Activity: 'Battleship Destroyers' (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 1 soccer ball per player

Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed. You will explain that the players are 'fighter pilots' and the soccer balls are their missiles. The idea of the game is to knock over the cones in the middle (enemy planes) by kicking the soccer ball at them. Start off by playing the game with no adaptations ensuring the players are kicking the ball correctly at the cones. After all the players have taken a kick at the cones you will tell them to collect them again. Give a team 1 point for each cone they knocked over.

Variations/Progression: Increase the distance from the cone (line of shooting) to the cones in the middle.



Activity: Coach Target (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a ball, few cones to set the line.

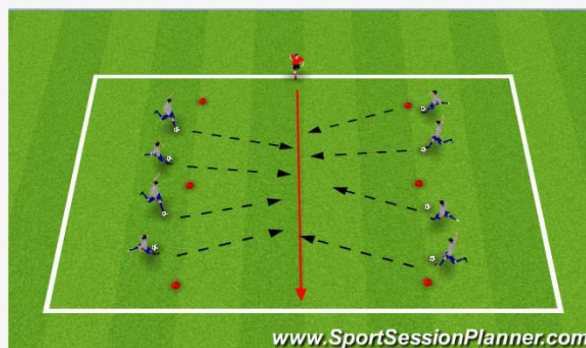
Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: The players will stand by their own line of cones (red cones). When the coach starts running inside the grid, the players will try to kick the ball at the coach.

Variations/Progression:

- Increase the distance from the cone (line of shooting).
- Switch the coach with the players



Activity: Animal House (10 mins)

Number Of Players Required: Full U5 or U6 Age Group

Equipment: 4 or more cones to mark grid, 1 ball for each player.

Grid Requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid and each player must have a soccer ball.

How The Game Is Played: The coach will give every grid an animal name: monkey, bird, dog, and cat. The coach can change the name of the grid anytime she/he wants too. After the players are told the name of the grid, the players will dribble around until the coach tells them which animal to visit.

When the coach yells the animal, the players must dribble to the correct grid and stop the ball on the inside the grid that represents the animal that was called. The last player will have to make the sound of the animal.

Variations/Progression: Change the name from animals to player's names for a grid (just be sure to use every player's name)



Activity: 2-4 Zones game (15 mins)

Number of players required: Full U7 or U8 Team

Equipment: many soccer balls. Few cones to create the lines (zone).

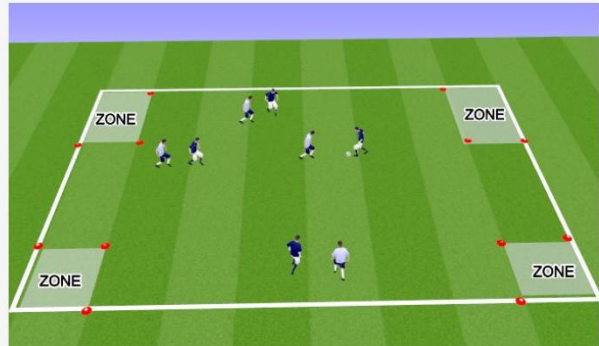
Grid requirement: Create a 40 X 40-yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like a regular scrimmage. However, the coach can decide if the teams can score in all 4 zones or only in 2 corner zones.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games



Activity: Zone game (15 mins)

Number of players required: Full U7 or U8 Team

Equipment: many soccer balls. Few cones to create the lines (zone).

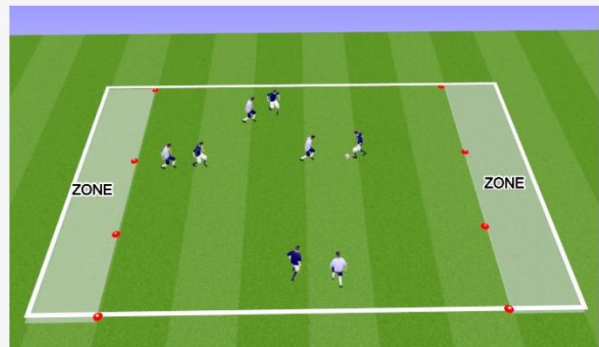
Grid requirement: Create a 40 X 40-yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like a regular scrimmage. However, the teams score by dribbling the ball inside the zone.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games



Activity: Middle Goals (15 mins)

Number of players required: Full U7 or U8 Team

Equipment: many soccer balls. For the 2 goals, you can use pug goals or cones.

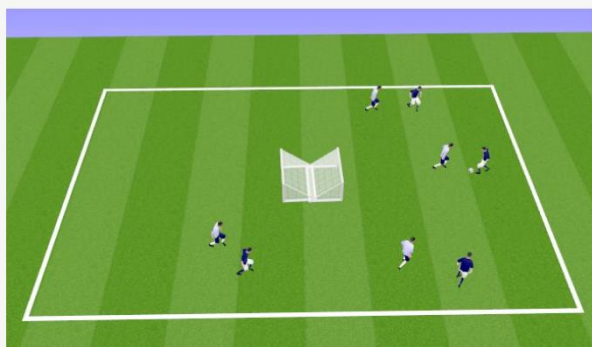
Grid requirement: Create a 40 X 40-yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like a regular scrimmage. However, the goals will be placed in the middle of the field. Each team should pick a goal to score.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games



Activity: Corner Goals (15 mins)

Number of players required: Full U7 or U8 Team

Equipment: many soccer balls. For the 2 goals, you can use pug goals or cones.

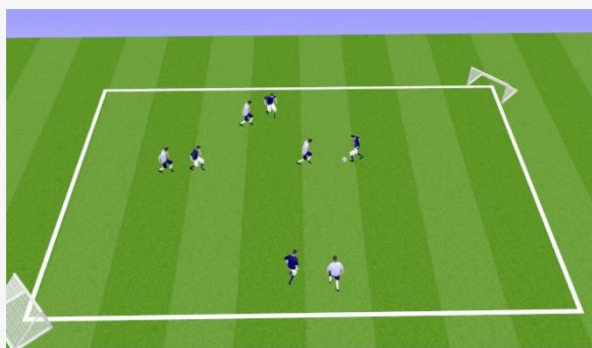
Grid requirement: Create a 40 X 40-yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like a regular scrimmage. However, the goals will be placed in the corner/angle.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games



ALSO:

- “GATES” dribbling
- FOUR GOAL games