

WEEK 7 -- TEAM BUILDING

WARM UP

Team Games

2 teams of 6 (or 3 teams of 4). 6 cones in line approx. 5yds apart.

Passing: Wall Game. (see week 3 W-up.)

Tunnel ball: 1st player rolls ball through everyone's legs. End person picks ball up runs to front and repeats. Repeat through team with the passer taking the last position. Sit down in line when finished.

Over under: 1st passes over head, next under legs. repeat as above.

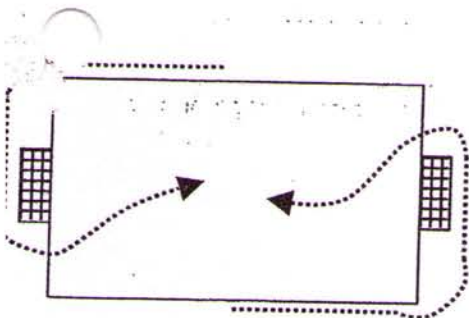
Emphasize: Team work, co-ordination.

TECHNIQUE -- WALL PASSES

Same as Pass & Shoot but coach is in center circle. Balls in goals.

Player is served ball by GK. Dribbles forwards and passes to coach. Coach wall passes back, and player runs on, dribbles and shoots. GK serves his line, goes to end of line and is replaced in goal by the 1st shooter.

Progression: Use player for the wall pass. Don't dribble on return pass, just shoot.



GAMES

Lottery

Half field. Divide into 2 groups. Put cones on corners. Teams set up on half way on opposite sides facing opposite goals. Players on each team given #'s 1 thru 6.

Coach calls a # and serves ball into field. The players with that # run around corner cone, and goal and enter field to try and score against other team's player.

Call 2, 3 or more #'s at once. Introduce teamwork. Set conditions. i.e. have to make a pass. etc.

Players Choice

Recap the major skills developed over the weeks. Allow players to choose favorite game or games.

GAME -- 4v4

4 * 10 MIN. QTRS.

Set conditions

CRM Soccer Club Practice Planner

Name:

Group:

Date:

Warm Up:

Main Theme:

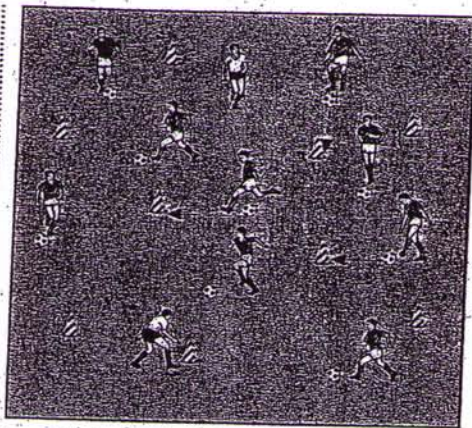
Game:

Parents: Start 'em early

1 GAME SETUP

A number of cones are distributed throughout the field. Two players are the "replacers;" each of the others has a ball.

Bingo (U6)



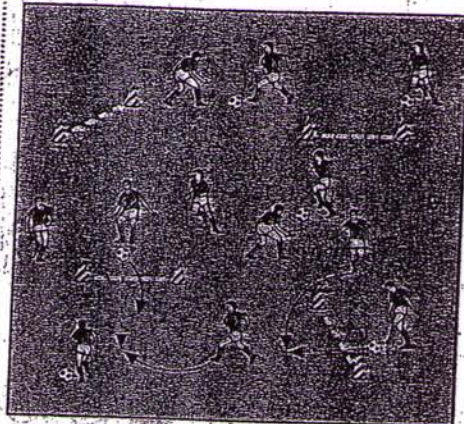
CONCEPT

The players with balls try to knock down as many cones as possible with their balls. The "replacers" (all players take turns in this role) set up the cones as fast as they're knocked down. When a player knocks down a cone, he yells "Bingo!" (the sound of a bingo card to the excitement). Who can score the most "Bingos?"

2 GAME SETUP

Four mini-goals are set up in a field. There are about half as many balls as players.

Every man for himself (U8)



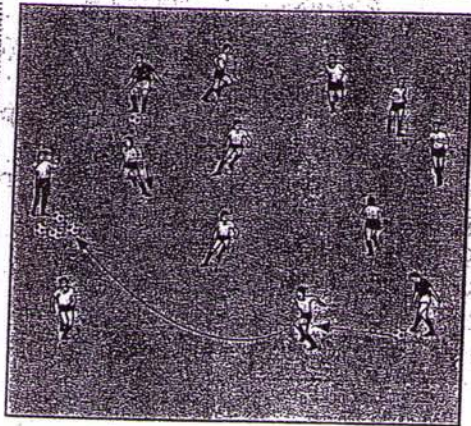
CONCEPT

Each player tries to win a ball and then score a goal by shooting between the cones. Each goal counts one point. After scoring, a player must move to a different goal. Which player can score the most goals in 8 minutes?

3 GAME SETUP

Two players (hunters) have one ball each. The other players (rabbits) spread out over the field. The coach stands off to the side with more balls.

