

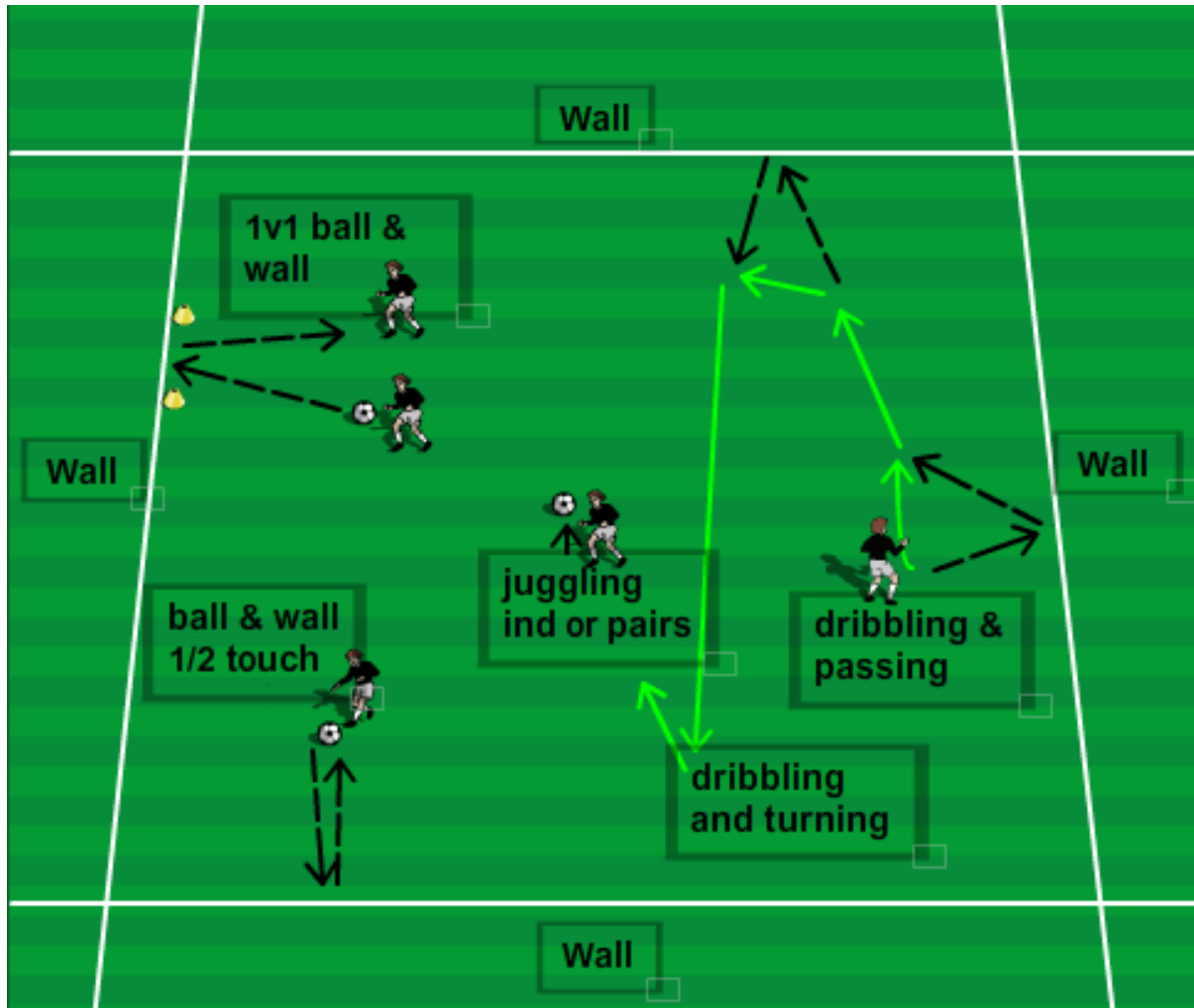


GRASS ROOTS SESSION CATALOG

U8/10 INDOOR

(Designed for gym sessions)

ARRIVAL



- Players are given one or multiple options from the tasks in the diagram
- Some require a ball each, others 1 ball between 2
- Keeps the players active while everyone arrives, and gives additional time for the coach to get organised
- In 5 minutes a player should get 300 to 600 ball touches or possibly more!

WARM UP

Choose the warm up to match your theme

Theme 1 - PASSING - choose a PASSING Warm Up

Theme 2 - BALL MASTERY - choose a CONTROL Warm Up

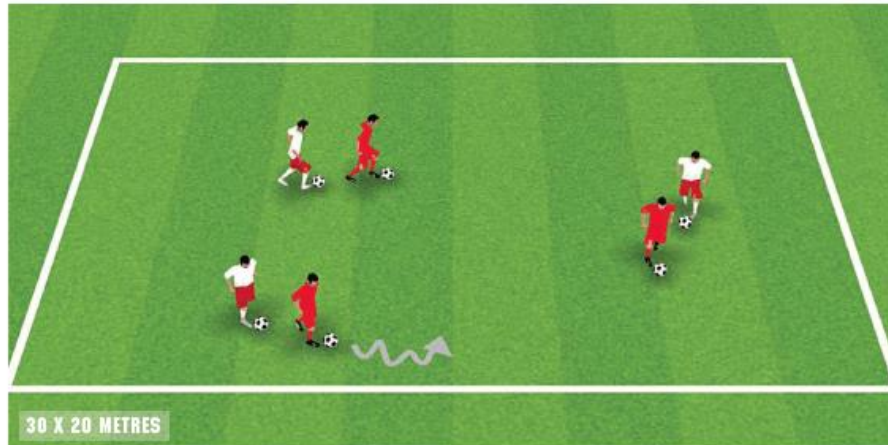
Theme 3 - PROGRESSING WITH THE BALL - choose a DRIBBLING Warm Up

Theme 4 - FINISHING - choose a DRIBBLING or CONTROL Warm Up

Theme 5 - DEFENDING - choose a DRIBBLING Warm Up

GENERAL MOVEMENT & DRIBBLING

ACTIVITY 1: “TRUCK & TRAILER”



SET UP:

- Up to 12 players, each with a ball, working in pairs inside a “parking lot.”
- One player is the “truck” and the other is the “trailer.”

INSTRUCTIONS:

- “Go!” – as the Truck, use your feet to move the ball around the parking lot. As the Trailer, follow your truck as closely as possible. Trucks and trailers: keep your heads up and don't hit any other vehicles!
- “Switch!” – Trucks and trailers switch roles.

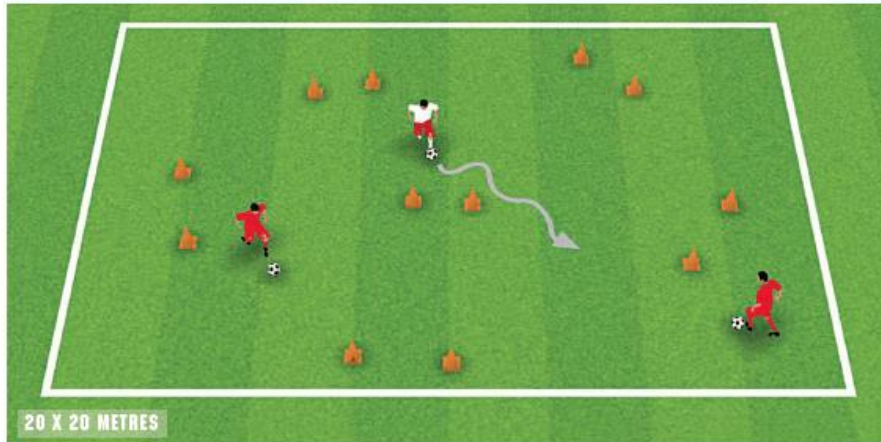
OPTIONS:

- “Speed up!” – trucks start moving faster.
- “Turn!” – trucks change direction.
- “Park!” – use the bottom of your foot to stop the ball.

DRIBBLING

ACTIVITY 1: “SURVIVOR”

IMAGINE YOU’RE ON AN ISLAND, SURROUNDED BY WATER.



SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

- “Go!” – use your feet to move the ball around the island, but don’t let the ball go in the water!
- “Stop!” – use the bottom of your foot to stop the ball.

OPTIONS:

- Dribble around as many palm trees (cones) as you can (in 30 seconds).
- Knock over as many palm trees as you can with the ball (in 30 seconds).
- “Trade!” – trade balls with another player.
- “Turn!” – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction.
- “Dive!” – pick up your ball and jump in the water.

CONTROL

ACTIVITY 1: “JUGGLING 101”

JUGGLING IS A FUNDAMENTAL SOCCER SKILL. PLAYERS USE DIFFERENT PARTS OF THE BODY (E.G., FOOT, THIGH) TO KEEP THE BALL FROM TOUCHING THE GROUND.



SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

- “Juggle!” – 1. Hold the ball in your hands. Throw it up and catch it 2 times. Then drop it and use the top of your foot to gently kick it back up. Try to catch the ball before it touches the ground. Use the other foot. 2. Same as #1, but this time let the ball bounce and try to catch or kick it again after the bounce. 3. Same as #2, but try to kick it up twice in a row without letting it bounce, then catch it. Use the other foot.

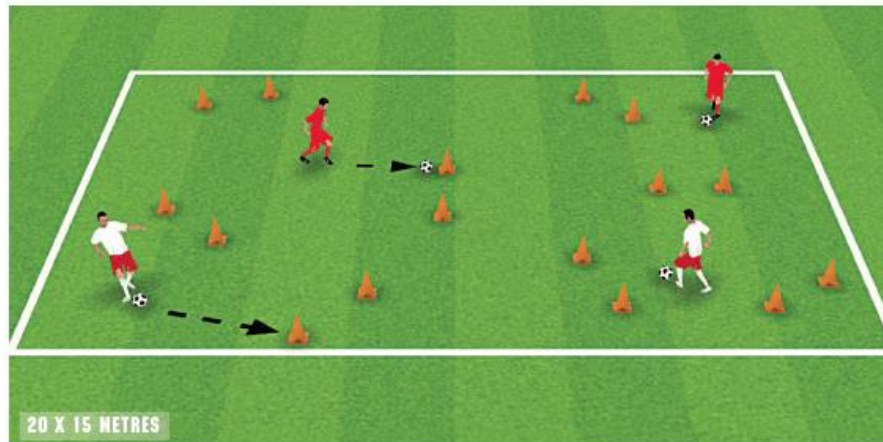
OPTIONS:

- Hold the ball in your hands, drop it onto your thigh, then catch it. Use the other thigh. Alternate thighs, catching the ball each time. How many can you do in a row without letting the ball touch the ground?
- Set your record for juggling – how many times can you touch the ball with your feet and thighs without catching the ball or letting it bounce on the ground?

PASSING & CONTROL (2 Player version)

ACTIVITY 1: “SHARK ISLAND”

IMAGINE YOU’RE ON AN ISLAND SURROUNDED BY SHARK-INFESTED WATERS.



SET UP:

- Up to 12 players, each with a ball.

INSTRUCTIONS:

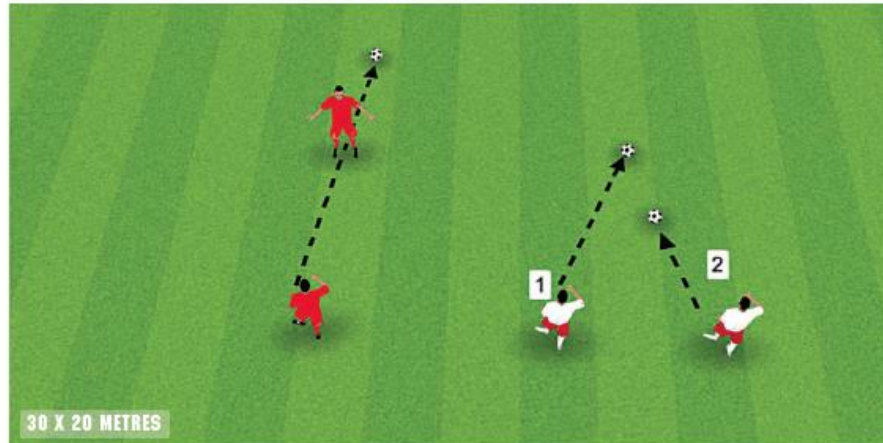
- “Go!” – use your feet to move the ball around the island, trying not to touch a cone or fall off into the water.
- “Pass!” – Use your foot to pass the ball and try to knock over the cones. Try to knock them all down (in 30 seconds).

OPTIONS:

- In pairs, with one ball between them.
“Pass!” – use your foot to pass the ball to your partner on another part of the island, without knocking over any cones.
- Pass back and forth with your partner as many times as you can (in 30 seconds) without knocking over any cones or falling off the island.

PASSING

ACTIVITY 2: “SCORE!”



SET UP:

- Up to 12 players, working in pairs, with one ball per pair.

INSTRUCTIONS:

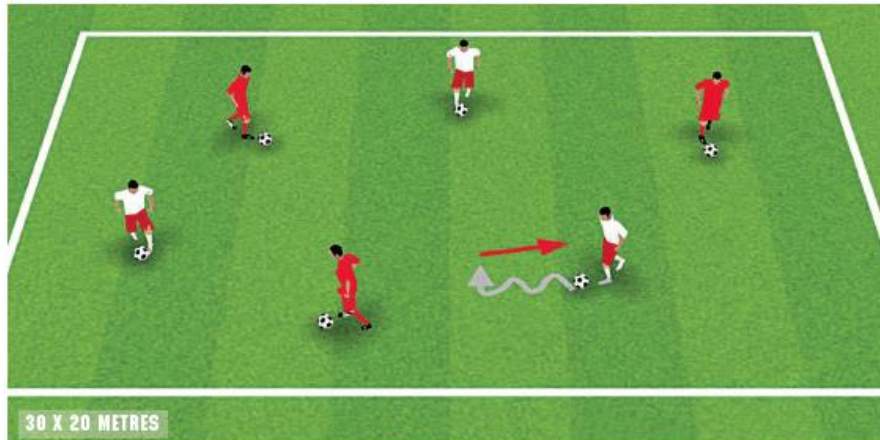
- “Score!” – use your foot to pass the ball through your teammate’s legs to score a point, then switch.

OPTIONS:

- “Marbles:” Both players have a ball. Player 1 passes his/her ball. Player 2 passes his/her ball and tries to hit the other ball to score a point, like in a game of marbles. Repeat the game until Player 2 scores a point, then switch.

GENERAL MOVEMENT & DRIBBLING

ACTIVITY 2: “THINK FAST!”



SET UP:

- Up to 12 players, each with a ball.

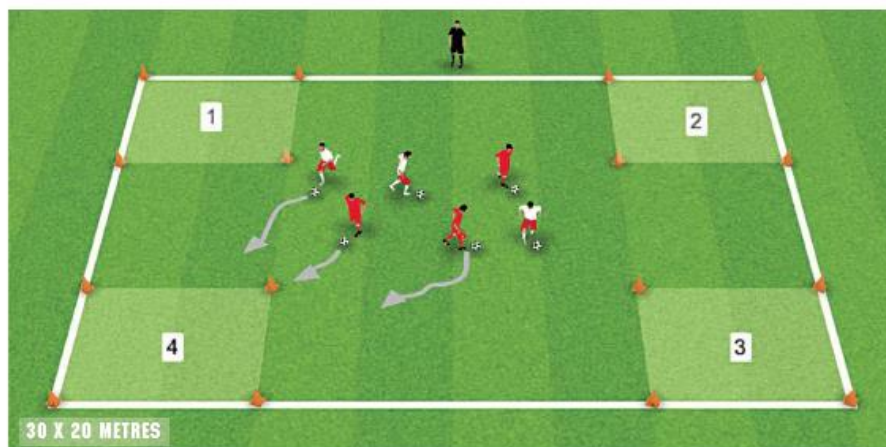
INSTRUCTIONS:

- “Go!” – use your feet to move the ball around the field.
- “React as fast as you can!” 1. “Stop!” – use the bottom of your foot to stop the ball. 2. “Turn!” – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction. Keep your head up and avoid bumping into anyone.

