

BALL FAMILIARITY

Author: Ian McCallum - Bainbridge Island FC

» 3-5 years of age

PAINT THE HOUSE

Area: Open

Duration: 20 second intervals x 9

Players: 2+



Each player has a ball. Each player has their own 6x6 grid for physical distancing considerations. The grid is their "house". Players paint their house by rolling the ball over with their foot. Players start on one end and go to the other.

Who can paint their entire square? Have their parents with them sketching where to go in the grid and then go to see their results. Have players move into the next grid.

TIC TOC'S

Area: Open

Duration: 20 second intervals x 9

Players: 2+



Each player has a ball. Each player has their own grid for physical distancing considerations. The grid is their house. They are told they have 20 seconds to do as many "tic tocs" inside their own grid. A tic toc is putting the ball in between their feet and touch it back and forth. Players start in one grid and then got to another.

Can you get one more tic toc?

ABC'S

Area: Open

Duration: 20 second intervals x 9

Players: 2+



Each player has a ball. Each player has their own grid for physical distancing considerations. The grid is their house. They are told that they have 20 seconds to draw a letter with their ball by only using their feet. Start with A.

Have players move into the next grid. Can they draw two letters with their ball?

DAGGING

Area: Open

Duration: 3-4 races

Players: 2+



Each player has a ball. Each player has their own 6x6 grid for physical distancing considerations. Players start on one end. When the coach says "go" the players drag the ball with the sole of the foot backwards. The start on end and drag the ball to the other.

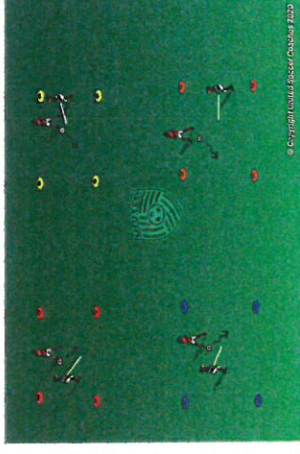
Variation: Drag races. When the coach says "go" they drag the ball as fast as they can and stop the ball on the other line.

THE LAST JEDI

Area: Open

Duration: 20 second intervals

Players: 2+



Each player has a ball. Each player has their own 6x6 grid for physical distancing considerations. A parent (approved) goes in the grid with them. They are each giving a pool noodle. The pool noodle is their light sabre. The player with the ball try to dribble their ball without having the light sabre poke it. If their ball gets poked they have 2 toe taps and can go again.

RED & GREEN

Area: Open

Duration: 20 second intervals

Players: 2+



Each player has a ball. Each player has their own 6x6 grid for physical distancing considerations. A parent (approved) goes in the grid with them. They can also stand outside the grid. Each parent yells either green or red. The player with the ball dribbles. When red is called by their parent, they stop the ball dead. When green is called they go but must stay in their grid.

Variation: Parent holds up a red or green towel, dish cloth, etc. No verbal commands.

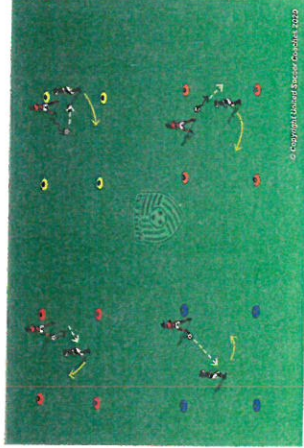
STRIKING THE BALL

Author: Vince Ganzberg - United Soccer Coaches (Education Content Coordinator)

» 3-5 years of age

'OUCH'

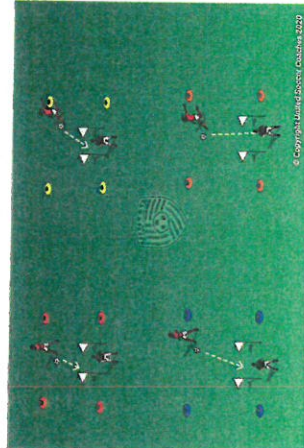
Area: Open
Duration: 20 second games
Players: 2+



Each player has a ball. Each player has their own 6x6 grid for physical distancing considerations. A parent (approved) goes in the grid with them. The player starts when the coach says "go". They are trying to strike their ball and try to hit their parent's leg. When that happens the parent yells 'ouch'.

OPEN GOAL

Area: Open
Duration: 20 second games
Players: 2+



Each player has a ball. Each player has their own 6x6 grid for physical distancing considerations. A parent (approved) goes in the grid with them. The goal is open. The parent stands behind the goal (flags). They then collect the ball and roll it back to the player to go again.

Variation: Can they score an open goal by shooting and getting as close to hitting 1 of the 2 flags as possible. Try not to hit but get close! This will lead into the game called "Closed Goal"

CLOSED GOAL

Area: Open
Duration: 20 second games
Players: 2+



Each player has a ball. Each player has their own 6x6 grid for physical distancing considerations. A parent (approved) goes in the grid with them. The parent now stands in between the flags. They are now closing the goal and activating as a GK. The first few games the parents have to play GK with their hands behind their back. They can move. After 2-3 games with this restriction, allow them to use their hands. Players try to score as many goals as possible.