Hunters and rabbits (U8)



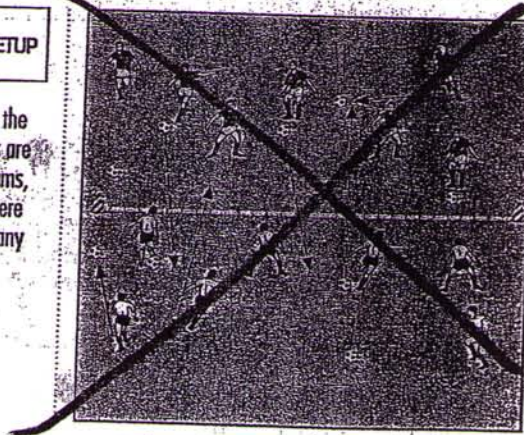
CONCEPT

The hunters try to "shoot" the rabbits with their balls. When a rabbit is hit, he gets a ball from the coach and becomes a hunter too. The round ends when only two rabbits are left; they become the first hunters for the next round.

4 GAME SETUP

A centerline divides the field in half. Players are divided into two teams, one in each half. There are about half as many balls as players.

Clean up your field (U8)



CONCEPT

Each team tries to keep its own half "clean" by shooting all the balls into the other half as fast as possible. Players may not cross the centerline (shooting line). From time to time the coach whistles; all players freeze and the balls are counted. The team with fewer balls in its half scores one point (up to five points).

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HAVE MORE FUN at practice

Some coaches get stuck in the rut of drills, drills, drills. Their players quickly get bored and lose interest. Other coaches skip the drills and just have the kids go out and scrimmage. Not a bad approach, but continual scrimmaging often slows the development of weaker players. It doesn't allow coaches to focus on improving individual and team weaknesses.

Dr. Ron Quinn, a U.S. Soccer staff coach and the women's head soccer coach at Xavier University, believes in spending most of a team's practice time playing small-sided games. His book "Peak Performance" explains dozens of such games — eight of which are described here. While the games may not replace drills or scrimmages, they give coaches fun ways to develop skills and tactical understanding.

The key behind the games is opportunity. The small sides give each player lots of chances to touch the ball. The more ball contact a player gets, the faster he or she develops skills. Similarly, the more times a player has to decide what to do with the ball, the faster he or she develops tactical understanding.

Small-sided games can be used with any age group. If a game is too easy for your players — or too difficult — it can be easily modified. You can increase or decrease the playing area, the length of the game and the number of balls, players or goals. You can also specify particular types of passes. These changes allow all players to participate at their own ability levels.

The games and exercises shown here will increase player motivation, allow for growth and individual differences and, most importantly, they'll develop excited, enthusiastic players.



ILLUSTRATION BY DUANNE HIRZEL

HOSPITAL TAG

Setup: Each player has a ball. The number of players and size of the playing area for all the games should be determined by the skill level of the players. For this game, try starting with five players within a boxed area 10-15 yards on each side.

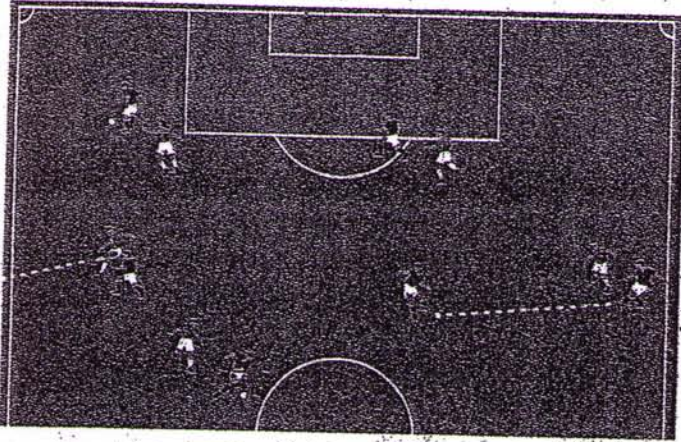
Rules: Each player dribbles and attempts to tag any player while maintaining control of the ball. Each time a player is tagged somewhere, that spot becomes injured. The player must hold that spot and continue dribbling. After he's been touched three times, the player must go to a designated place off the field (the hospital) and do an activity chosen by the coach to get healed (5-10 alternating ball touches with the feet, for example) before rejoining the game.

eight great games that teach kids skills and tactics

TEAM KNOCKOUT

Setup: One ball for every two people; two teams on half a field.

Rules: Team A is on the field. Each player on Team A has a ball. On the signal, Team B

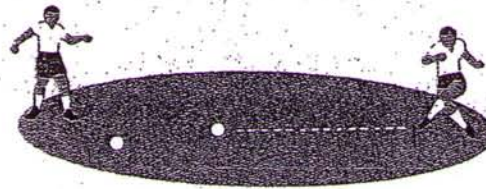


runs onto the field and attempts to kick all the balls off the field. The coach starts the clock on the signal and stops it when the last ball is kicked off the field. Team A players whose balls are kicked off the field help other teammates by getting into position to receive passes. Time stops when Team B kicks all the balls off the field.

Vary the game by having Team B players gain possession of the balls and kick them into the goal. Shots on goal should be taken outside the penalty box. The clock stops when all the balls have been kicked into the goal. Team A players who have lost possession attempt to regain control of the ball or help teammates by receiving passes.

MARBLES

Setup: One ball per person; players are set up in pairs. Play in a large, open space.