OPTIONS:

- “Step over!” – step over the ball and move it another direction.
- “Fake!” – pretend to pass or shoot, then continue dribbling.
- “Explode!” – change speed quickly and move the ball into an open area.

GENERAL MOVEMENT & DRIBBLING & PASSING (pairs version)
ACTIVITY 4: “TO YOUR CORNER!”



SET UP:

- Up to 12 players, each with a ball.
- Use cones to make four corner boxes; number each corner from 1-4.

INSTRUCTIONS:

- “Go!” – use your feet to move the ball around the middle of the field. Keep your head up and avoid running into anyone.
- “To your corner!” – when you hear the coach call out a number, dribble the ball as fast as you can to that corner. The first player to get there wins a point!
- “Stop!” – use the bottom of your foot to stop the ball when you get to the corner.

OPTIONS:

- “Turn!” – instead of stopping at the corner, put your foot on the ball. Roll it backwards. Turn and continue dribbling back to the middle of the field.
- “Speed up!” – move the ball faster after you turn it.
- Players work in pairs, with one ball per pair.

COORDINATION—CONTROL

ACTIVITY 2: “UP AND CATCH”



SET UP:

- Up to 12 players, each with a ball.
Have the parents form a large circle.
- Each player has a partner.

INSTRUCTIONS:

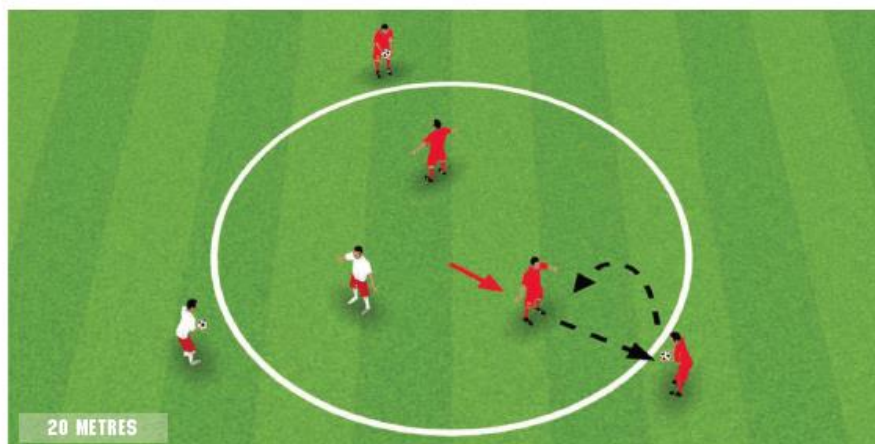
- “Go!” – hold the ball in your hands and start to move around inside the circle. Keep your head up and be careful not to bump into anyone.
- “Up and catch!” – throw the ball up and catch it.
- “Clap and catch!” – throw the ball up and clap once before you catch it.

- “To your partner!” – throw the ball to your partner and try to catch their ball at the same time.

OPTIONS:

- “Kick and catch!” – drop the ball, kick it back up gently and try to catch it.
- “Drop and control!” – drop the ball, let it bounce and then use the side of your foot to control it before picking it up again.
- Have the players do the activity while hopping, balancing on one foot, or spinning around once before catching the ball.

CONTROL ACTIVITY 1: “INSIDE OUT”



SET UP:

- Up to 12 players, working in pairs;
1 ball per pair.

INSTRUCTIONS:

- Player 1 has the ball and starts outside the circle, Player 2 starts inside.
- “Go!” – Player 2 runs toward Player 1, who throws the ball to the ground inside the circle. Player 2 controls it with his/her feet before passing it back to Player 1.
- “Switch!” – after 1 minute, inside players move to the outside, and work with a different partner.

OPTIONS:

- Throw to partner’s waist area for thigh control.
- Throw to partner’s chest area for chest control, and volley back using the inside of the foot after controlling with the chest, or let the ball hit the ground and pass back (depending on skill level).

COORDINATION—DRIBBLING

ACTIVITY 2: “REACT—FAST!”



SET UP:

- Up to 12 players in a circle; no ball to start.

INSTRUCTIONS:

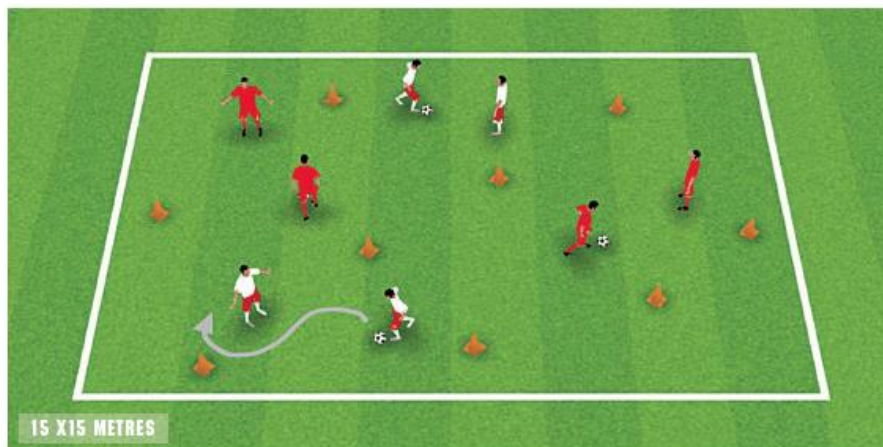
- “Go!” – players run freely around the circle.
- “Listen!” – change the way you’re moving on the coach’s command:
 1. Run backwards.
 2. Shuffle to the side.
 3. Jump in place.
 4. Sit down and get up fast; keep running.
 5. Knees up.
 6. Kick your heels back.
 7. Touch the inside of your foot, etc.

OPTIONS:

- Each player starts by dribbling a ball around the field.
- “Listen!” –
 1. Turn and dribble in the other direction.
 2. Dribble to the side.
 3. Jump in place with the ball between your knees.
 4. Throw the ball up and catch it.
 5. Drop the ball, volley it with your thigh, then catch it, etc. Continue dribbling.

COORDINATION—CONTROL & DRIBBLING & PASSING

ACTIVITY 1: “THE WEAVE”



SET UP:

- Up to 12 players, working in pairs; 1 ball per pair.
- Distribute cones randomly around the field. One partner starts with the ball, the other stands with fellow “resting” players on the field amongst the cones.

INSTRUCTIONS:

- “Go!” – players with the ball begin dribbling freely around the field.
- “Listen!” – follow the coach’s instructions: 1. “Weave!” – dribble around the resting players, weaving in and out. 2. “Circle!” – weave around a resting player then fully circle one cone. 3. “Change!” – leave your ball where it is, run to a teammate’s ball and

continue dribbling. 4. “Legs!” – pass the ball through your partner’s legs from wherever you are, then crawl through his/her legs to continue.

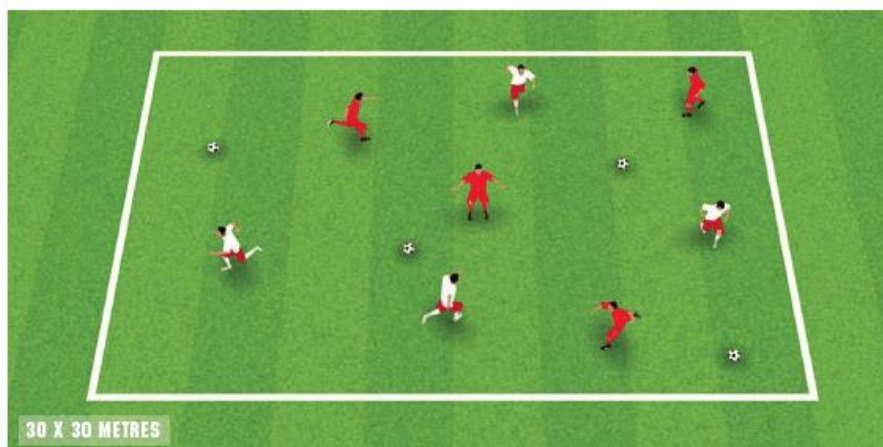
- “Switch!” – partners swap roles after 2 minutes.

OPTIONS:

- Players start by throwing the ball in the air and controlling with their chest, thigh or foot before dribbling.
- “Pass!” – players pass to their partner from wherever they are. The “resting” partner picks up the ball and throws it back. The receiving player controls the ball with the chest, thigh or foot before dribbling.

COORDINATION—CONTROL

ACTIVITY 3: “GET TO WORK!”



SET UP:

- Up to 12 players; enough balls for half the players, distributed randomly around the field.

INSTRUCTIONS:

- “Go!” – run around the field without touching any balls. Keep your head up to avoid running into anyone!
- “Listen!” – follow the coach’s instructions so you know what to do:
1. Knees up. 2. Kick your heels back.
3. Bunny hop. 4. Drop for 5 push-ups.
- When the coach shouts, “Ball!” race to a ball as fast as you can and pick it up. If you get one, you’re a “server.” Those without a ball become “workers.” Each worker has to visit 3 different

servers, who will “serve” the ball for them to volley back 3 times on each foot.

- “Switch!” – servers and workers swap roles so that everyone gets a turn to volley before the next race to the ball.

OPTIONS:

- Have workers volley with the outside of their foot or their laces, or control with the chest, thigh or foot before passing back. Remember to control across your body (i.e. left side of chest to right thigh, etc.)

COORDINATION—DRIBBLING

ACTIVITY 3: “IN THE ROUND”



SET UP:

- Up to 12 players in a circle; enough balls for half the players randomly spaced around the playing area.

INSTRUCTIONS:

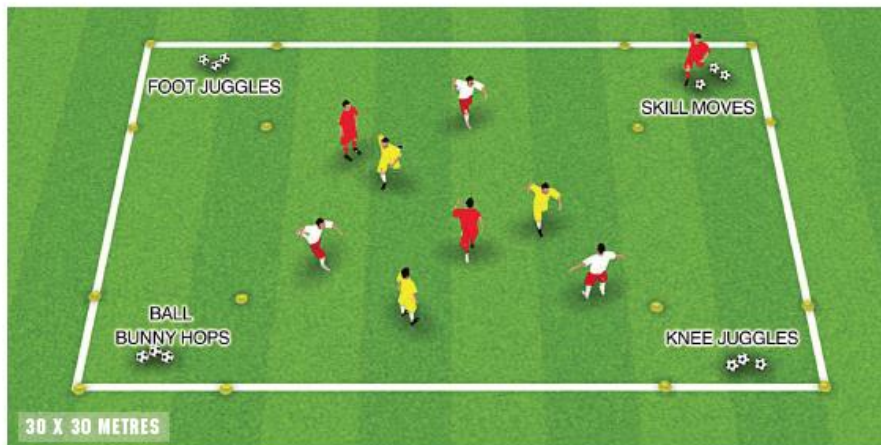
- “Go!” – players start running around the circle and perform tasks at the coach’s command: 1. Jump in the air and touch your feet with your hands. 2. Knees up and jog on the spot. 3. Hop around and over the balls without touching them. 4. Weave in and out of the balls without touching them.

OPTIONS:

- “Pass!” – run to a ball, find any partner and pass the ball back and forth 3 times. Leave the ball and keep running.
- “Volley!” – run to a ball, find any partner and throw the ball so he/she volleys it back with the foot or thigh. Drop the ball and keep running.
- Each player has a ball: dribble around the circle and perform different skills at the coach’s command: 1. Juggle with your foot or thigh. 2. Head it from your hands and catch it. 3. Jog in place while making alternate touches on the ball with the soles of your feet, etc.

COORDINATION—PASSING

ACTIVITY 2: “TASK TAG”



SET UP:

- Up to 12 players, in 3 teams.
- Number teams 1-3.

INSTRUCTIONS:

- Team 1 is the “tagging” team.
- “Go!” – all 3 teams start running around the field, with Teams 2 and 3 trying to avoid getting tagged by Team 1. If Team 2 and 3 players get tagged, they go to the closest task corner and perform that task.
- “Switch!” – another team becomes the tagging team. Continue until all 3 teams have had a turn.

OPTIONS:

- Players on the tagging team each have a ball, and have to dribble while they try to tag players on the other teams.
- Instead of tagging with their hand, players on the tagging team have to pass to hit players below the knee in order to send them to a task corner.
- Non-tagging teams have one ball each, and have to dribble and pass with their teammates while avoiding the taggers.

FUN ACTIVITIES

THEME 1

PASSING

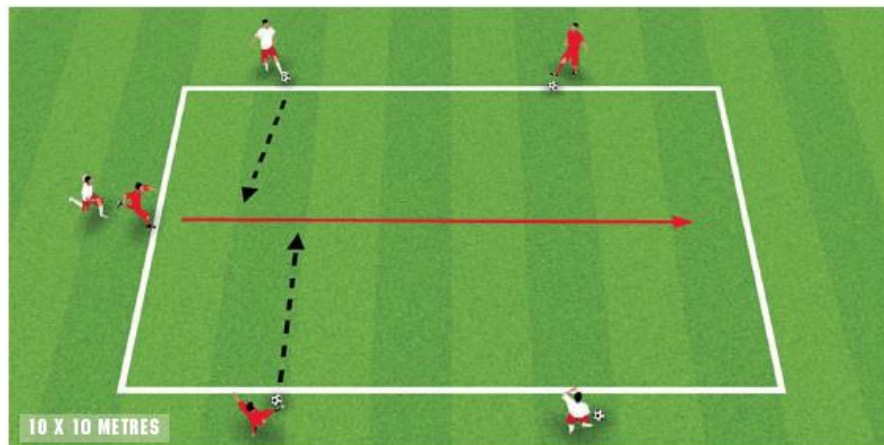
&

THEME 2

BALL MASTERY

COORDINATION—PASSING

ACTIVITY 1: “VALLEY OF DOOM”



SET UP:

- Up to 12 players, all but 2 of them with a ball.
- Players with a ball line up on either side of field
- Players without a ball start on one end line.

INSTRUCTIONS:

- “Go!” – players at the end line try to score a point by running through the “valley of doom” without being touched by soccer balls passed by their teammates. Remind the players with soccer balls to use the inside of their foot to pass.

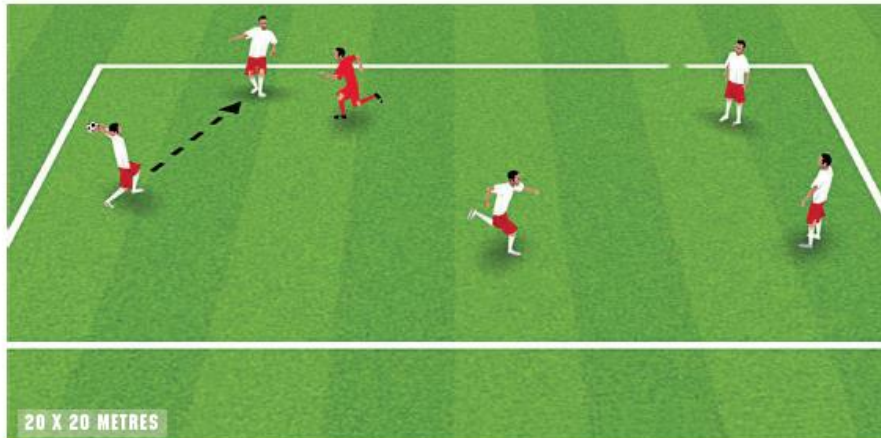
- “Switch!” – when one set of players has made it through the valley, the two players on the sidelines closest to the start become the next pair of runners:

OPTIONS:

- As runners, hop, skip or bunny hop down the field while dodging soccer balls.
- Pass the ball with your other foot.
- Widen the valley so players have to pass farther.

