

U3-U7 Games & Activities

Red Light, Green Light	
What time is it Mr. Wolf	
Duck, Duck, Goose	
Follow the Leader	A good warm up game, run the perimeter of the field so kids can see the playing area. Hop, skip, swing arms, fly like a plane, run backwards, twirl at corners, kick ball.
Foxes and Chickens	The aim for this soccer drill is for the young players to get the tail (pinney) from the parents. The parents act as the chickens and the kids are the foxes. The parents will need to put a pinney half tucked into the back of their pants/shorts. The kids have to chase after them and remove the pinney (acting as a tail). Once the kids have all of the pinneys the game ends. If there is a really fast parent then all of the foxes can aim to get the last chicken's tail!
Pirates of the Caribbean	To begin you will need to get the kids excited about playing soccer. Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island. The kids will need to go one at a time and pick up one piece of treasure and bring it back to the pirate ship.
Tunnel Ball	The parents will be standing inside the area, spread apart from one another with their legs together. The kids will be next to you and on your command will dribble (kick) their soccer ball in and out of where their parents are standing still. This is a good time to get some coaching points in. When you shout "tunnel ball" the parents will open their legs wide and the young players have to kick (pass - inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball and continue to dribble.
Animal Hunt	So the kids have a soccer ball at their feet and you have told them that they must dribble the soccer ball toward the animal noise they hear. The animals will be four willing parents. Ask four parents to each stand on a separate corner of the marked out area. Ask kids about their favourite animals and have each parent make that animal noise. For example, you could have a monkey, lion, bear and an elephant. As a soccer coach you will talk to the young kids and say "now it is time to go find the elephant". The parent will then make an elephant noise (and hopefully make a trunk with their arm) and the kids will dribble their soccer ball toward them.
Freeze Tag	Set up a large rectangle with cones and have the players dribble in the rectangle. After a short time, take the ball away from one or two players who then become "it." Any player whose ball is touched by an "it" player becomes frozen and has to stop dribbling, place their foot on their ball. He is frozen in this position until one player is left unfrozen. That player becomes it.
Egg Hunt	Have more balls than players. Have the players line-up across one end of the field. Take their balls and spread them out around the field, these are the eggs. At the other end of the field is a goal and call it the "basket." Blow a whistle and turn them loose. The object of the game is to get the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. Time them with a stopwatch.
The Name Game	Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they (and you!) learn everyone's names. If the players are doing well and you have enough players, add additional balls.
Sharks and Minnows	Play in a large grid. Half the players have balls and are the Minnows. The rest don't have a ball and are the Sharks. The Minnows start at one end of the grid. The Sharks stand on the opposite line. The Minnows must try to cross the Shark's line without losing possession of their ball. The Sharks defend their line, trying to kick the Minnows' balls out of the defined area. Minnows who successfully dribble across the Shark's line go back for round two. Each Minnow who loses their ball join the Sharks. The last Minnow left in is the winner.