Rules: This is a passing game where players take turns trying to hit each other's balls. It starts with one player playing his ball away 5-10 yards while the second player attempts to pass his ball and hit his partner's ball. On a hit, score a point. On a miss, the

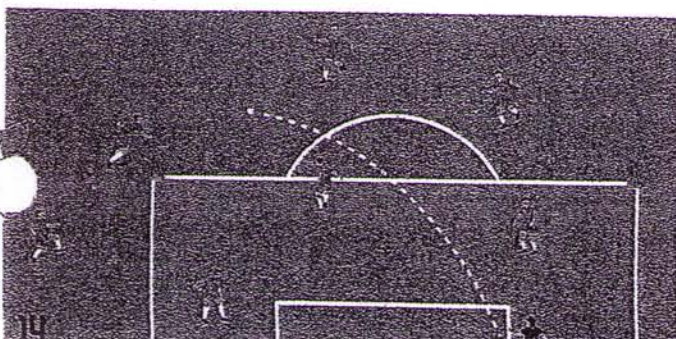
moment the passed ball moves completely past the other ball, the next player's turn

begins and he now tries to hit his partner's ball. Players immediately chase their balls after passing so that if their partners miss, they are ready to strike their balls. After a hit, restart the game with a new pass.

BASEBALL

Setup: Two teams on a baseball diamond with bases and an outfield, or use the penalty box with the 6-yard-line mark on the right side of the goal as home plate. The corners of the box are first, second and third bases.

Rules: Play the game like regular baseball



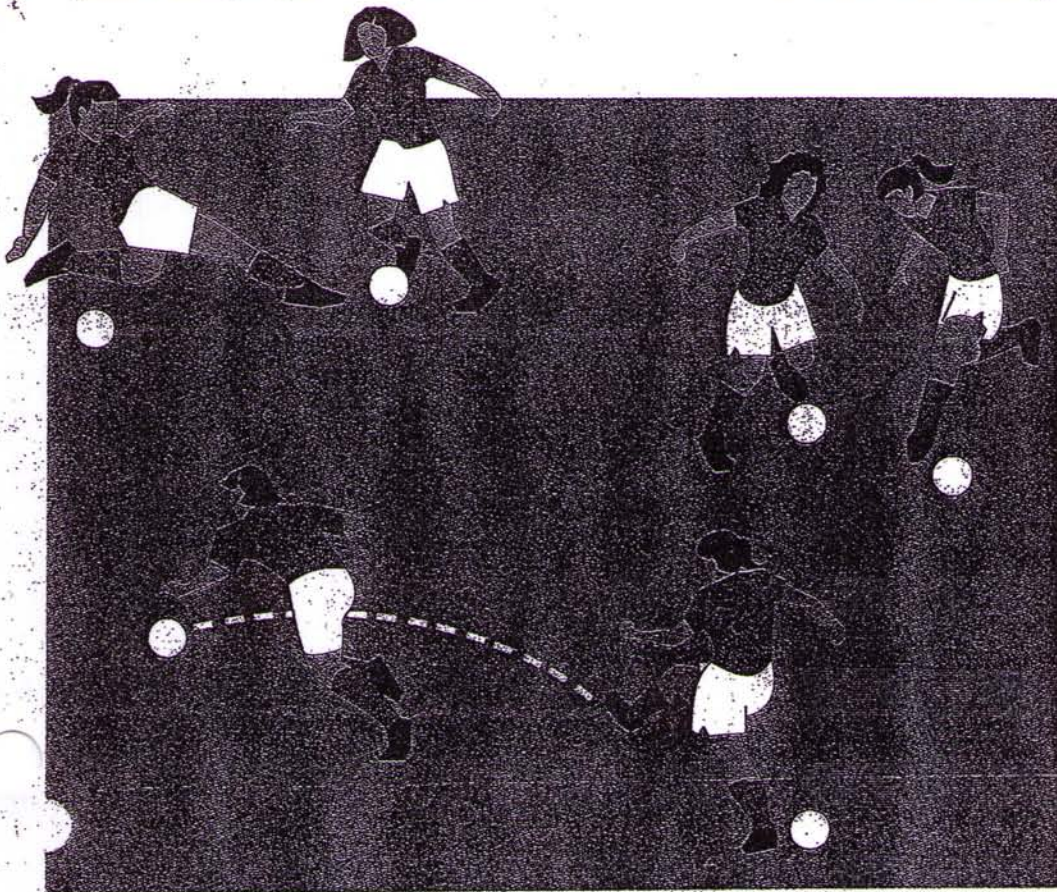
except for two rule changes: 1. Play with no outs so everyone gets a turn at bat. The inning is over when everyone has kicked. 2. The fielding team tries to place the ball in the goal before the kicker completes his run to home plate. One variation may be that all shots must come from outside the penalty box. Players on the fielding team can dribble or pass to each other to get the ball into shooting position. The kicker is out if the ball goes into the net before he crosses home plate. If he crosses home plate before a goal is scored, a run is scored. Depending on the skill level of your players, you may have them play three-, two- or one-touch or state that the shot must cross the goal line in the air.

KNOCKOUT

Setup: A confined area about 20 yards by 20 yards. Each player has a ball.

Rules: Each player dribbles her ball and tries to kick the other players' balls away. When

player's ball gets kicked, that player must immediately chase it. If she can get to it before it stops rolling, she stays in the game. If the ball stops rolling, she must do a drill of the coach's choosing before reentering. After a few minutes, the coach may want to say that there are only 30 seconds left in the game. If a player's ball gets kicked out after this point, that player must stay out. This way, the most anyone stays out of the game is 30 seconds. The key is to keep everyone involved.