COORDINATION—PASSING

ACTIVITY 3: “FREEZE TAG”



SET UP:

- Up to 12 players; one ball.
- One player is “it”; another player starts with the ball.

INSTRUCTIONS:

- “Go!” – if you’re “it”, try to tag the other players by touching them with your hand. If you have the ball, you cannot be tagged. Save a teammate by throwing the ball to them before they get tagged. If you get tagged, you’re frozen. You’re back in the game when a teammate crawls through your legs.
- “Switch!” – the player holding the ball becomes “it.”

OPTIONS:

- More than one player has a ball and can “save” their teammates.
- Instead of passing with your hands, use your feet.
- “Dodge ball:” the player who is “it” has the ball. To freeze other players, throw the ball to hit them below the knees.

COORDINATION—DRIBBLING & PASSING (Team version)

ACTIVITY 4: “QUICKSAND”



SET UP:

- Up to 12 players.
- Have the parents form a large circle, with one parent or coach inside it.

INSTRUCTIONS:

- “Go!” – the coach/parent inside the circle is the “tagger.” Run around the island and try not to get tagged. If you do, you’re stuck in quicksand until a teammate crawls through your legs to set you free. Keep your head up and make sure not to bump into anyone, and don’t fall off the island!

OPTIONS:

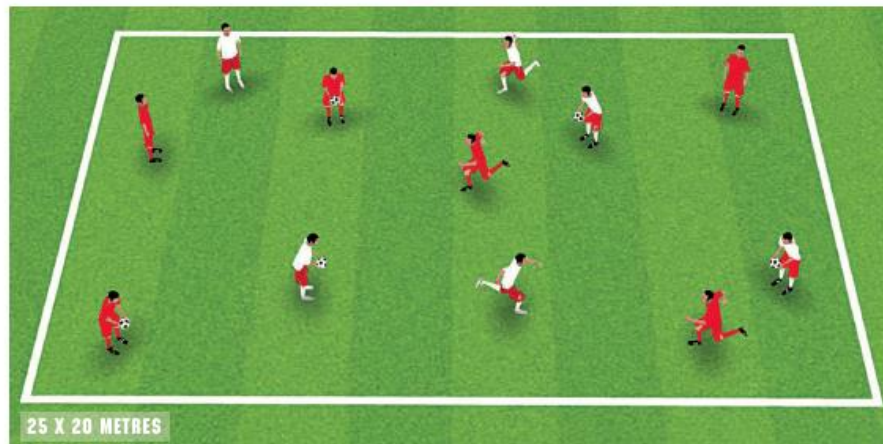
- Run around with a ball in your hands, or bounce the ball as you run.
- “Dribble!” – use your feet to move the ball. Pass the ball through your teammates’ legs to free them from the quicksand.

Variations

- As shown above but every player has a ball, if the coach tags them they are stuck and must stand with their legs wide apart and shout for help, then they can be set free if someone else passes a ball through their legs
- As shown above but the coach has a ball and tries to pass a ball to hit them below the knee to freeze them
- U7 + TEAM VERSION – BEST VERSION! If you have multiple colours then give one colour only soccer balls. That team must try to hit the rest with the ball below the knee. If they get hit they are stuck and must stand with their legs wide apart and shout for help, then they can be set free if one of their team mates crawls through their legs

COORDINATION—PASSING

ACTIVITY 2: “LAST PLAYER STANDING”



SET UP:

- Up to 12 players, in 2 teams.
No ball to start.
- Each player has a pinnie (or an old t-shirt) tucked into his/her shorts, hanging down roughly to the hem of their shorts.

INSTRUCTIONS:

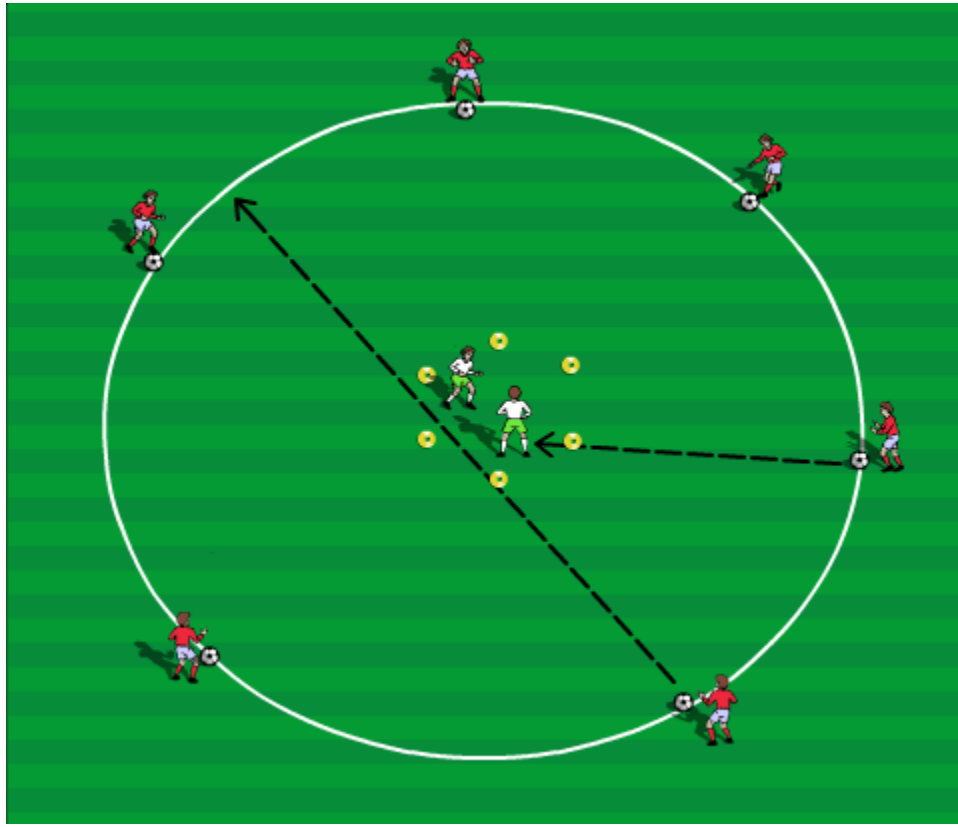
- “Go!” – run around the field and try to take all the opposing team’s pinnies by pulling them out of their shorts. The last player that still has a pinnie in their shorts gets a point for their team.

OPTIONS:

- Introduce 5 soccer balls: instead of taking pinnies, players can eliminate the other team by passing one of the balls and hitting an opposing team player below the knees (as in dodge ball).
- Combine the above exercises so that players can either take pinnies or pass to hit below the knee to eliminate opposing players.

CIRCLE OF DEATH

A great game for passing accuracy and vision and awareness BUT beware – players have to pass the ball with the side of the foot and aim to keep the ball low or else this one can get messy!



Set Up: Set up a big circle approximately 24 yards in diameter with a small circle inside

Instructions:

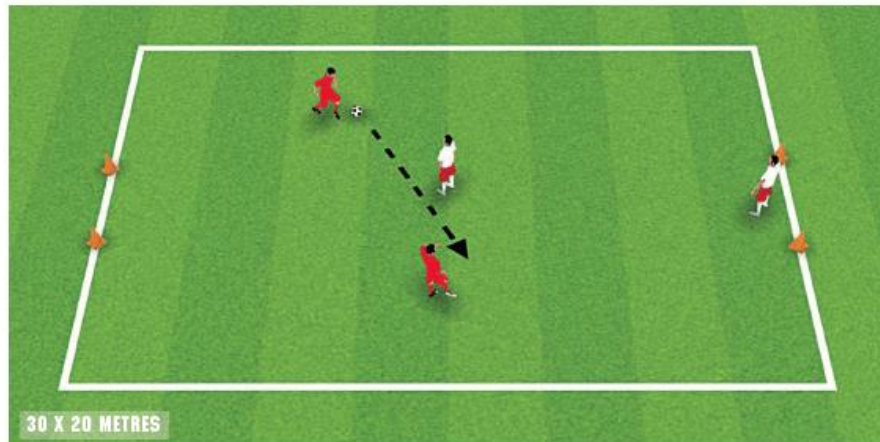
- “Pass” the ball to try to hit the players in the center below the knee only
- “Dodge” – the players in the centre can be as many as you want must try to dodge the incoming balls to stay alive
- “SINBIN” anyone that hits a ball over head height must kneel down and count to 20 before they can join in again

Variations

- Start with everyone in the middle and then play knock out where coach starts off as the only passer and once a player gets hit they must become a passer so by the end there is one winner
- Start with a set number of players in the middle and when they are hit they are simply replaced by the passer

SMALL-SIDED GAMES—PASSING

ACTIVITY 3: “2 AGAINST 1”



SET UP:

- Four players total (2 per team) with a goal at each end.
- Give animal names to the teams (i.e., “Cats” and “Dogs”) for added fun.

OPTIONS:

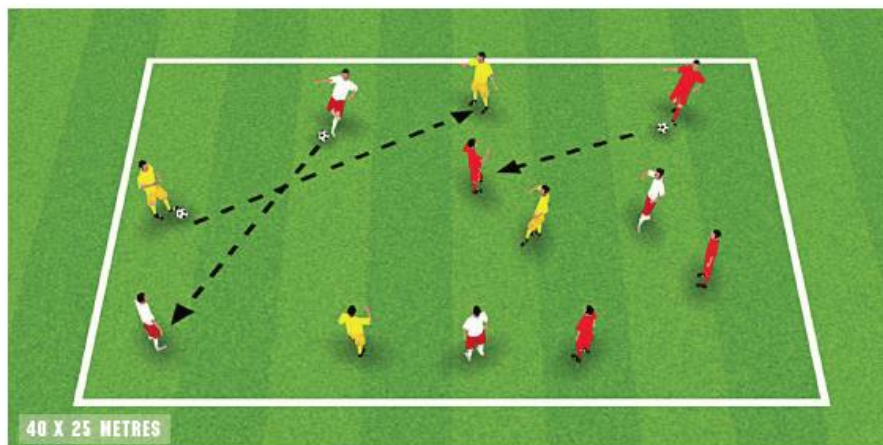
- “No hands!” – when you’re the goalkeeper, you can only use your feet.
- Same game with three players per team.

INSTRUCTIONS:

- The Cats have the ball and try to score on the Dogs’ net. One of the Dogs becomes the goalkeeper. The Cats must make at least one pass before shooting. If the Dogs get the ball, it’s their turn to try to score.
- Remember to use the side of your foot when passing!

PASSING

ACTIVITY 3: “TEAM PASSING”



SET UP:

- Up to 12 players, working in 3 teams;
1 ball per team.

INSTRUCTIONS:

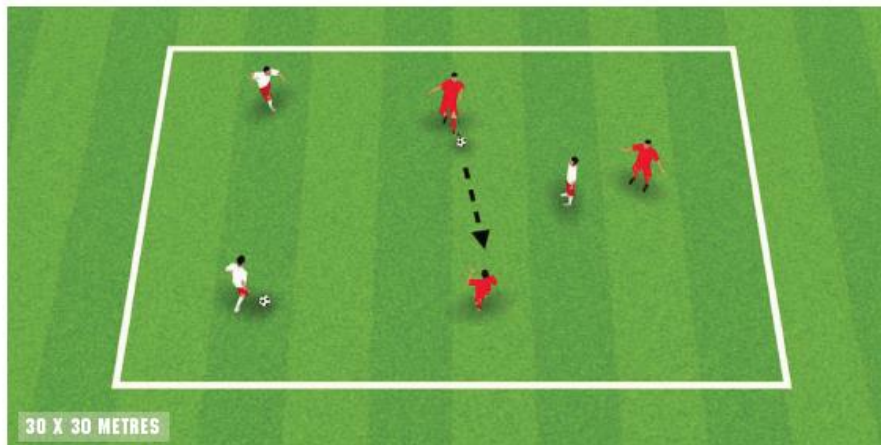
- “Go!” – move around the field and pass the ball with your teammates. Keep your head up, and try to pass both around and between players on the other teams. Remember: receive and pass quickly in just 2 touches!

OPTIONS:

- “Short, Short, Long” – on your team, make 2 short distance passes, followed by a longer one. Call out “short” or “long”, with each pass to help keep the rhythm.
- Remove one ball: the team without a ball plays defense, and tries to win the balls from the other two teams.

COORDINATION—PASSING

ACTIVITY 4: “THREE-WAY PASSING”



SET UP:

- Up to 12 players, in teams of 3; 1 ball per group.

INSTRUCTIONS:

- “Go!” – start to move around the field, and pass the ball back and forth with your teammates. Keep your head up and avoid bumping into anyone!
- “Listen!” – follow your coach’s instructions: 1. Pass with the inside of each foot. 2. Pass with the outside of each foot. 3. Dribble, then do a short pass. 4. Dribble away, then turn and do a long pass. 5. When receiving, control the ball with the outside of your foot, then the inside.

OPTIONS:

- Try a one-touch pass.
- Number each player (i.e., 1-3) and have teams pass in that sequence.
- Introduce a second ball for each team.
- Increase the pace with changes of speed and direction after every pass.

FUN ACTIVITIES

THEME 3

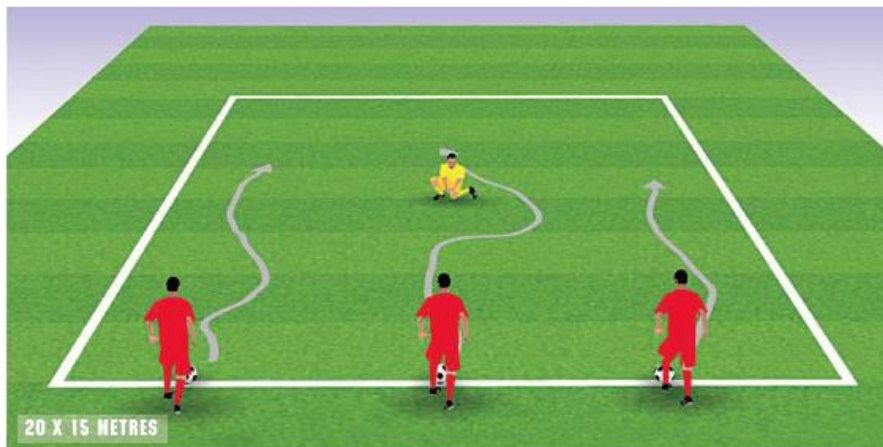
PROGRESSING WITH THE BALL

Includes running with the ball, dribbling, turning.

DRIBBLING

ACTIVITY 5: “TROLL”

IMAGINE YOU'RE TRYING TO CROSS A BRIDGE THAT'S HOME TO A NASTY TROLL.



SET UP:

- Up to 12 players, each with a ball.
- A coach or parent is the “troll,” and moves on all fours or in a crab position.

OPTIONS:

- Players, standing upright, take turns being the troll.
- Start with more than one troll in the middle of the bridge.

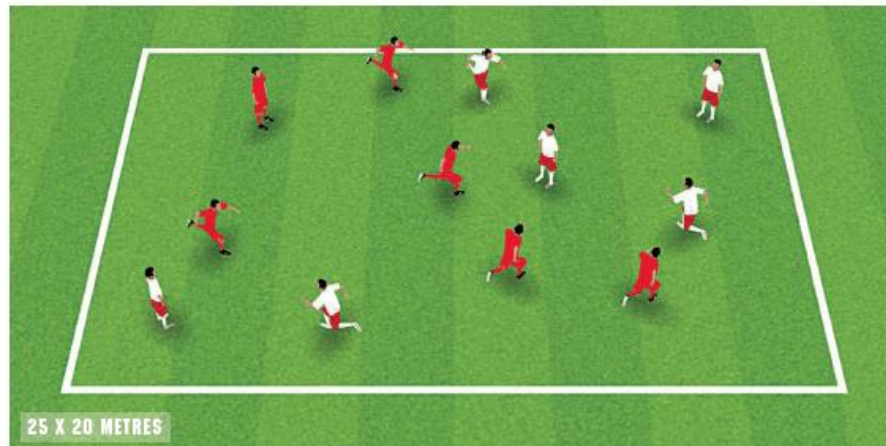
INSTRUCTIONS:

- “Go!” – use your feet to move the ball across the bridge. Don't let the troll get the ball, and don't kick your ball off the bridge!
- “Turn!” – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction, back to the other side of the bridge.
- If your ball gets caught or falls off the bridge, you become a troll too!

