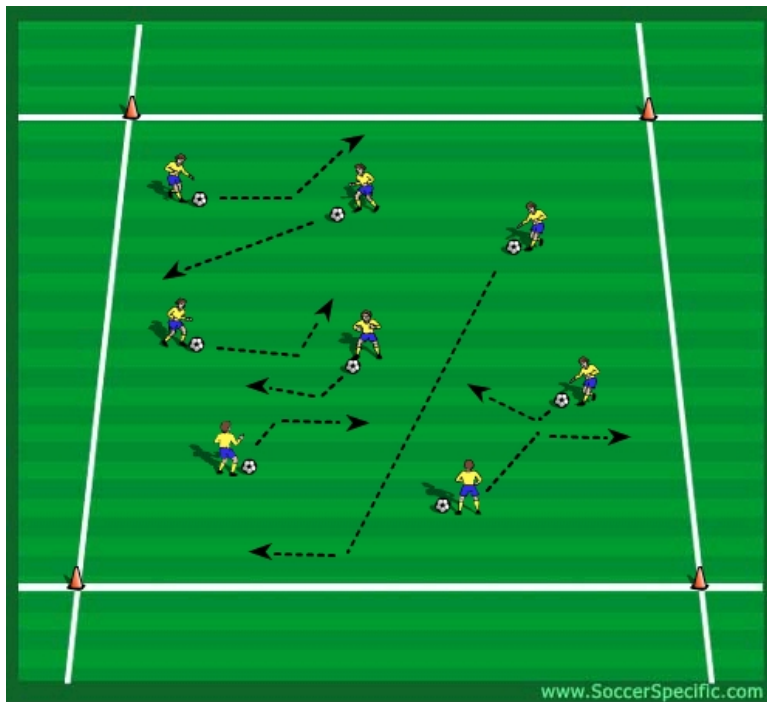




FUN GAMES AGES 5-8

TERMINATOR TAG



Emphasis:

Confidence on the ball while gaining touches.

Set-up:

Each player dribbles their ball throughout a 15 x 20 yard gridded area. Structure grid size smaller or larger based on the number of players present. Ideally you want players to have spaces available to run into as the exercise progresses.

Objective:

Fun! This allows for change of direction, tight touches and a change of speed. This forces players to dribble with their eyes up seeing the ball and the open spaces around them as they maneuver through the tight spaces.

Progression:

1. Players try to tag the other players within the grid.
2. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others.
3. As the player is tagged a second time, they must continue dribbling while holding both tagged areas.
4. When the player is tagged a third time, they move to the outside of the grid and completes an exercise before rejoining the group. Example: 5 juggles or ball taps.

Coaching Points:

- Keep the ball tight to the foot
- Eyes up seeing ball
- Avoid running into each other
- Be deceptive – try and sneak up on players from behind
- Utilize the outside of the feet, pushing the ball away from the opposition
- Lower your center of gravity

KNOCK IT OUT

Emphasis:

Changing direction and changing speeds while maintaining control of the ball.

Set-up:

One ball per person.

Grid size should be approximately 20 x 20 yards

Objective:

For players to get comfortable on the ball while moving with the ball.

Progression:

1. Each player wants to kick the other players' ball out of the grid.
2. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball.
3. Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches.
4. If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into
- Be strong in the tackle
- Be determined to hold onto your ball

WHICH BODY PART

**Emphasis:**

Confidence on the ball by maintaining control of the ball while changing direction and changing speeds

Set-up:

Each player dribbles their ball throughout a 15 x 20 yards grided area.

Structure grid size smaller or larger based on the numbers of players present.

Ideally you want enough space available to run into as the exercise progresses

Objective:

To have fun! Players need to be able to change direction and speed. Tight touches are encouraged while maintaining ball control. Players must be able to listen to the coach's instruction as the exercise progresses. Vision is all important as players need to see the open spaces within the grid and move into it or out of it as it fills up.

Progression:

1. The coach will call out a specific part of the body. As he does, the player will stop their ball with that part of the body.
2. Utilize the heel, sole, laces, toe, outside of the foot, thighs, rear, stomach, elbows, shoulders, forehead and anything else that may be appropriate.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and space
- Keep arms out for balance
- Avoid running into each other

- Develop a comfort level between the ball and the player

SHIN TAG



Emphasis:

Changing direction and changing speeds while maintaining control of the ball

Set-up:

One ball per person.

Grid size should be approximately 20 x 20 yards

Objective:

Fun! For players to develop a comfort level on the ball while moving and changing directions.

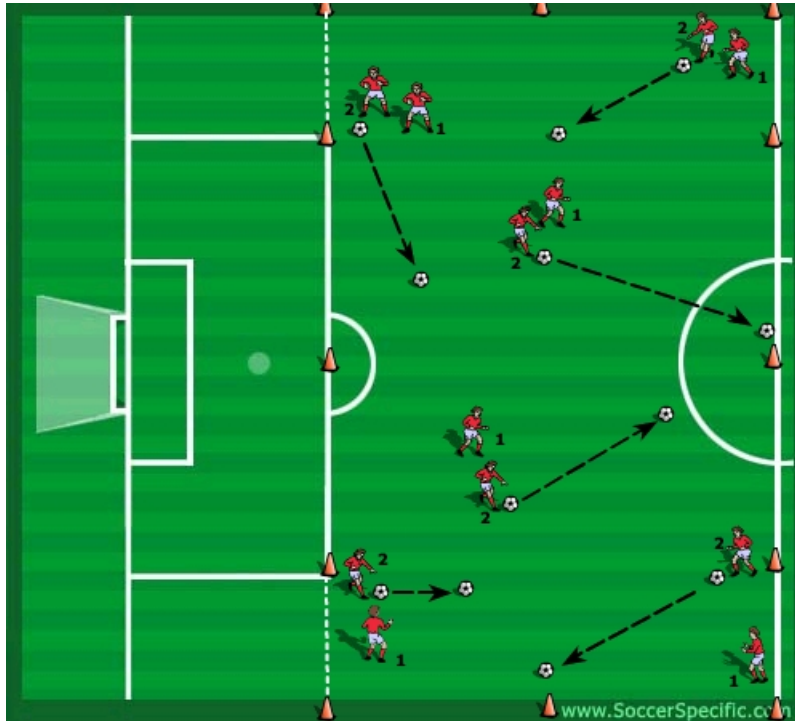
Progression:

1. Every time a player tags another player on the shin they will receive a point. Every time a player gets tagged they subtract a point.
2. Players need to develop an eye for getting in and landing a tag, while at the same time they must explode away from that area so they won't be tagged.
3. As play continues, change the area that one is tagging to increase the difficulty (Example- Ankle)

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance
- Change speeds quickly
- Develop a vision for what's around you

BUMPER BALLS



Emphasis:

Accuracy of passing.

Set-up:

One ball per person.

Grid size should be approximately 70 x 60 yards.

A full half field would be ideal.

Objective:

For players to get comfortable striking a ball with the inside of the feet for accuracy and utilizing the instep drive over distances.

Progression:

1. Player #1 and #2 stand next to each other to start.
2. Player #1 passes his ball forward. The distance does not matter (10-20 yards approximately). Player #2 lets player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball.
3. Every time a player hits his opponent's ball they collect a point.
4. The player that gets three points first wins.
5. Players keep alternating passes until one hits the other player's ball.
6. Winners and losers from different groups are paired and repeat the exercise.
7. Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to full rest.
8. Final progression to direct players to use a specific part of their foot only during that particular game.

Coaching Points:

- Weight of passes
- Timing of the pass
- Accuracy of the pass
- Utilizing instep with inside the foot as well as the outside of the foot

LEARNING NEW MOVES



Emphasis:

Learning new moves from other players as well as the coach.

Set-up:

One ball per person.

Grid size should be approximately 20 x 20 yards.

Objective:

For players to experiment with new moves as well as get comfortable on the ball.

Progression:

1. A player is chosen to show his fellow players a favorite move a few times.
2. The player then shows all the players how break the move down.
3. Allow players some time to practice the move.
4. After a few minutes allow a new player the opportunity to show their favorite move.

5. Have players pair up 5 yards apart, alternating dribbling at each other in order to perfect their moves. To build confidence, do not allow the defender to steal the ball until the move has been perfected by each player.

Coaching Points:

- Keep close control of the ball
- Don't be afraid to make a mistake
- Listen to teammates explain the move
- Pay attention to the details
- Be explosive

DOUBLE HEADED SNAKE



Emphasis:

Changing direction, changing speeds, passing and ball control. Players that have a partner will work on communication and agility.

Set-up:

Appoint several players to be it.
These players will each have a ball.
All other players interlock elbows moving as a pair.
Grid size should be approximately 20 x 20 yards.

Objective:

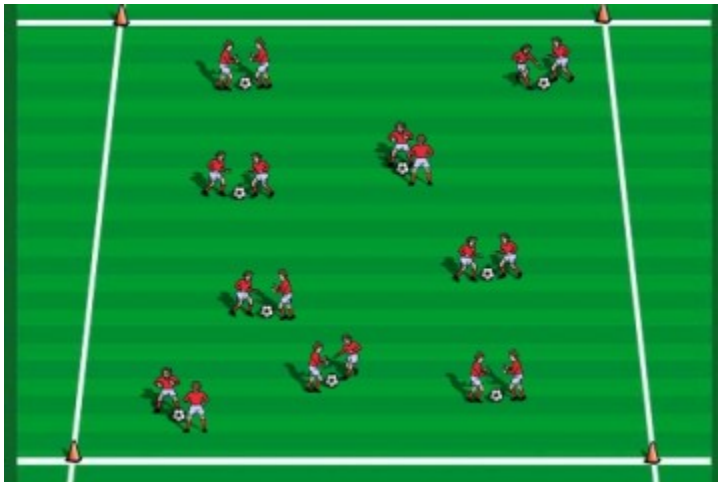
For players to get comfortable on the ball while changing direction and speed. Players will increase their passing efficiency.

Progression:

1. Players with ball will dribble around the grid trying to get close to the double headed snake.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snakes below the knees.
3. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.
4. Switch players so everyone has a chance to be the snake catcher.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Contact on the ball
- Follow thru toward target
- Utilize the outside of the foot to cut the ball

ROE-SHAM-BO**Emphasis:**

Fun game!

Speed of thought and quick reactions.

Set-up:

Two players form a pair.

Each pair has one ball

Progression:

1. Each player within his pair counts out loud ROE, SHAM, BO or 1, 2, 3. At the end each player throws down their hand in a symbol of a clenched fist for rock; two fingers for scissors; and open palm for

paper. Rock beats scissors, scissors beat paper and paper beats rock. It must be done quickly and with both players standing within a foot of the ball. If each player throws the same symbol then it's a wash.

2. Once a pair has figured out which player has won, that player has three seconds to try and hit his partner with the ball. If he misses then no points are awarded.
3. The first player to hit his partner three times wins.
4. Put winners with winners of other groups and losers with losers and find a champion.

Coaching Points:

- Agility
- Vision
- Reaction time
- Cheeky little flicks with the ball