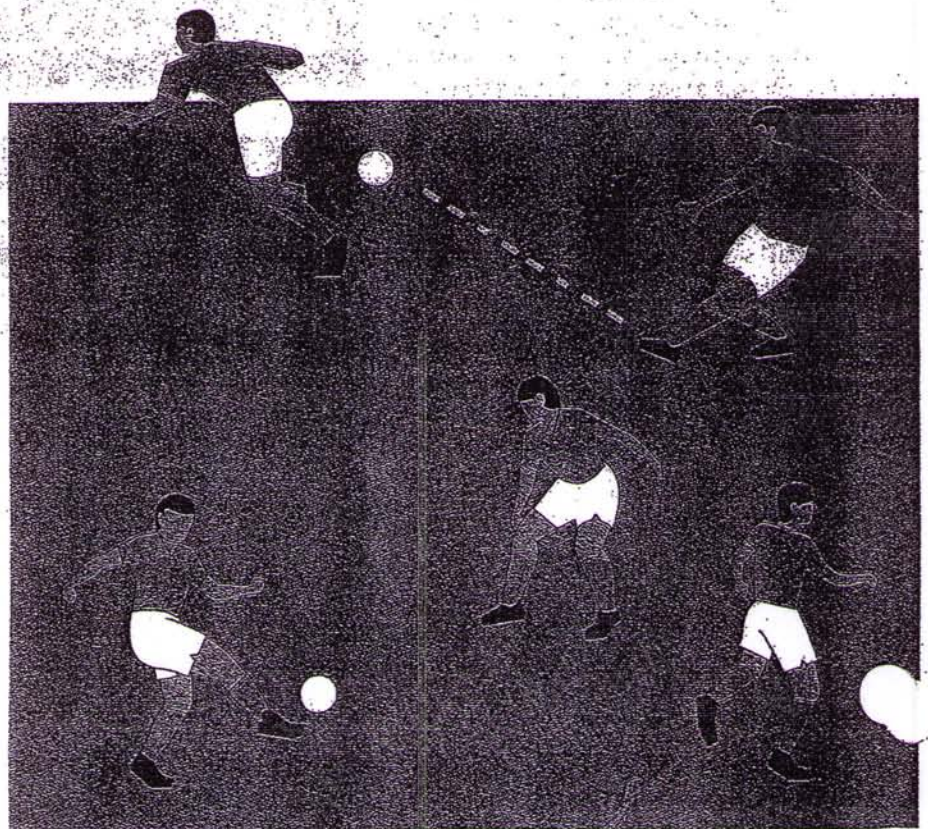
PAC MAN

Setup: A confined area about 20 yards by 20 yards. Each player has a ball.

Rules: Pac Man controls his ball while the other players run freely without controlling their balls. Pac Man dribbles and attempts to hit the other players below the waist.

When a player is hit, he gets his ball and becomes the second Pac Man. The game continues until all players have become a Pac Man.

When playing this game with girls, call it Pac Woman or Pac Girl!

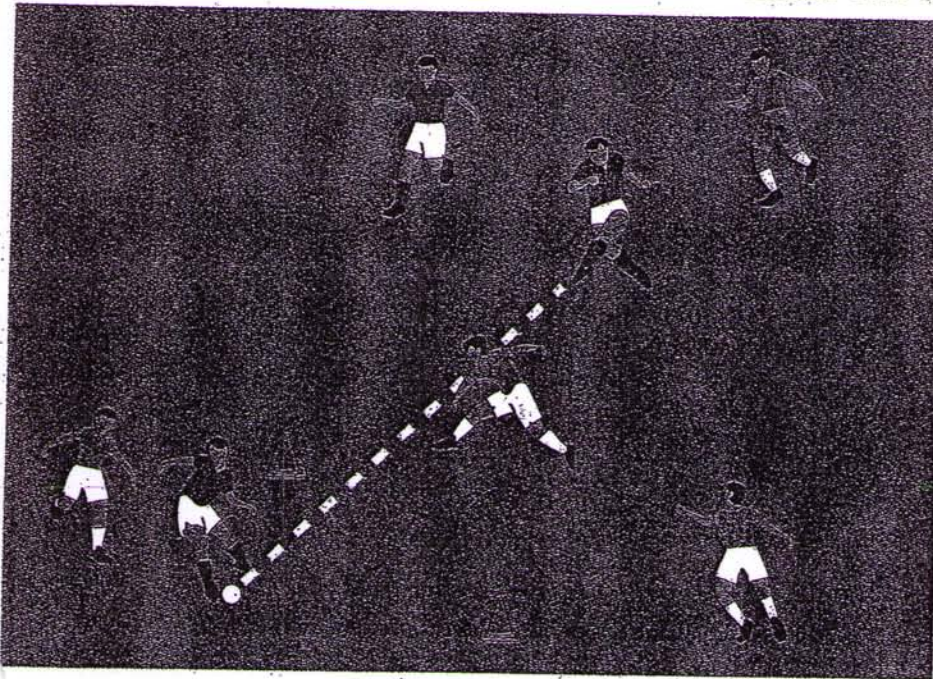


MANY GOALS (A FORWARD'S DREAM)

Setup: Two teams of 5-8 players each. Play on half a field with three or four goals set up throughout the field, with more goals if you play

on a full field. For goals, use cones set about six feet apart. You may use large goals, too.