Note: For this U10 age group defenders should be allowed to stand and in order to switch defender must play the dribblers ball against the wall. If the attacker can tackle the ball back before the defender passes it against the wall then they can stay alive. For U8 use a mix of defender sitting and standing.

COORDINATION—DRIBBLING

ACTIVITY 1: “CAPTURE THE PINNIES!”



SET UP:

- Up to 12 players, in 2 teams.
No ball to start.
- Each player has a pinnie (or an old t-shirt) tucked into his/her shorts, hanging down roughly to the hem of their shorts.

INSTRUCTIONS:

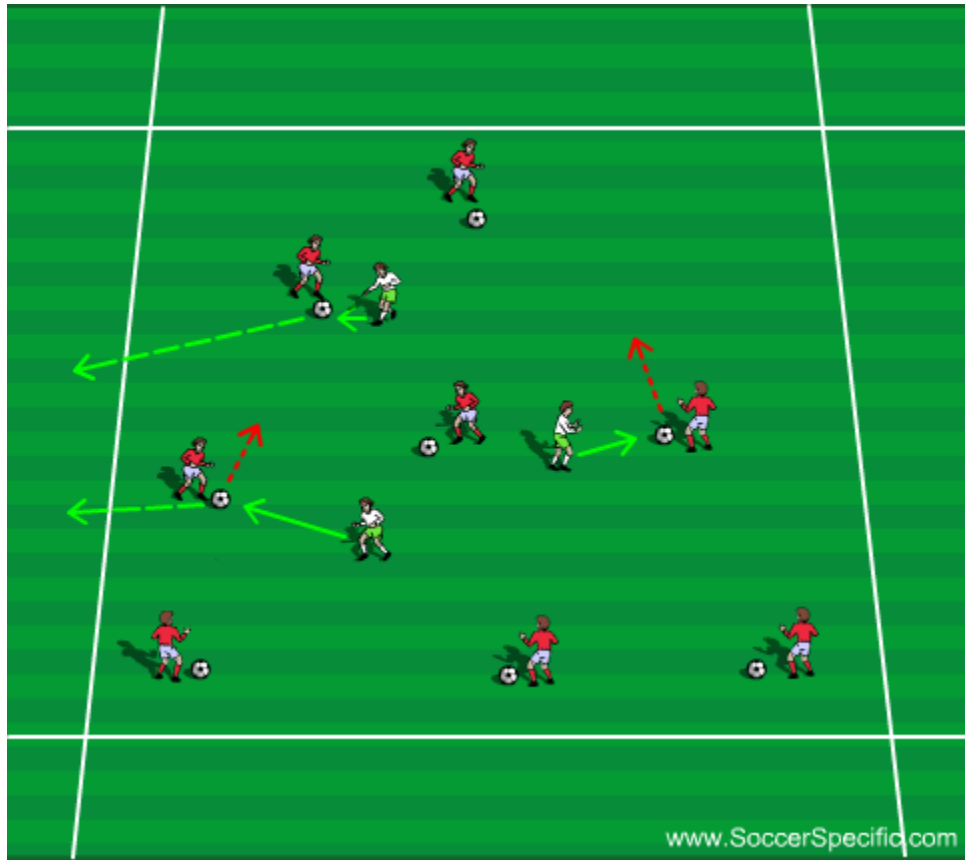
- “Go!” – run around the field and try to “capture” all the opposing team’s pinnies by pulling them out of their shorts. The last player with a pinnie gets a point for their team.

OPTIONS:

- Each player has a ball, and must dribble it around the field while trying to capture the pinnies.
- Introduce a “knockout” format, where players who lose their pinnie (or have their ball kicked out of bounds) have to leave the field. The last remaining player wins a point for their team.

BALL-HUNT

This is a great game for multiple teams where each team takes a turn to split up and go into another team's box and be the hunters (example if you have 4 teams of 9 then three teams get to have a ball each and the fourth team send 3 players without balls into each of the other groups to be the hunters!)



Set Up:

8 reds have a ball each. Bring 4 players from another group into the box to hunt. The hunters must try to kick balls out of the playing area.

Instructions:

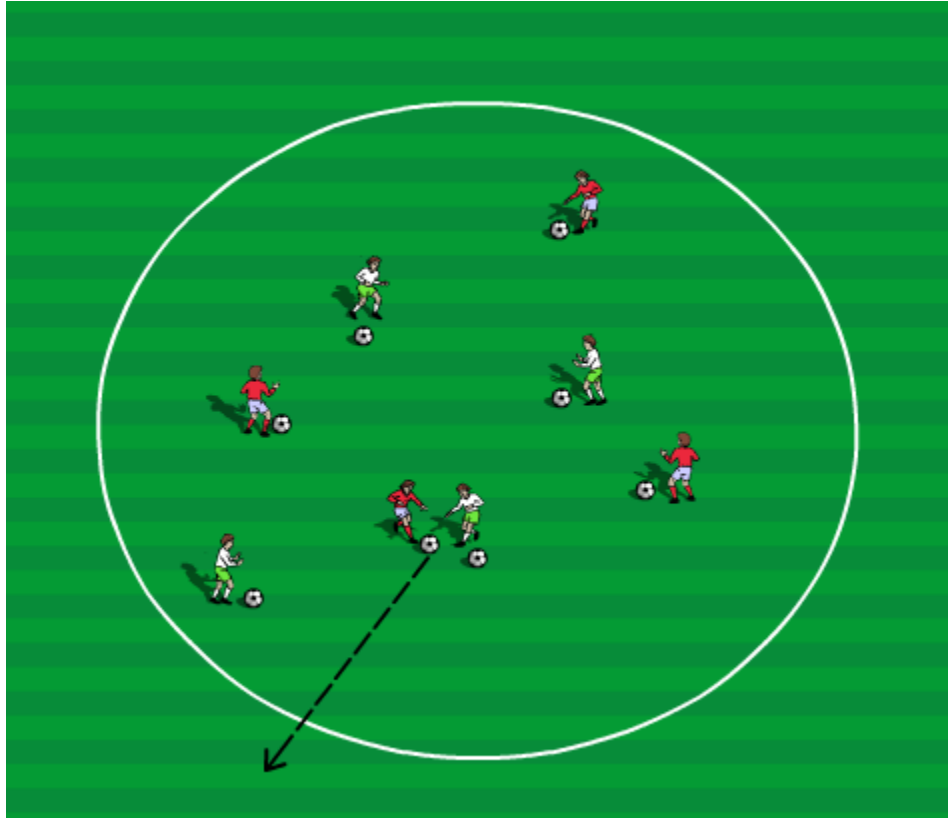
- “Get away” – dribblers must move away to protect their ball from the hunters!
- If your ball goes outside the box (even if you just kick it out yourself) you have to go and get it BUT before you can join in again you have to do a skill challenge (eg pick the ball up and do 5 knee/Thigh touches)

Variations

- If your ball goes out before you can go get it and join in again one of your team mates must pass their ball through your legs or play a wall pass with you.

KING OF THE RING

This is a great game for turning/shielding skills. It can be played as an individual game or a team variation.



Set Up

- Game can be played in a circle or square (tight space eg for 10 players 10 x 10 yard grid)
- Each player must have a Ball Each

Instructions

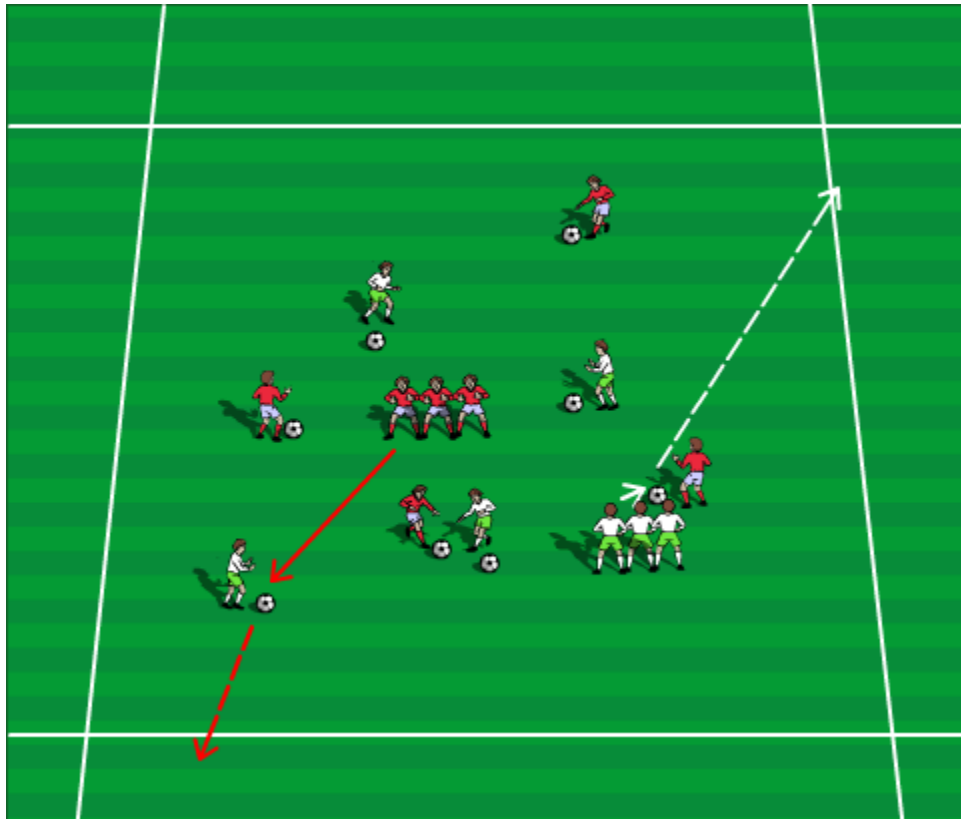
- Each player must dribble with their ball which they must protect from going out of the ring
- In order to get back into the ring they must do a skill challenge (eg 10 headers)
- “Dribble” – Look for space
- “Turn” – Keep your ball safe, protect the ball with your body when you turn

Variations

- Vary the skill challenge
- Team Variation – multiple teams can play. When multiple teams are in the ring you try to knock out players from other teams, when time is up which ever team has the most players outside the ring loses!

SNAKES

This game is a dribbling game. The snake must clear out its den!



Set Up

- Game can be played in a circle or square (tight space eg for 10 players 10 x 10 yard grid)
- Each player must have a Ball Each, but snake players do not have a ball

Instructions

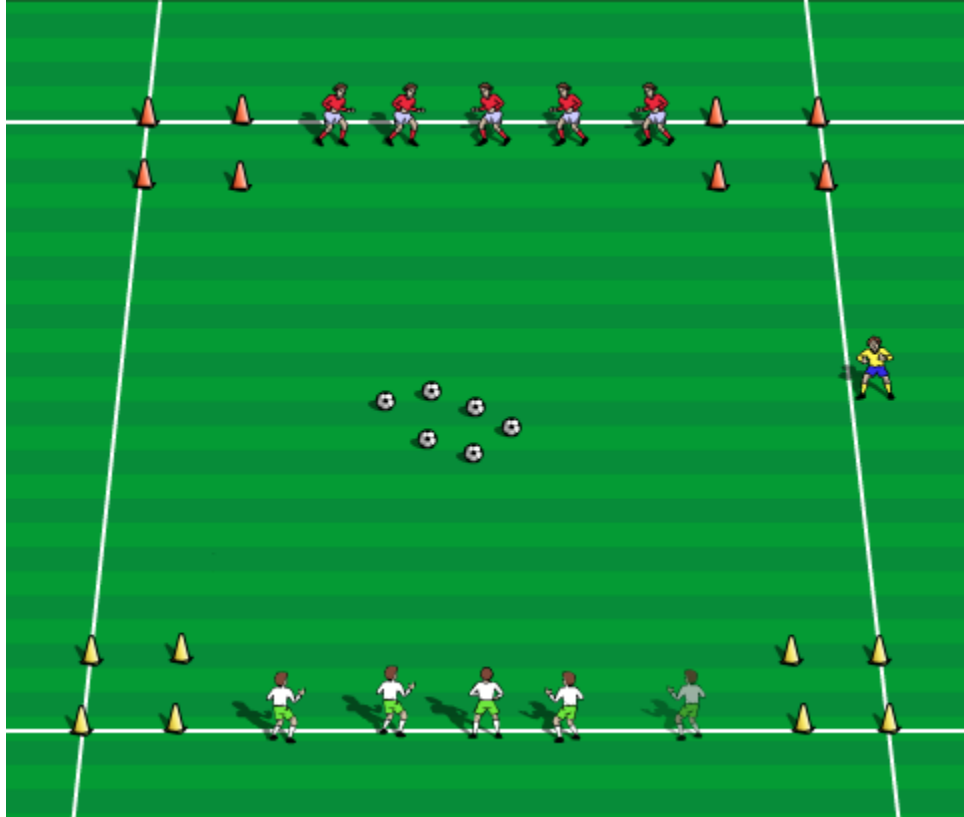
- Each player must dribble with their ball which they must protect from the snake who tries to kick balls out of the ring
- Once their ball goes out they must join the end of the snake – CAREFUL – based on age judge how long you can make the snake before it becomes dangerous with the whiplash effect! Then simply break the snake in two to make two smaller snakes
- “Dribble” – Look for space
- “Turn” – Keep your ball safe, protect the ball with your body when you turn

Variations

- In order to get back into the snakes den they must do a skill challenge (eg 10 headers), Vary the skill challenge
- Team Variation – multiple teams can play. When multiple teams are in the den you make one snake for each team and they try to knock out players from other teams, when time is up which ever team has the most players still alive loses!

EGG HUNT

This game is good for younger ages but can be adapted for use with older age groups



Set Up

- Players set up as shown with a pile of balls in the middle of the box
- In each corner are boxes or goals which will be the baskets for collecting the eggs!

Instructions

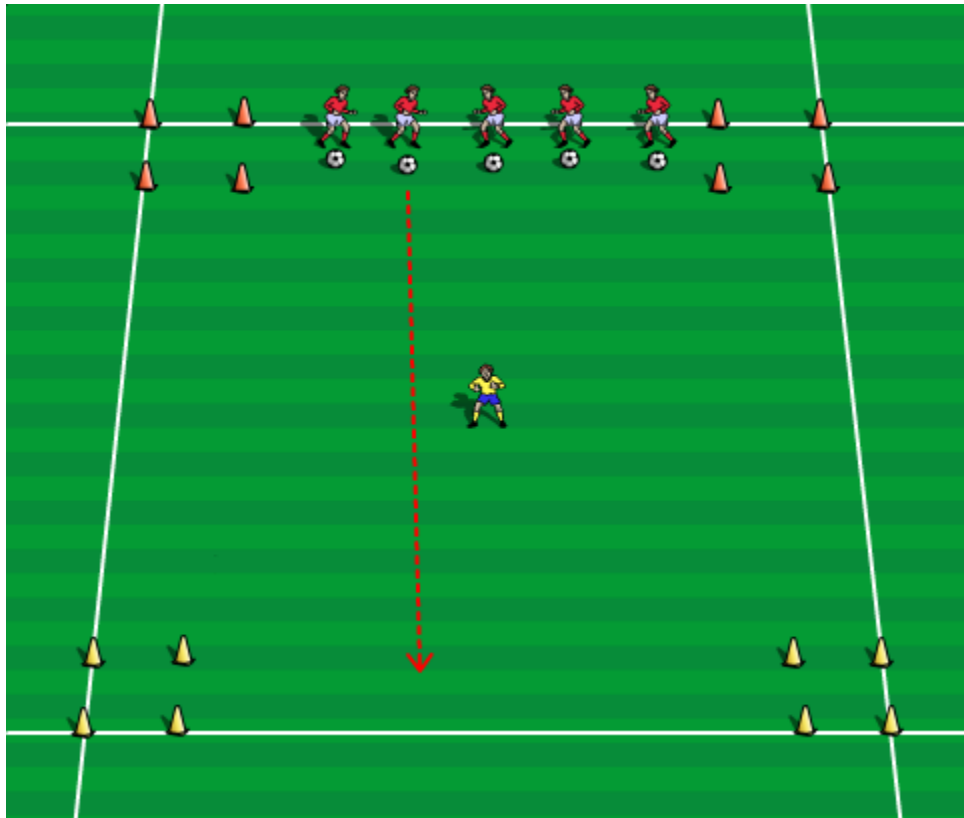
- “Collect the eggs” Players must run and collect a ball and place it in one of their baskets on their side of the box
- Once all of the balls in the middle are collected then they can go to try to steal balls from the other teams baskets but they can only steal one egg at a time.