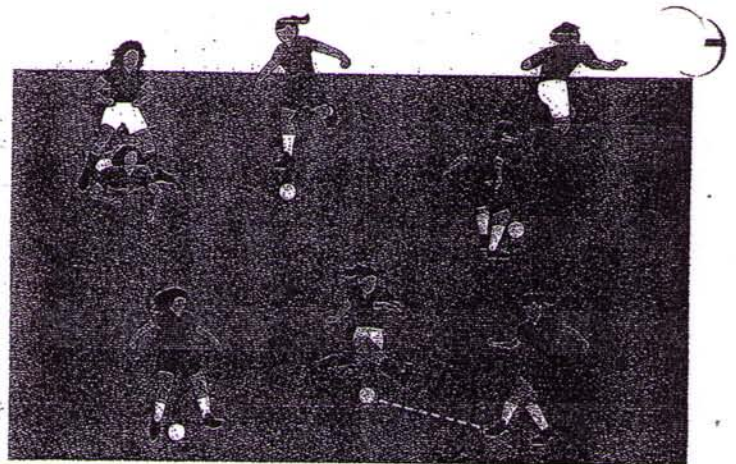
Rules: The coach tosses a ball in the air to start the game. The team that gains possession tries to score goals in the cone goals or in the large goal. A goal in the cones counts only if a teammate is on the other side of the goal and cleanly receives the ball without an opponent intercepting it or knocking it away. Score one point for every goal put in the cone goals and two points for those that go in the large goal. Vary the game by playing with or without goalkeepers and by playing with more than one ball.



DEFROST TAG

Setup: Two equal teams with one ball for every two players. Play in a confined area about 20-30 yards on each side. One team starts without balls in the area, and the other team starts with balls outside the area.

Rules: On the coach's signal, the team with the balls dribbles into the area and tries to hit the other players below the waist. The players without the balls do all they can to avoid getting hit by a ball. Once a player is hit (below the waist) with a ball, she becomes frozen and stands with her legs apart. The objective is to freeze the entire team. A frozen player can only get defrosted and rejoin



the game when a teammate crawls through her legs. When a teammate is crawling through another player's legs, she and her teammate are safe from getting hit until she has finished the crawl. This game can be played with a time limit or until all players are frozen.

FOR MORE GAMES

To get a copy of Ron Quinn's book "Peak Performance," which includes 53 more fun games, coaching concepts and sample practice lessons, send a check for \$23.50 to: QSM Consultants, P.O. Box 15176, Cincinnati, OH 45215, or call (513) 745-1084 (days) or (513) 761-6240 (evenings).

SUGGESTED ACTIVITIES

U6

Ball Retrieve

Each player has a ball.

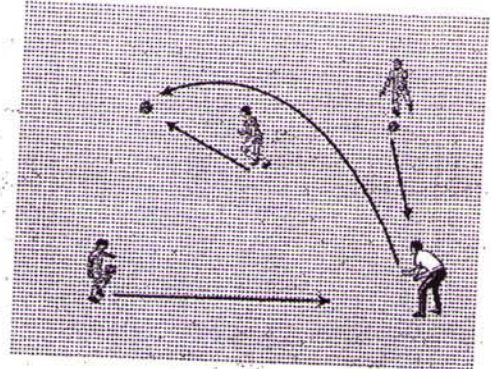
The player hands the coach their ball. (The coach can only handle one ball at a time).

The coach then tosses the ball away and the player must retrieve the ball as quickly as possible, bringing it back to the coach anyway they want. The players are encouraged to bring the ball back a different way each time.

After several opportunities to bring the ball back, the coach then calls out a number between 1 and 15 as the player gives the coach the ball. The player's challenge is to bring back the ball touching the ball that number of times.

VARIATION:

The coach can also move, so that the players must look up to see where the coach is now standing.



Body Part Dribble

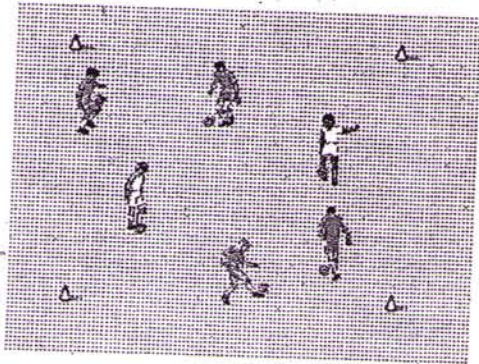
Within a confined area, players stand in random formation, each with a ball.

On the command, players dribble to keep control while avoiding touching others. While they dribble, coach calls out a body part and player immediately stops the ball with that body part. Call 'right elbow', 'chin', 'left knee' etc.

Vary by playing "Simon Says"

Key Points

- Dribbling in a confined area, close control, changing direction, changing speed.
- Reaction time, reinforce knowledge of body parts.
- Reading the environment, looking and moving into open spaces.
- Working within a group, positive interaction. Listening skills, tuning into exactly what the coach/leader is saying.



Gates

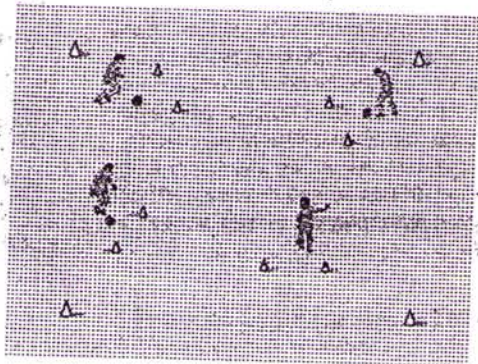
Place cones three yards apart as small goals or 'gates' randomly spaced in a 30 x 30 yard area. Each player has a ball.

On the signal, players must dribble their ball through as many gates as possible in 60 seconds. At the conclusion, ask the players "How many gates did you dribble through?" (Be ready for their answers.)

Then pose the next challenge: "Can you go again and improve on your last try?"

Key Points

- Dribbling to many targets
- Changing direction, agility, running
- Deciding which gates to do in the shortest amount of time.
- All players are able to participate and improve at their level.



The Blob

This is a variation of an age old tag game.

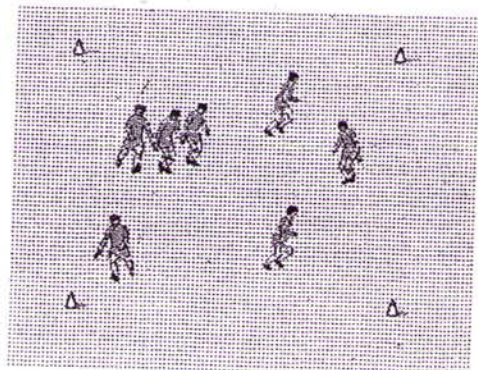
Players are randomly spaced on a half field, or an area of 30 x 40 yards.

The player that is "it", runs and tries to tag the other players. As a player is tagged, they join hands and begin to form 'the blob'. Joined players try to tag others.

When the blob reaches six players, it can break up and mutate into 2 blobs of 3. Continue until all players are caught.

Key Points

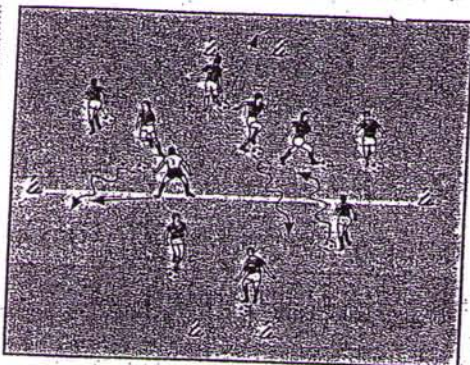
- Running, changing direction
- Decision making
- Group Success, giving players a sense of belonging



Great wall of china (U6)

5 GAME SETUP

Each player has a ball. The "Great Wall" is the coach, who moves back and forth along the centerline. A goal is marked on each endline.



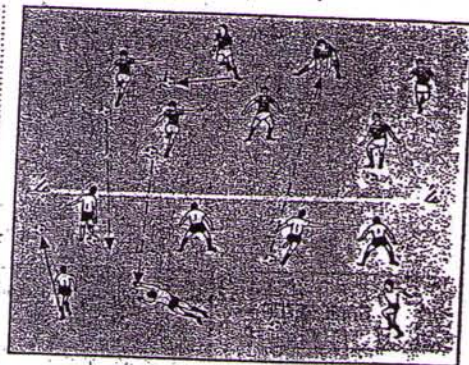
CONCEPT

Each player tries to dribble from one goal to the other, while the coach moves back and forth, trying to keep everyone from crossing. Players must wait for a hole and "scoot" through. Each goal scores one point, but if the coach touches a player's ball, that player loses a point. Who can score the most points in 8 minutes?

(U8) Shooting at the wall (Indoors)

6 GAME SETUP

Two teams face each other, one in each half. The centerline is clearly marked. There are about half as many balls as players.



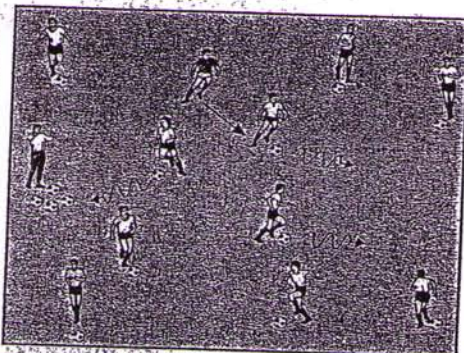
CONCEPT

Each player tries to hit the opposite wall with a ball, without crossing the centerline. At the same time, each player is goalkeeper and may stop incoming shots with his hands. Players may only shoot balls that are at rest (lay down the ball, look, run, shoot). Which team can score the most hits in 10 minutes?

Tigerball (U6/8)

7 GAME SETUP

Each player has a ball, except for the "tiger."



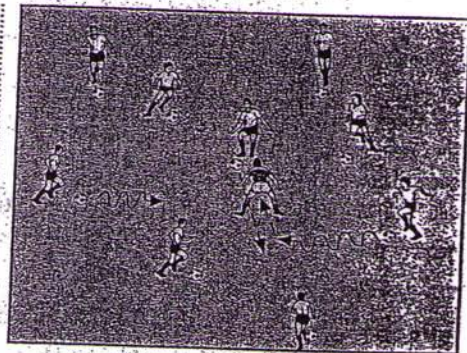
CONCEPT

At the coach's signal, the tiger tries to steal a ball from one of the other players. To win it, he must hold it in his hands and take it to the coach. The player who lost his ball becomes a tiger too. The last player with a ball is the winner, and becomes the first tiger in the next round.

Tunnel soccer (U6)

8 GAME SETUP

Each player has a ball. The coach has no ball, but moves about the field with the players.



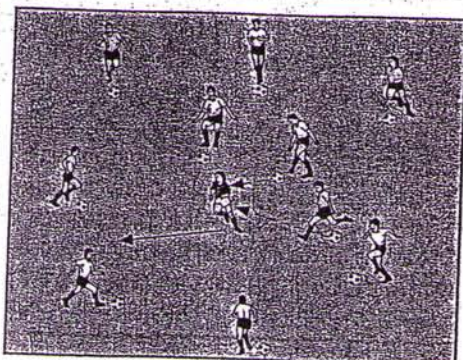
CONCEPT

While moving around the field, from time to time the coach stops and spreads his legs to form a "tunnel." The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots, the coach moves on again. Who can score the most points in 5 minutes?