Variations

- Players can use their hands to start with and then must use their feet
- Players are allowed to tackle or steal a ball from another teams player
- Coaches can work against the players to kick balls back into the middle of the box

MR WOLF

Great game for the U6 age groups.



Set Up

- Game played in a rectangular grid with boxes in the corners
- Each player must have a Ball Each, but snake players do not have a ball

Instructions

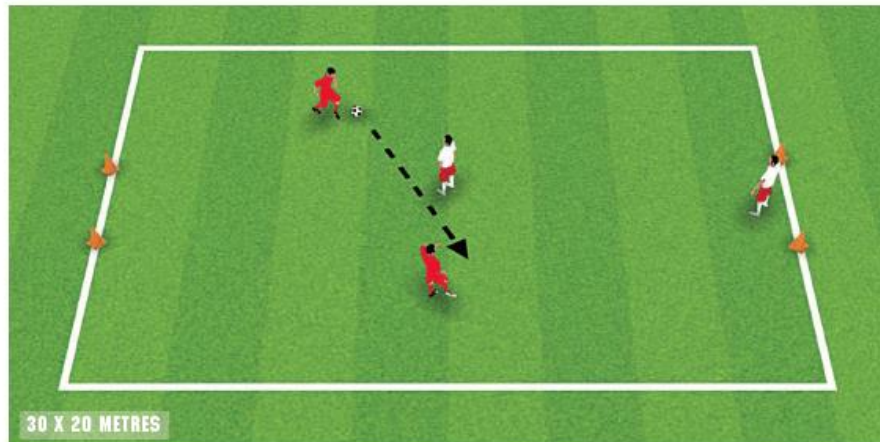
- What time is it MR Wolf! Coach stands in the middle of the grid with hands over their eyes and says a time "It's 4 O'clock"
- The players are then allowed to take 4 steps forward big or small its up to them!
- This is repeated until the coach decides is DINNER TIME and chases the players down to try to kick their ball out of the grid. Players must run with their ball to the nearest rabbit hole where they sit on their ball to be safe
- If the wolf catches and kicks your ball out you have to become a wolf too

Variations

- Players can carry the ball in their hands, and then place it on the ground once they stop to ask the Wolf the time, this way if its DINNER TIME they will have to dribble to safety!

SMALL-SIDED GAMES—PASSING

ACTIVITY 3: “2 AGAINST 1”



SET UP:

- Four players total (2 per team) with a goal at each end.
- Give animal names to the teams (i.e., “Cats” and “Dogs”) for added fun.

OPTIONS:

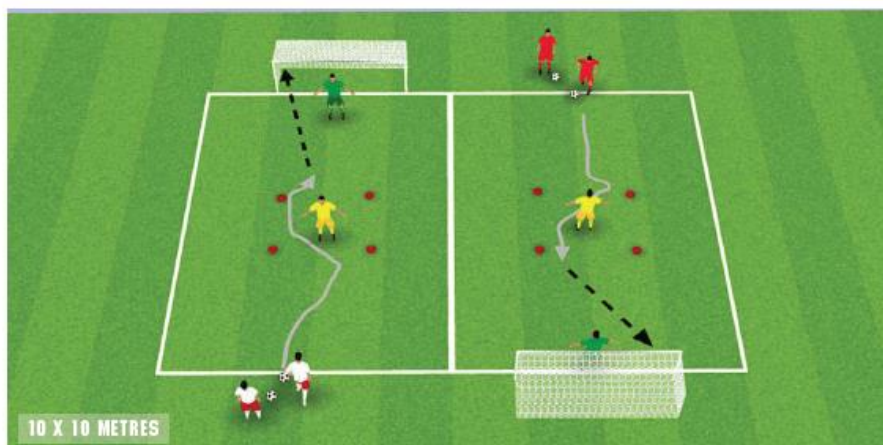
- “No hands!” – when you’re the goalkeeper, you can only use your feet.
- Same game with three players per team.

INSTRUCTIONS:

- The Cats have the ball and try to score on the Dogs’ net. One of the Dogs becomes the goalkeeper. The Cats must make at least one pass before shooting. If the Dogs get the ball, it’s their turn to try to score.
- Remember to use the side of your foot when passing!

DRIBBLING

ACTIVITY 3: “ON THE ATTACK”



SET UP:

- Up to 12 players, split into two equal teams; all but two players with a ball.
- Players without a ball (the defenders) move inside the centre square; the other players (attackers) line up opposite the goal.

INSTRUCTIONS:

- “Go!” – attackers dribble the ball towards the defender, and use their dribbling skills (e.g., faking, turning, shielding, and accelerating) to beat the defender before shooting on goal. The attacker then moves to the back of the line at the opposite end.

- “Switch!” – rotate defenders after each attacker has had 3 turns.
- Have players use different moves to try to beat their opponents (e.g. stepover, scissors*).

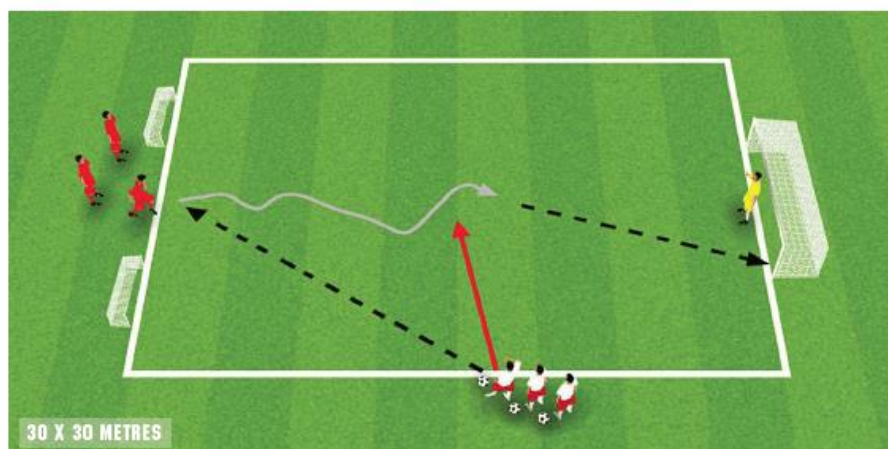
OPTIONS:

- Instead of tagging players, the defender tries to take the ball away. If successful, the other player becomes the defender.

* See illustration, p. 12

SMALL-SIDED GAMES—DRIBBLING

ACTIVITY 1: “ONE ON ONE”



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

OPTIONS:

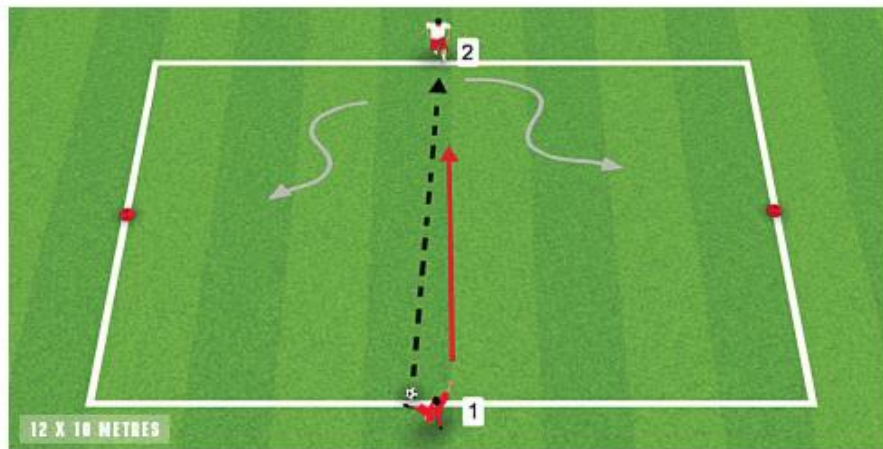
- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

INSTRUCTIONS:

- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- “Go!” – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- “Switch!” – players swap roles. Continue until all players have had a turn as both attacker and defender.

DRIBBLING

ACTIVITY 1: "SOCCER 1 V 1"



SET UP:

- Up to 6 players, working in pairs;
1 ball per pair.

INSTRUCTIONS:

- "Go!" – Player 1 passes the ball to Player 2 who uses dribbling skills (e.g., turning, accelerating, faking, and shielding*) to move the ball to either target cone. Player 1 tries to take the ball away. Player 2 scores 1 point by dribbling the ball over a target cone by shielding and evading the pressure from Player 1. Player 2 scores 3 points by moving right away to accelerate past Player 1 and dribble over a target cone.

- "Switch!" – after 3 turns, Player 2 starts with the ball.

OPTIONS:

- "Shield!" – the receiving player practices shielding the ball before making a move to try and beat the defender.
- "Straight through!" – rather than shielding, the receiving player must move right away to dribble the ball past the defender.

* See illustration, p. 10

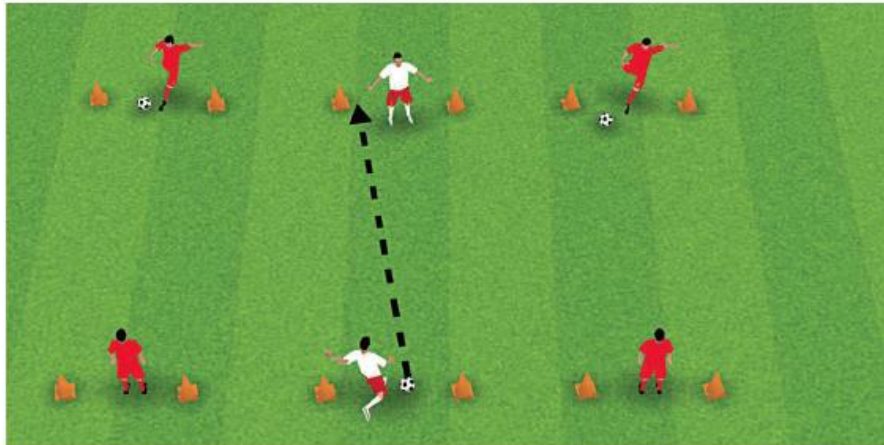
FUN ACTIVITIES

THEME 4

FINISHING

SHOOTING

ACTIVITY 2: “THROUGH THE GATE”



SET UP:

- Up to 12 players, working in pairs. One ball per pair.

INSTRUCTIONS:

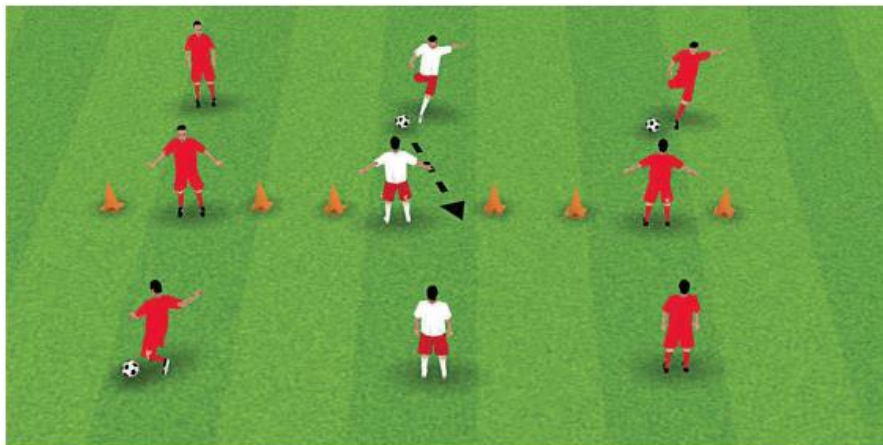
- “Shoot!” – use the top of your foot (laces) to shoot the ball past your partner. Each time you score you get a point. Take 5 shots and then switch roles.

OPTIONS:

- Shoot with your other foot.
- Each time you score, move your goal back one pace.
- “Switch!” – pair up with another partner.

SHOOTING

ACTIVITY 4: “MONKEY IN THE MIDDLE”



SET UP:

- Work in groups of 3 with a parent or teammate in the middle as goalkeeper.
- One ball per group.

OPTIONS:

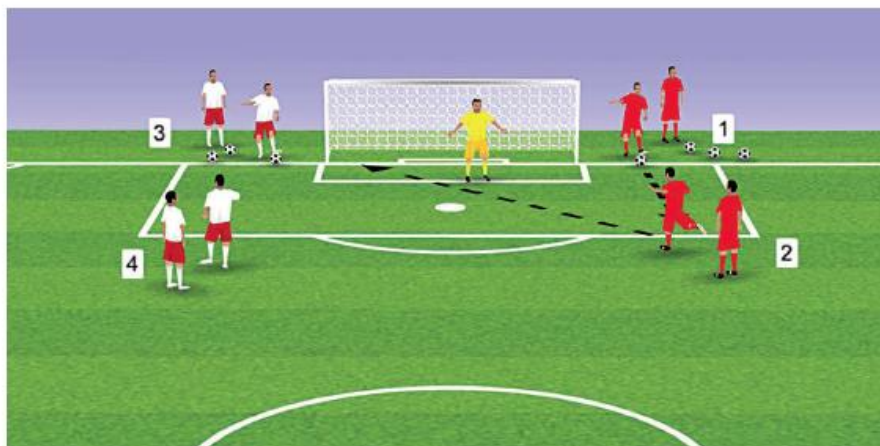
- Shoot with your other foot.
- The goalkeeper bounces the ball to the player who tries to keep the ball low (below waist height) to score.

INSTRUCTIONS:

- “Shoot!” – use the top of your foot (laces) to shoot the ball past the goalkeeper.
- If the goalkeeper saves the ball, he/she turns around and rolls it to the player at the opposite end.
- The first player to score 3 times switches places with the goalkeeper.

SHOOTING

ACTIVITY 2: “PARALLEL PLAY”



SET UP:

- Up to 12 players, working in 4 small groups; 1 goalkeeper.
- Number the groups 1-4.

INSTRUCTIONS:

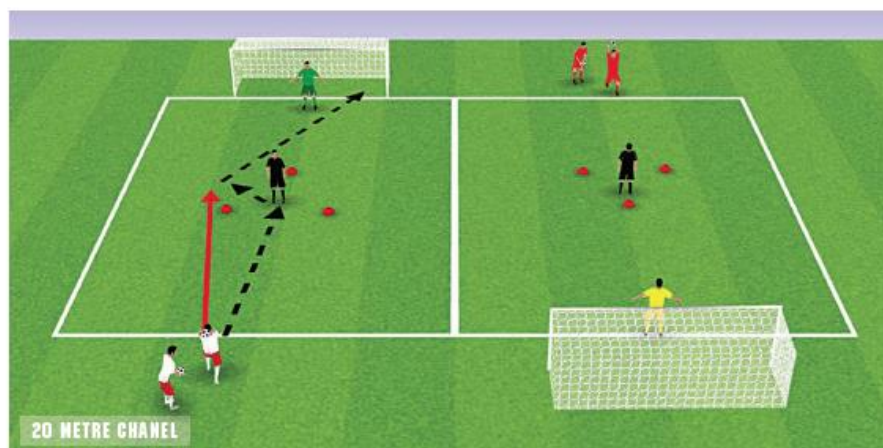
- “Go!” – the first player in Group 1 passes to the first player in Group 2, who receives the ball and shoots on goal. Repeat with Groups 3 and 4. Remember to control the ball and shoot in just 2 touches.

OPTIONS:

- “On the diagonal!” – Group 1 passes to Group 4. Group 3 passes to Group 2.
- “From the side!” – Groups 1 and 3 pass from the sides of the penalty area.
- “Challenge!” – After passing the ball, Group 1 and Group 3 players come out to challenge the shooter.

SHOOTING

ACTIVITY 3: “BERMUDA TRIANGLE”



SET UP:

- Up to 10 players, each with a ball, working in 2 teams; 1 goalkeeper.
- Coach/parent stands inside a triangle marked out with cones.

INSTRUCTIONS:

- “Go!” – the first player in line throws the ball to the coach/parent. The coach/parent catches the ball and rolls it to their left or right. The player chases the ball and shoots on goal, then runs to the back of the line.
- “Ground pass!” – instead of throwing the ball, the player passes to the coach/parent. The coach/parent passes it back just beyond the triangle. Players

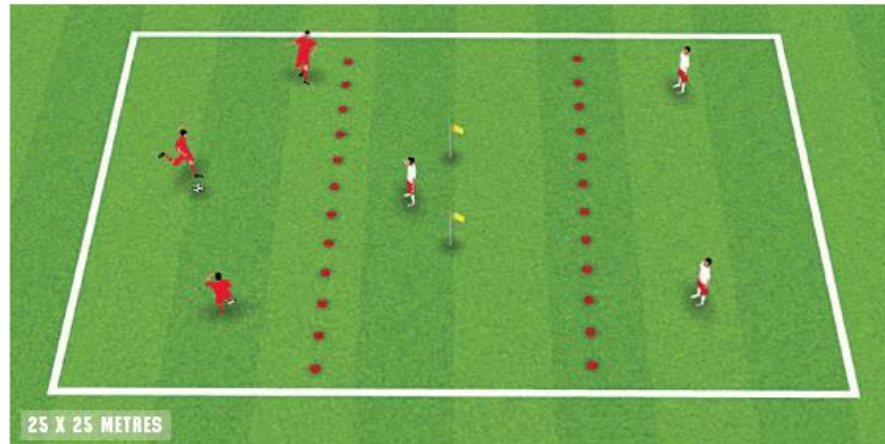
try to get the ball past the coach/parent in just one touch (with the inside or outside of the foot) before shooting.

OPTIONS:

- “Challenge!” – Put a player in the triangle rather than a coach/parent, and have them come out to challenge for the ball after passing it to the shooter. After one turn, the shooter moves to the triangle, and the player in the middle moves to the back of the line.

SMALL-SIDED GAMES—SHOOTING

ACTIVITY 1: “SHOOT ON SIGHT”



SET UP:

- Two teams of 3 players each.
- Use cones to divide the field into 3 equal zones. In the middle zone, use 2 flags or cones to mark out a goal. Team 1 players are the attackers and start with the ball. Team 2 players start as the defenders.

OPTIONS:

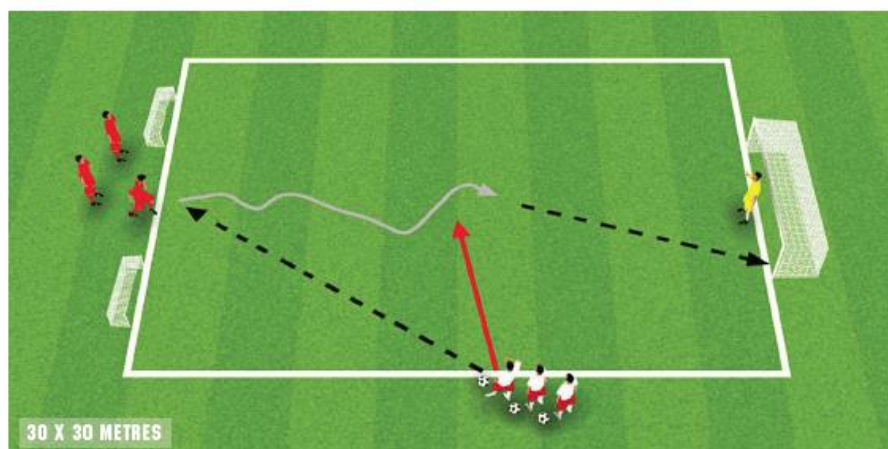
- Teams get an extra point if they score a one-touch goal (i.e. pass to a teammate who shoots with his first touch).
- Add a defender to support the goalkeeper and create a 3 v 1 game.

INSTRUCTIONS:

- “Go!” – one player from Team 2 goes into the middle zone as the goalkeeper. Team 1 tries to score. After each shot on goal (unless the shot rebounds back into the attacking team’s zone), the teams switch roles.
- Players must shoot from inside their zone.

SMALL-SIDED GAMES—DRIBBLING

ACTIVITY 1: “ONE ON ONE”



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

OPTIONS:

- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

INSTRUCTIONS:

- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- “Go!” – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- “Switch!” – players swap roles. Continue until all players have had a turn as both attacker and defender.

FUN ACTIVITIES

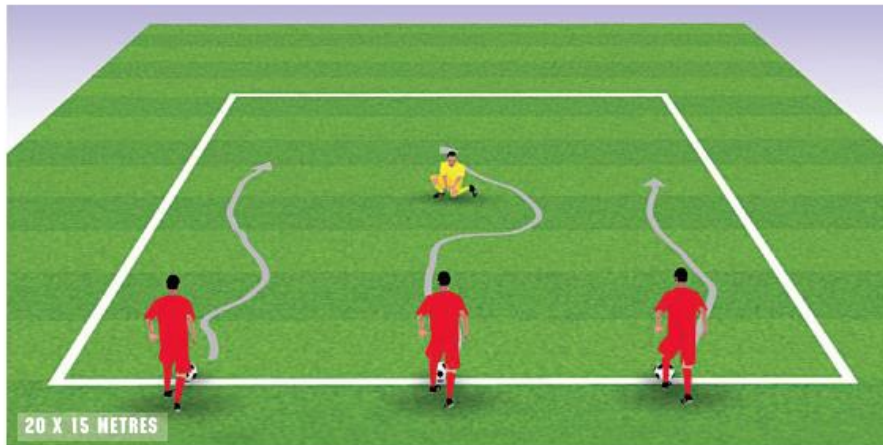
THEME 5

DEFENDING

DRIBBLING

ACTIVITY 5: “TROLL”

IMAGINE YOU’RE TRYING TO CROSS A BRIDGE THAT’S HOME TO A NASTY TROLL.



SET UP:

- Up to 12 players, each with a ball.
- A coach or parent is the “troll,” and moves on all fours or in a crab position.

OPTIONS:

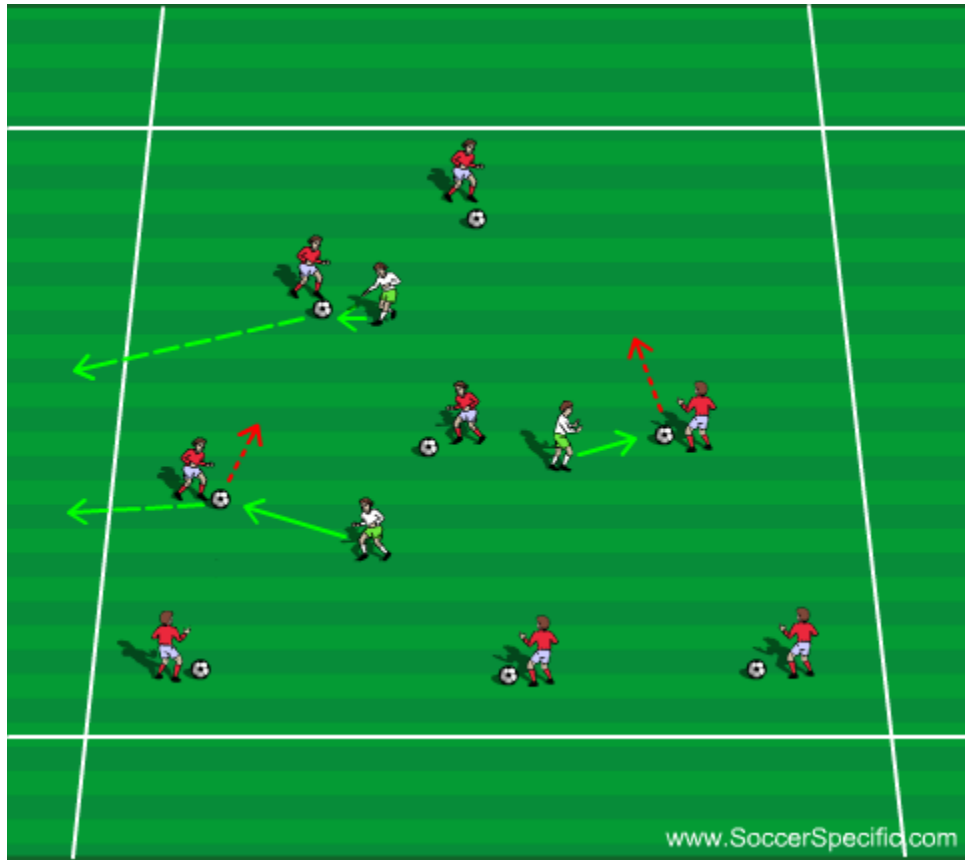
- Players, standing upright, take turns being the troll.
- Start with more than one troll in the middle of the bridge.

INSTRUCTIONS:

- “Go!” – use your feet to move the ball across the bridge. Don’t let the troll get the ball, and don’t kick your ball off the bridge!
- “Turn!” – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction, back to the other side of the bridge.
- If your ball gets caught or falls off the bridge, you become a troll too!

BALL-HUNT

This is a great game for multiple teams where each team takes a turn to split up and go into another team's box and be the hunters (example if you have 4 teams of 9 then three teams get to have a ball each and the fourth team send 3 players without balls into each of the other groups to be the hunters!)



Set Up: 8 reds have a ball each. Bring 4 players from another group into the box to hunt. The hunters must try to kick balls out of the playing area.

Instructions:

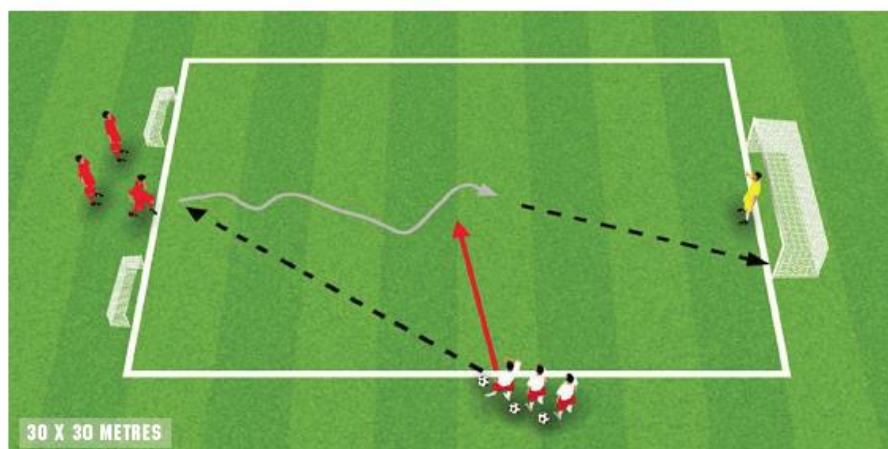
- “Get away” – dribblers must move away to protect their ball from the hunters!
- If your ball goes outside the box (even if you just kick it out yourself) you have to go and get it BUT before you can join in again you have to do a skill challenge (eg pick the ball up and do 5 knee/Thigh touches)

Variations

- If your ball goes out before you can go get it and join in again one of your team mates must pass their ball through your legs or play a wall pass with you.

SMALL-SIDED GAMES—DRIBBLING

ACTIVITY 1: “ONE ON ONE”



SET UP:

- Up to 12 players, working in pairs (1 attacker, 1 defender); 1 goalkeeper.
- One large goal; 2 smaller goals (or gates marked out with cones) at the opposite end of the field for defenders to aim for.

OPTIONS:

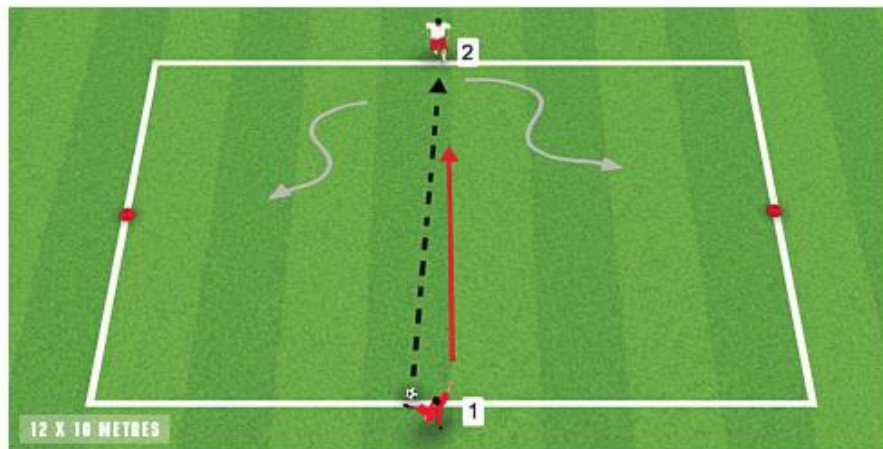
- If the defender wins the ball, he/she can dribble out or try to score a point by passing the ball into one of the two smaller goals.
- Add players to create a 2 v 2 or 3 v 3 game.

INSTRUCTIONS:

- Attackers line up at the end line opposite the goalkeeper. Defenders line up on one side of the field.
- “Go!” – the first defender passes the ball to the first attacker then runs onto the field to challenge for the ball. The attacker tries to dribble past the defender and shoot on net to score.
- “Switch!” – players swap roles. Continue until all players have had a turn as both attacker and defender.

DRIBBLING

ACTIVITY 1: "SOCCER 1 V 1"



SET UP:

- Up to 6 players, working in pairs;
1 ball per pair.

INSTRUCTIONS:

- "Go!" – Player 1 passes the ball to Player 2 who uses dribbling skills (e.g., turning, accelerating, faking, and shielding*) to move the ball to either target cone. Player 1 tries to take the ball away. Player 2 scores 1 point by dribbling the ball over a target cone by shielding and evading the pressure from Player 1. Player 2 scores 3 points by moving right away to accelerate past Player 1 and dribble over a target cone.

- "Switch!" – after 3 turns, Player 2 starts with the ball.

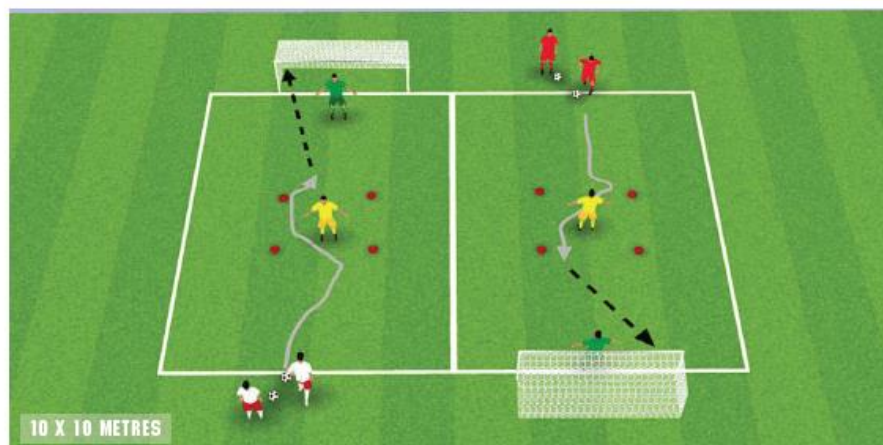
OPTIONS:

- "Shield!" – the receiving player practices shielding the ball before making a move to try and beat the defender.
- "Straight through!" – rather than shielding, the receiving player must move right away to dribble the ball past the defender.