Ouch! (U6)

9 GAME SETUP

Each player has a ball. The coach has no ball, but moves about the field with the players.



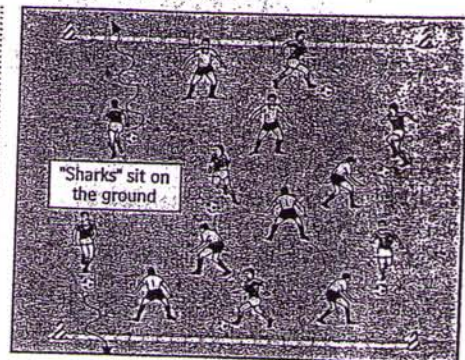
CONCEPT

Each player tries to hit the coach with his ball as often as possible, while the coach tries to dodge all the shots. Whenever the coach gets hit, he yells "ouch!" which makes it more exciting for the children. Each hit scores one point. Who can score the most points in 5 minutes?

Shark pool (U6)

10 GAME SETUP

Half of the players (sharks) sit on the ground without balls. Each of the other players has a ball.



CONCEPT

Keeping their balls close to their bodies, the players with balls try to dribble from one endline to the other as often as possible. Each crossing scores one point. If a player loses his ball to a shark, the two players immediately switch roles. Who can score the most points in 10 minutes?



U.S. Soccer Youth Certificate Course
Lesson Plan

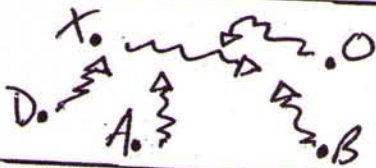
Name: WISCONSIN YOUTH SOCCER ASSOC. Date: _____
 Age Group: U6 Site Location (i.e. school or field location, state): _____
 Theme: NO THEME NECESSARY WITH U6'S

Activity

Coaching Points

1st Activity (warm-up)

IDENTIFIERS



PLAYERS RUN AROUND PLAYING AREA AT RANDOM. COACH CALLS OUT IDENTIFIER OF A GROUP OF PLAYERS OR PLAYER, WHO THEN BECOME HUNTERS. WHO CAN TAG THE MOST PLAYERS IN A MINUTE? IDENTIFIERS CAN BE: HAIR COLOR, T-SHIRT COLOR, SOCK COLORS, LETTER OF NAME, etc.
 PROGRESSIONS: EVERYBODY HAS A BALL; PLAYERS DRIBBLE AND "HUNT" WHILE KEEPING THEIR BALL CLOSE

2nd Activity

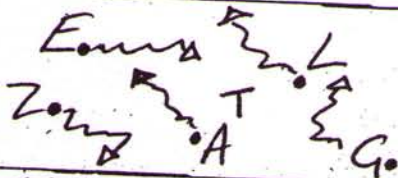
DOG AND MASTER



EACH PLAYER (MASTER) DRIBBLES THEIR BALL (DOG). THE COACH CALLS OUT VARIOUS COMMANDS: KEEP HIM ON A SHORT LEASH, DOG RUNS AWAY THEN CATCH IT, MASTER STROKES DOG, MASTER JOSS WITH DOG, MASTERS SNAG DOGS, ETC.
 INTRODUCE: TALL CONES AS TREES (STAY AWAY FROM TREES), INTRODUCE AN EVIL DOG CATCHER WHO KICKS BALL OUT OF PARK (PLAYERS HAVE TO SEE PARK WAGER/COACH TO GET BACK INTO PARK)

3rd Activity

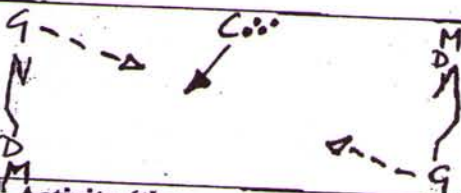
TIGERS IN THE JUNGLE



EACH CHILD CHOOSES TO BE A TYPE OF ANIMAL THAT LIVES IN THE JUNGLE & MAKES THE SOUND OF THAT ANIMAL. ONLY TIGERS ARE NOT ALLOWED. THE TIGER IS MOST FEARED & KICKS BALLS OUT OF THE JUNGLE INTO THE SWAMP. IF A BALL IS KICKED IN THE SWAMP, THE ANIMALS CAN BRING IT BACK, BUT MUST STAND WITH LEGS APART & BALL IN AIR. GIVEN ANOTHER ANIMAL DRIBBLES THRU THEIR LEGS, THEY'RE FREE TO PLAY AGAIN.
 PROGRESSIONS: ANIMALS DRIBBLE ONLY USING LEFT FOOT, OUTSIDE OF FEET, ETC