* See illustration, p. 10

DRIBBLING

ACTIVITY 3: “ON THE ATTACK”



SET UP:

- Up to 12 players, split into two equal teams; all but two players with a ball.
- Players without a ball (the defenders) move inside the centre square; the other players (attackers) line up opposite the goal.

INSTRUCTIONS:

- “Go!” – attackers dribble the ball towards the defender, and use their dribbling skills (e.g., faking, turning, shielding, and accelerating) to beat the defender before shooting on goal. The attacker then moves to the back of the line at the opposite end.

- “Switch!” – rotate defenders after each attacker has had 3 turns.
- Have players use different moves to try to beat their opponents (e.g. stepover, scissors*).

OPTIONS:

- Instead of tagging players, the defender tries to take the ball away. If successful, the other player becomes the defender.

* See illustration, p. 12

OPPOSED TECHNICAL DRILLS & GAMES

Paradise Soccer Club Signature Drills

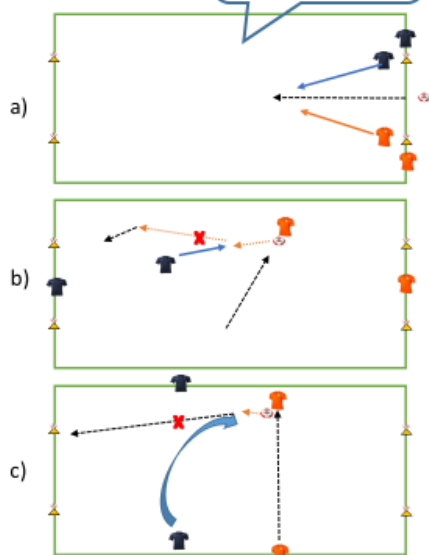
Recommended For use as part 2 or part 3a of
your session

For U8 use one in every four practices

For U10 can use in up to two out of four practices

Defending 1v1

For U8 use (a) first and then (b), For U10 and older use all



Set Up:

Minimum 5 yds x 10 yds, up to 10x15yds with two small goals at each end. 1 passive player is not involved and is resting. Ball can start with a pass from the coach or the attackers partner.

- Try different start positions, (sitting, lying etc) once coach passes the ball they can go. For younger can allow both players to score at the far end. Alternately Player getting first touch continues and goes for goals ahead of them, defender must steal it and turn to attack the goals at the end they started from.
- Ensure players are at opposite ends before playing into feet of the attacker. Defender can pressure as soon as the coach passes.
- Attackers partner can serve as shown to feet. Again Defender can pressure as soon as the pass is made.

Instructions:

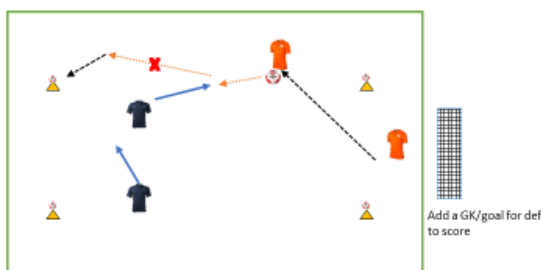
- "Use your body" "First to the Ball" "Stay with 'em" or "Keep going"
- "Pressure" to encourage the defender to get to the ball as quickly as possible. "Challenge" to encourage the defender to be actively trying to win the ball.
- "Stop the pass" to ensure the defender recovers between the ball and goal before pressuring

Options:

Have the resting player play as the GK and perhaps allow them to join in if they save it.

1v2 Defending – “Pairs Defending”

For U10 and older



Set Up:

Minimum 15 yds x 12 yds, with two small goals at each end. 1 passive attacker is not involved initially and must stand touching the line or wall so that 1 attacker plays against two defenders. Ball can start with a pass from the coach on the half way or from the passive player.

Instructions:

“PRESSURE” as the ball travels nearest defender must pressure

“COVER” 2nd defender must be ready to block pass/shots and to challenge if the 1st defender is beaten.

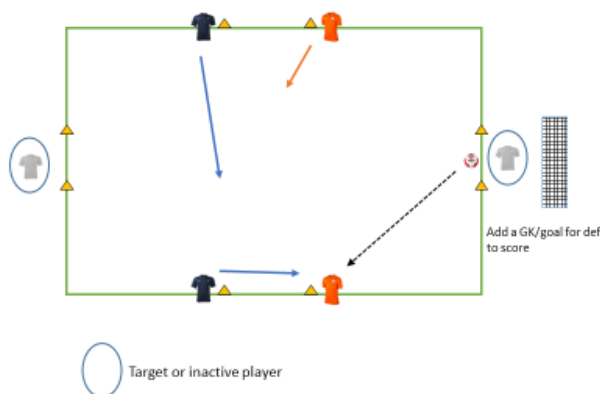
“SCORE” is also the objective for the Defenders

Options:

Once the defenders touch the ball the second orange attacker can join the play

Ensure that there is separation at the start so that the dribbler is able to turn (can use cones as reference start points).

2v2 Pairs Defending



Set Up:

Min 12 x 15 yds, with two small goals at each end. Can use GK at one end.

Instructions:

“STOP THE TURN” support player can pass in to either orange attacker to turn and score.

“PRESSURE” nearest defender should pressure as the ball travels.

“COVER” 2nd defender must slide across to be ready to challenge if 1st defender is beaten and to block passes forward.

“DROP” when the attacker passes square to their partner the 1st defender must quickly drop off and in to cover partner.

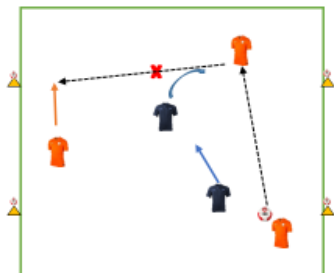
Options:

Orange attacker can pass back to support player who must remain behind the goal.

Condition is the the support player allowed to score? Yes or No.

Condition the support player can only score on 1 touch

3v2 Defending – “Pairs Defending – 1 min challenge”



Set Up:

Minimum 8 yds x 8 yds, with two small goals as shown. 1 minute defending challenge, how many goals can blue defenders score by winning the ball off the orange attackers who look to keep the ball to kill the clock. After 1 minute switch roles.

Instructions:

“PRESSURE” as the ball travels nearest defender must pressure, trying to deny the exit pass to the third attacker

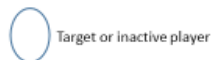
“DROP” 2nd defender must retreat immediately when ball is passed to block the split pass.

Options:

Rather than using goals can have a 3rd defender on the outside who the blues must connect a pass to for a goal.

Condition – if attackers can split defenders then they can reduce the score by one point for every split.

2v1 Pairs Attacking – “Matador”



Note For U8/U10 Pairs Drills can be included as prt 2 technical opposed and/or in prt 3 SSG's last 25 minutes of the session. For U12 + older Pairs drills should be done in prt 2 technical opposed.

Set Up:

Minimum 15 yds x 12 yds, with two small goals at each end. 1 inactive defender is not involved initially and must stand touching the line or wall so that 2 attackers play against 1 defender, Ball can start with a pass from the coach on the half way or from the inactive player.

Instructions:

Player on the ball - “HEAD UP” “WATCH THE DEFENDER” to enable you to “TIME THE PASS” or “COMMIT THE DEFENDER”
Player off the ball – “GET FORWARD” “GET PAST THE DEFENDER” OR if the player on the ball is in trouble “THEY NEED YOU” “SUPPORT ALONGSIDE”

Options:

Once the orange defender touches the ball the second orange defender can join the play
Ensure that there is separation at the start so that the receiver is able to take 1st touch forward (can use cones as reference start points).

2v1 Pairs Attacking – “Combining”



○ Target or inactive player

Note For U8/U10 Pairs Drills can be included as prt 2 technical opposed and/or in prt 3 SSG's last 25 minutes of the session. For U12 + older Pairs drills should be done in prt 2 technical opposed.

Set Up:

Minimum 20 yds x 15 yds, with 10 by 10 box in the middle. Ball can start with the player on outside who must work with their partner to play the ball through both gates, dribble or pass before finishing with a shot or pass. Orange defender tries to score in opposite goal.

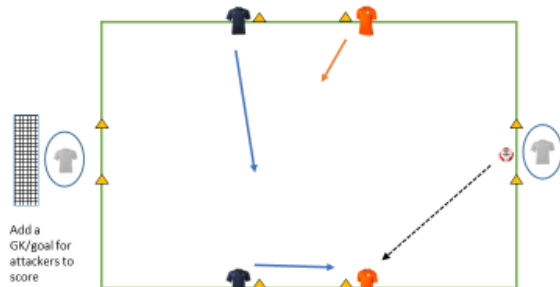
Instructions:

“HEAD UP” “WATCH THE DEFENDER” to enable you to
“TIME THE PASS” or “COMMIT THE DEFENDER”
“SUPPORT?”

Options:

Limit the touches of the attacker that starts inside the box.
Add wall players on the sides.
Condition attackers free to dribble instead of pass or do they have to pass?

2v2 Pairs Attacking – Alongside Support



Add a GK/goal for attackers to score

○ Target or inactive player

Note For U8/U10 Pairs Drills can be included as prt 2 technical opposed and/or in prt 3 SSG's last 25 minutes of the session. For U12 + older Pairs drills should be done in prt 2 technical opposed.

Set Up:

Min 12 x 15 yds, with two small goals at each end. Can use GK at one end.

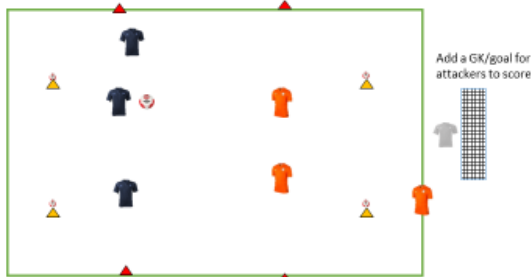
Instructions:

“SUPPORT ALONGSIDE” “HE NEEDS YOU” but support player can also make forward runs when his partner is in a good situation.
“HEAD UP” to “TIME THE PASS”.
“PASS & MOVE” to “COMBINE”

Options:

Orange attacker can pass back to support player who must remain behind the goal or remove that option

3v2 Attacking – “Overloads”



Set Up:

Minimum 15 yds x 12 yds, with two small goals at each end. 1 orange passive defender is not involved initially and must stand touching the line or wall so that 3 attackers play against 2 defender. Ball can start with a pass from the coach on the half way or from the passive player. Ensure players start in line with red cones. Once the defenders touch the ball the second orange player can join the play. Whoever kicks the ball out has to defend the next round

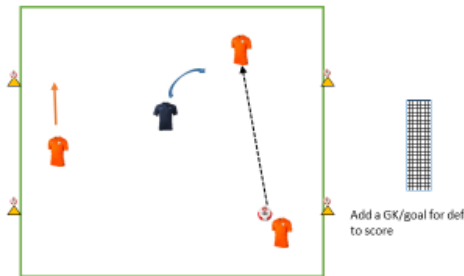
Instructions:

Player on the ball - “HEAD UP” “WATCH THE DEFENDER” to enable you to “CAN YOU PLAY FORWARD”“TIME THE PASS” or “COMMIT THE DEFENDER”
Player off the ball – “GET FORWARD” “GET PAST THE DEFENDER” OR if the player on the ball is in trouble “THEY NEED YOU” “SUPPORT ALONGSIDE”

Options:

Ensure that there is separation at the start so that the dribbler is able to turn (can use cones as reference start points) or allow Attackers freedom to start anywhere

3v1 Attacking – “Rondo”



Set Up:

Minimum 8 yds x 8 yds, with two small goals as shown. 1 minute challenge, how many goals can blue defenders score by winning the ball off the orange attackers who look to keep the ball to kill the clock. After 1 minute switch roles.

Instructions:

“SUPPORT” as the ball travels ”“TIME THE PASS” or “COMMIT THE DEFENDER” . “USE A FAKE” to trick the defender

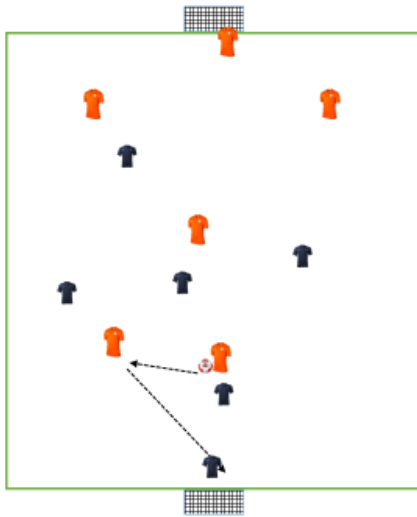
Options:

Progress to 3v2 game.

Rather than using goals can have a 3rd defender on the outside who the blues must connect a pass to for a goal.

Use this drill in Part 2 or 3 for U8/U10/U12.
Use only in part 2 for U13 and older

SSG – “1 Touch Finish”



Set Up:

Normal SSG – can be reduced or Full format .

“You CAN ONLY SCORE IF YOU SHOOT WITH YOUR FIRST TOUCH”

Instructions:

“SUPPORT” the player on the ball. “WHO CAN SCORE” – “SET UP THE SHOT” by playing sideways or back with a weighted pass that they can hit first time

Options:

Play with or without a GK

Add a condition that for a goal to count every player must be over the half way line

Do Not use for U8
Use this drill in Part 3 for U10/U12 and for U13 and older

SMALL SIDED GAMES

2v2,3v3,4v4 or 5v5

Options

- Add Gk's
- Option to add a neutral or even two neutrals

Choose the SSG to match your theme;

Theme 1/2 – PASSING & BALL MASTERY – choose a PASSING SSG

- Limit touches on the ball

Theme 3 – PROGRESSING WITH THE BALL – choose a DRIBBLING SSG

- Use gates or endzones to dribble into as the scoring objective

Theme 4 - FINISHING – choose a SHOOTING SSG

- Use neutrals to favour attacking and create more shots
- Use actual goals (and good to add a GK)

Theme 5 –DEFENDING – choose any SSG

ORGANISATION

- No Offsides
- No positions – players should just be free to play with no organisation or predetermined positions.
- No retreat line
- Where possible Walls count as in play
- Restarts – 5 Second Rule! If a team does not get the ball back in within 5 seconds then possession goes to the other team
 - After a goal the coach can restart by throwing the ball up or you can do a goal kick but this can be time consuming.
 - Where using a gym with a central field divider then coach should use discretion whether this should be classed as out of play.
 - If throw ins are required a throw in or a kick in is acceptable but there should be a 3 second limit
- Goalkeepers – they are not always required but sometimes they will be used for example when doing shooting - if you do have a GK then be sure to rotate the players thru the position.
- Give positive praise when you see players passing! But remember that at these ages we also want to see them dribbling!