4th Activity

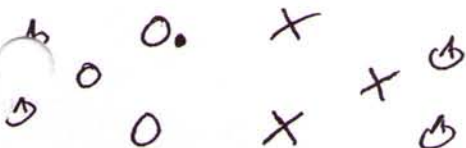
DISNEY GAME



2 TEAMS OF EQUAL NUMBER STAND AT EACH END OF A 25x18y area. GIVE EACH PLAYER A DISNEY CHARACTER NAME (MAKE SURE THERE'S A MATCHING CHARACTER AT EACH END). COACH SENDS IN A BALL & CALLS OUT A CHARACTER NAME. THESE 2 PLAYERS COME IN & PLAY 1v1. AFTER A GOAL IS SCORED OR THE BALL GOES OUT, THE PLAYERS GO BACK TO THEIR STARTING SPOT.
 PROGRESSIONS: 2 NAMES FOR 2v2, WITH OLDER PLAYERS TRY CALLING OUT 2 DIFFERENT NAMES (1st NAME FROM ONE END, 2nd NAME FROM OTHER).
 COMMENTS: Don't be afraid to play more than 1v1 at a time

5th Activity (the game)

2v2 OR 3v3



ADDITIONAL DRIBBLING GAMES

Wicked Witch of the West

Set up a bending line of cones. At 1 end of the line place a Wicked Witch (a parent, asst coach) and have players at the other end of the cones. Each player tries to dribble down the windy orange brick road, zigzagging through the cones. At the end of the road when they meet the Wicked Witch they have to shoot the ball between her legs to melt her.

What's the time Mr. Wolf

Coach starts as the big bad wolf. Each little pig has a brick house (a cone on the ground). The Pigs shout "What's the time Mr. Wolf" and the wolf shouts back a time. Each player advances the ball the number the wolf shouts out. Pigs ask again and repeat. When the Wolf shouts "Dinnertime", the pigs have to dribble their soccer balls back to their house and the wolf chases and tries to kick their ball away. Let each player have a go as the wolf.

Teaching points: Use soft touches to keep away from Wolf, and then dribble at speed and stop ball with feet only.

Progressions: Put cones in the way as trees that players avoid. Use multiple wolfs, or place wolf close to houses so pigs have to get past.

Knockout

Each player with a ball inside a square. On command "knockout" players are allowed to try and kick other players balls out, but must keep their own ball inside square.

Traffic Lights

Players start on one end of (Soccer city) grid with their soccer balls (car). Coach is the traffic light (or traffic cop). Coach shouts various colors of traffic lights and players try to drive their soccer cars to Soccer town at the other end of grid. On command "red light" players need to stop their car with the sole of the foot and not move. If they move they return to soccer city and start again. Play to see who reaches Soccer town first.

Teaching Points: Dribbling and control movement.

Progressions: Add "yellow light" and make players do a stationary tic-tock or hat dance. Add additional commands: reverse where players go backwards, go home players turn and head back home, left, right etc.

Multiple Square Games

A: Using 4 adjacent squares. All players start in one square with ball. Coach calls a square number and players move their ball to that square and keep dribbling inside new square until coach calls another number.

B: Split players into all 4 squares. Call 2 square numbers and those players have to switch squares.

C: Have players from 1 square on command try to go and steal balls

Relay races

Set up multiple teams of 3 or 4 players. For each team set up a short course of cones that players have to dribble through. Players then dribble back, give ball to next person who repeats the course. When all players in a team have completed they sit in a straight line with their hands on their heads.

Downhill Skiing

Set up multiple gates in a grid. Each gate should be about 2-3 ft wide. Players are skiing (dribbling their ball) inside the grid but not going through the gates until the coach shouts " Lets go Skiing" then players try to ski through as many different gates as possible in the time coach allows.

Shark Attack

Set up 3 Islands. Divide players onto the 3 Islands. Each player with a ball. Coach starts as the shark in the middle of the ocean. The shark holds a cone on his/her head, or hands to designate a shark fin, so everyone knows they are the shark. When Coach shouts "shark attack" the players have to swim (dribble) their balls to either of the other 2 islands. The shark attempts to kick soccer balls away. Any soccer balls kicked away, then that player also becomes a shark. Play until 1 person left, who becomes the new shark for the next game.

Teaching points: Players have to respond to the defenders movements and keep possession of the ball. A lot less and more game like than the above relay races.

ADDITIONAL PASSING GAMES

Soccer Bowling

Set up several cones as pins. Arrange players in a circle around the pins and have each player attempt 2 passes to knock as many pins down as possible.

Soccer Golf

Set up a golf course similar to the skiing course using gates as the holes. Have players pass their ball through the gates in the order you designate. Players count their number of passes. The lowest score wins.

Teaching points: A variety of passing techniques, short, angled, long.

Variation: Have players design the course, or use obstacles such as trees, parents that players have to pass around.

Tunnel Game

In pairs players have a ball. 1 player stands with his/her legs shoulder width apart. Player tries to pass ball through the legs. They take it in turns to try and score points.

Scoring: 3 pts if it goes through without touching. 2pts if it touches a leg and still goes through, 1 pt hits leg but doesn't go through. 0pt if misses.

Progression: As ball goes through legs the tunnel player turns and runs and receives it dribbles back towards partner and passes. The partner moves to let the ball pass through legs, turns and runs to receive it.

Teaching point: For the progression it gets the receiver into getting their body behind the ball.

Stuck in the mud

In a grid about 20 by 20, players are dribbling their soccer balls. Have 2 or 3 players as Swamp Monsters outside the grid with a ball each. On "go" the swamp monsters dribble their balls into the grid and attempt to hit players on the knees and below or soccer ball. If a player gets hit, or leaves the grid, they are stuck in the mud and they pick the ball and hold it on their head, and stand with legs apart. Other players may release them by passing their ball through stuck players legs. Rotate through the team as Swamp monsters and see who can get the most people stuck.

Teaching Points: Good passing technique, passing to where a player is running, good control, turning and changing of direction technique for the players in the swamp.