SCORING OPTIONS

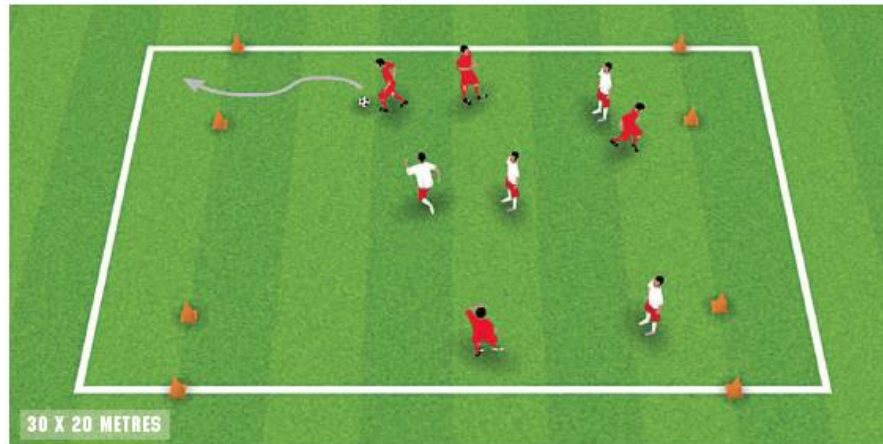
- 5v5 goals – with GK
- Hockey sized small goals – no GK
- Use cones to set up a goal the proper size for the age group
- Pass a ball to hit the end wall or a bench
 - Progressions must pass 1 touch to hit the wall/bench
 - & or must pass a ball off the wall to another teammate prior to opposition touching it.
- Knock off balls balanced on cones
- Dribble or pass through gates or into end zones
- Multiple goals (2 or 3 goals at each end)
- 1 touch finish only to score (great option when there are no gk's)
 - Or Award Multiple points for 1 time finishes

CONDITIONS

- Limit touches to 3 touch
- Head or waste height rule – free kick to opposing team if you kick it over height
- Every player must be past the $\frac{1}{2}$ way line when a goal is scored for it to count (do not apply this rule when splitting gym in two and playing cross ways)

SMALL-SIDED GAMES—DRIBBLING

ACTIVITY 1: “THROUGH THE GATES” OR “INTO THE ENDZONE”



SET UP:

- Up to 8 players, in 2 teams; 1 ball.
- Use cones to mark out 4 corner gates.

INSTRUCTIONS:

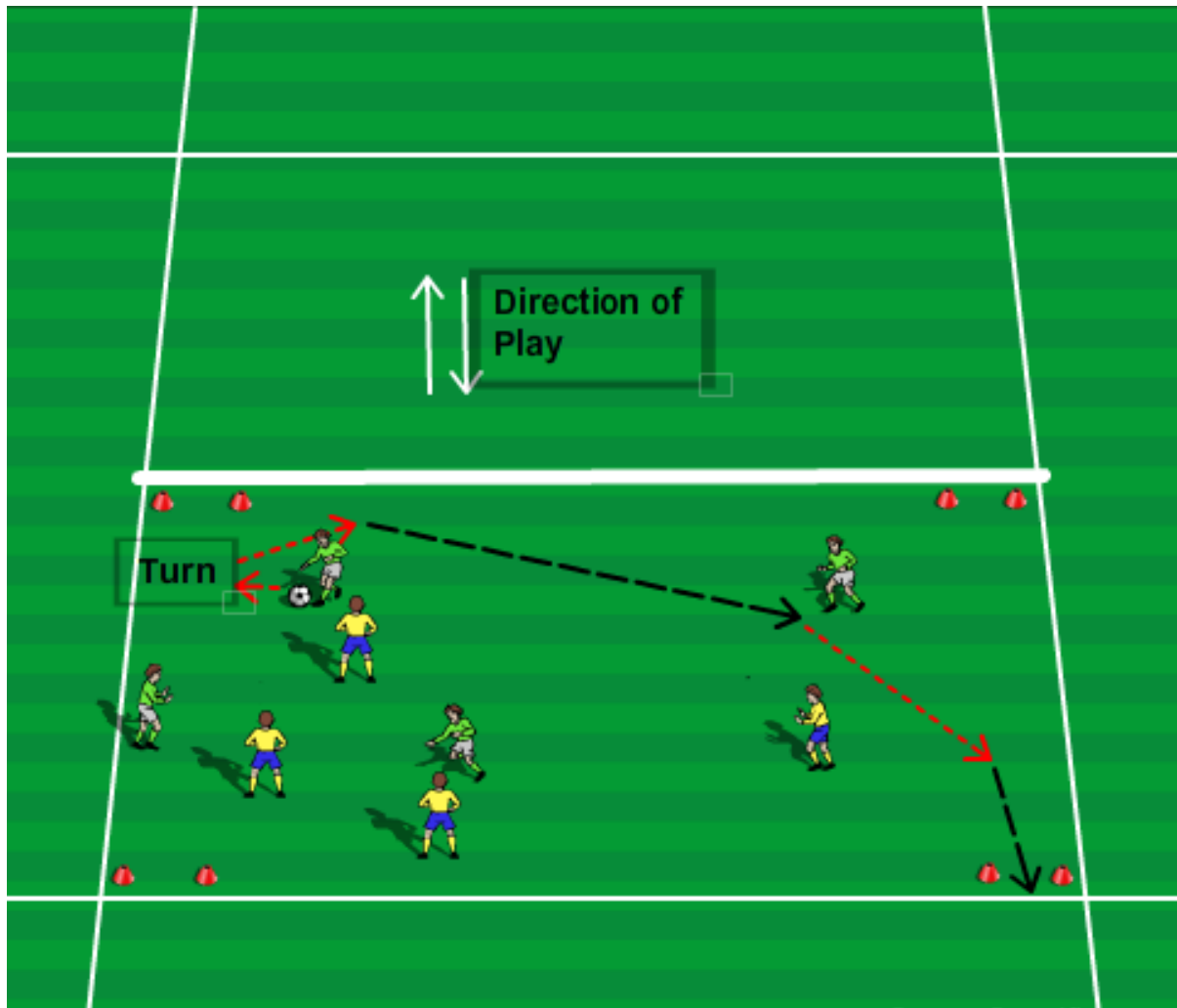
- “Go!” – your team scores a point by dribbling the ball through one of the other team’s gates. Work with your teammates in an attacking “triangle,” where the two players on the outside support the dribbling player by getting into space and providing options for passes.

OPTIONS:

- Allow players to pass to a teammate through a gate to score.
- Add a third gate in the middle of the field that either team can use to score.

SMALL SIDED GAMES - PROGRESSING WITH THE BALL

ACTIVITY: “SIDEWAYS GAMES”



SET UP:

- Usually a field is longer than it is wide! For these games we flip that so it's wider than long. This will promote Progressing with the ball (turning & dribbling in particular).
- Divide gym in half and Play 3v3 or 4v4.

INSTRUCTIONS:

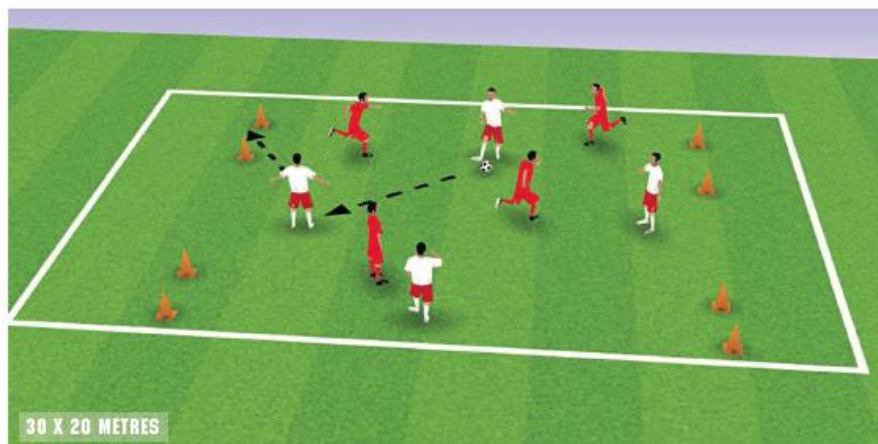
- To score you must either pass through a gate, or knock balls of cones.

OPTIONS:

- Designate an end zone line that players must get over before they can shoot or pass to score

SMALL-SIDED GAMES—PASSING

ACTIVITY 1: “GATE PASS”



SET UP:

- Eight players, in 2 equal teams.
- Four corner gates marked out with cones.

INSTRUCTIONS:

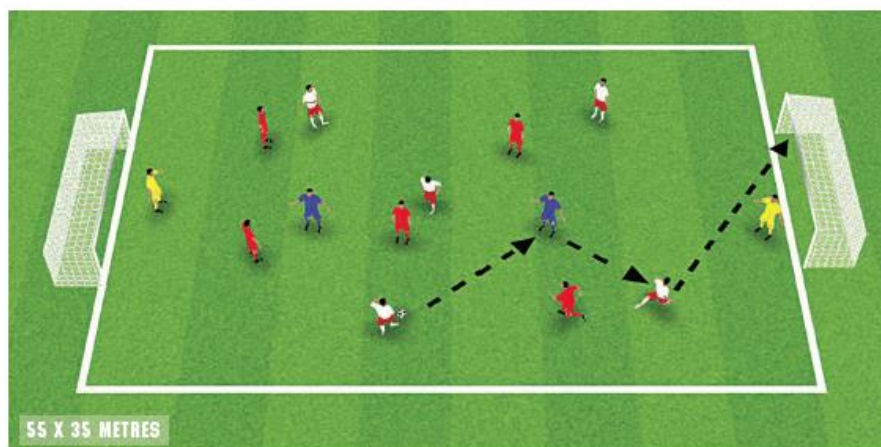
- “Go!” – score a point by passing the ball through one of the other team’s gates. When your team has the ball, work with your teammates in a triangle, with the two side players getting into space for a pass to support the teammate with the ball.

OPTIONS:

- Players must pass through the gate to a teammate (who receives it under control) to score a point.
- Add a 3rd gate in the middle of the field where either team can score.

SMALL-SIDED GAMES—PASSING

ACTIVITY 4: “DOUBLE NEUTRAL”



SET UP:

- Up to 12 players, in 2 teams; 1 goalkeeper per team.
- Play up to 5 v 5, with 2 additional neutral players (in different coloured pinnies or t-shirts).

INSTRUCTIONS:

- “Go!” – proceed with a normal soccer game, with neutral players supporting whichever team has the ball.
- When the ball goes out of bounds, use kick-ins rather than throw-ins to reinforce proper passing technique.
- Teams must make at least 3 consecutive passes before shooting on goal.

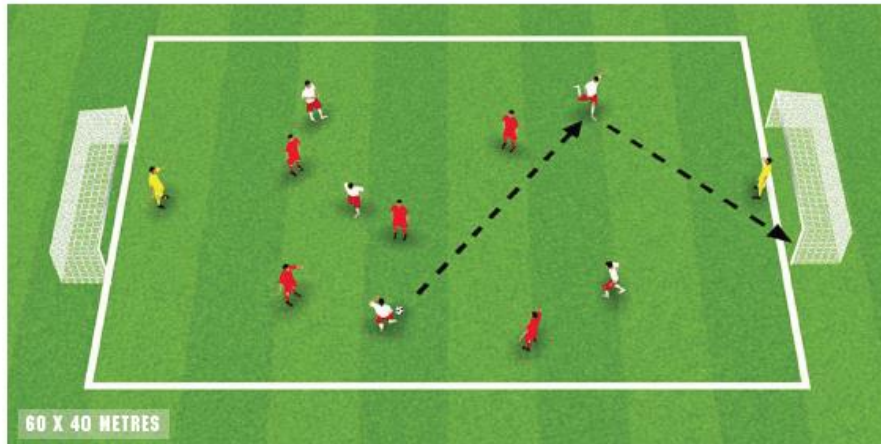
- Try to pass quickly in just 2 touches (one to control the ball, the other to pass).

OPTIONS:

- Rotate goalkeepers.
- Remove the neutral players and play 6 v 6.
- Teams must make at least 5 consecutive passes before shooting on goal.

SMALL-SIDED GAMES—PASSING

ACTIVITY 1: “PASSING FOR POINTS”



SET UP:

- Up to 12 players, in 2 equal teams; plus 2 goalkeepers.

INSTRUCTIONS:

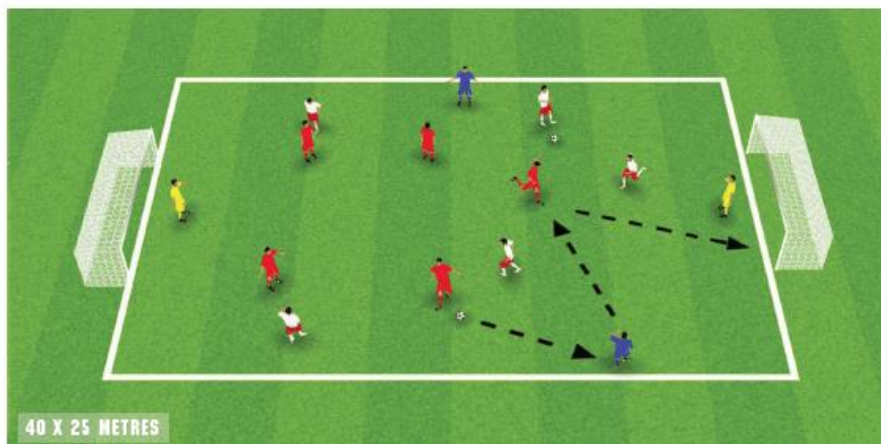
- “Go!” – proceed with a normal game, but players are limited to only three touches before they have to pass to a teammate. More than three touches means the other team gets the ball.
- Use kick-ins rather than throw-ins if the ball goes out of bounds.

OPTIONS:

- Team scores an extra point if at least 3 players touch the ball before a shot on goal.
- The number of passes leading up to a goal adds to team's total points (i.e. 3 passes before a goal equals 4 points).

SMALL-SIDED GAMES—SHOOTING

ACTIVITY 3: “SHOOT IN 4”



SET UP:

- Up to 12 players, in 2 equal teams; plus 2 goalkeepers.

INSTRUCTIONS:

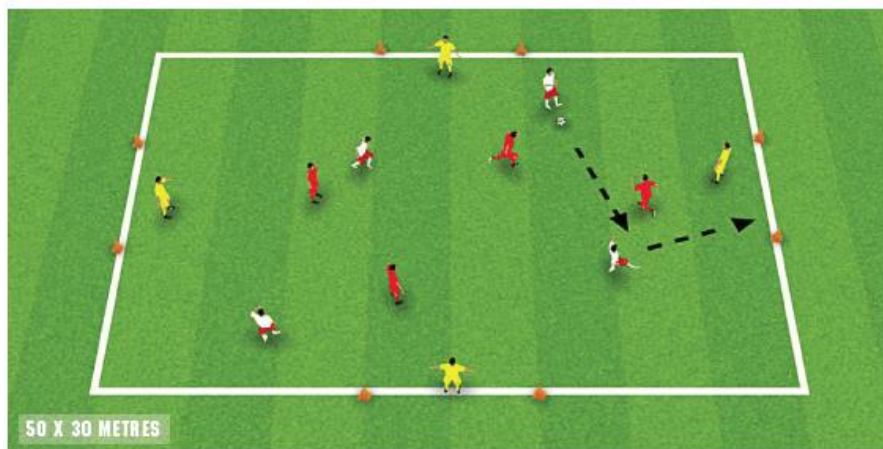
- “Go!” – proceed with a normal game, but players have a maximum of four touches on the ball before shooting.
- Players get an extra point if they complete a one-touch goal (i.e. without controlling the ball first).

OPTIONS:

- Add neutral players (in different coloured pinnies or t-shirts) positioned wide on opposite sides of the field to support whichever team has the ball.
- Players who complete a one-touch goal on a cross-pass from one of the neutral players get 3 points.

SMALL-SIDED GAMES—SHOOTING

ACTIVITY 4: “4 GOAL GAME”



SET UP:

- Eight players, in 2 equal teams; plus 4 goalkeepers.
- Place a goal (or mark out a goal with cones) on all 4 sides of the field.

INSTRUCTIONS:

- “Go!” – one team tries to score on the 2 goals on the end lines, while the other team tries to score on the 2 goals on the sidelines.
- The first team to score 2 goals wins! Players from the losing team switch places with the goalkeepers.

OPTIONS:

- Allow both teams to score on any one of the 4 goals.
- Players get an extra point if they complete a one-touch goal (i.e. without controlling the ball first).