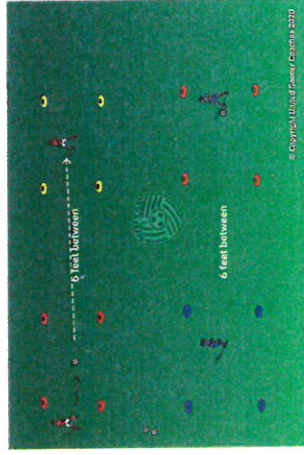
INTRODUCTION TO PASSING

Author: Vince Ganzberg - United Soccer Coaches (Education Content Coordinator)

» 4-8 years of age

"ADDITION"

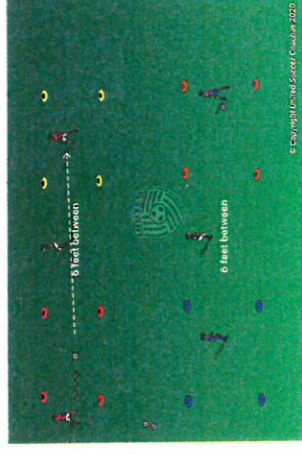
Area: Open
Duration: 3-4 games
Players: 2+



Each player has their own ball. Each player has their own 6x6 grid for physical distancing considerations. They are teamed up with someone across from them. When the coach says "go" they pass their ball and see how many times they can do this together before the coach says "stop". Players ADD up their points. The player is allowed to dribble in their grid but can not go out of it. Celebrate successes. "Can they get one more?" The coach can determine how short or long to go depending on success.

"SUBTRACTION"

Area: Open
Duration: 3-4 games
Players: 2+

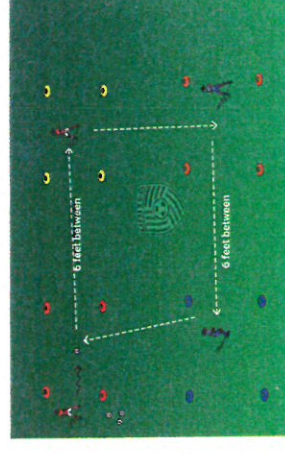


Same game as above except now ask a couple of parents to be in between the two grids. If the coach intercepts a point then it is subtracted from the total.

Note: parents should allow for players to get positive points before trying to intercept a pass. An alternative for the parent is to give them each a pool noodle. If the noodle hits the ball then a point is subtracted.

AROUND THE WORLD

Area: Open
Duration: Play 4-6 games
Players: 4+



Each player has their own 6x6 grid for physical distancing considerations. A ball starts at one grid. When the coach says "go" they pass the ball clockwise into the other grids. The coach then announces their time. Continue with all of the balls. "Can they go faster?"

IMPROVING THE TECHNIQUE OF DRIBBLING & PASSING

Author: Massachusetts Youth Soccer

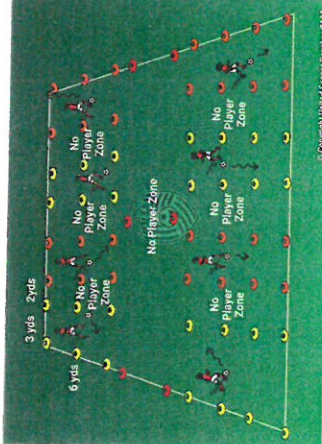
» 5-6 year olds

4 SURFACES DRIBBLING

Area: 15Wx20L

Duration: 15 min 10x1min 30 sec rest

Players: 6+



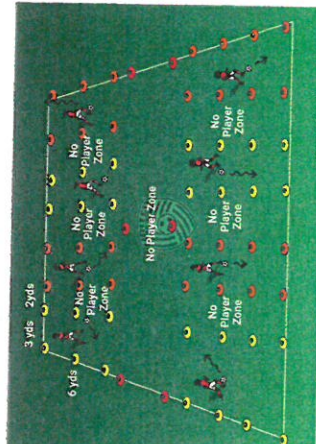
- » Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space.
- » The players try to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinkie toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for min. space requirements for social distancing.

BODY PARTS

Area: 15Wx20L

Duration: 6 intervals-2 min. play-30 sec. rest

Players: 2+



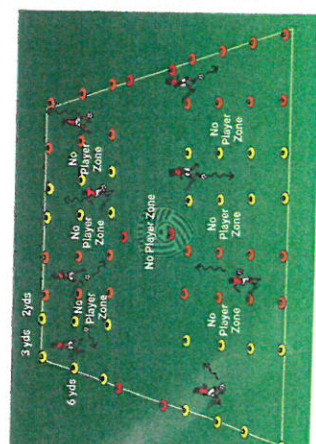
- » Same space as above. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Within their grid, the players perform the 4 surfaces from the activity above.
- » When the coach calls out a body part (foot, elbow, hand, etc., avoid body parts above chest high) the players race to touch that body part to their soccer ball. The 1st player to complete the task wins 1 point. Coach should vary the body parts and can call out 2 body parts to see how the players solve the problem.
- » Once a player gets to 10 points, they win the round. Coach can start a new round with all scores going back to zero.

RED-GREEN LIGHT

Area: 20Wx30L

Duration:

Players: 2+



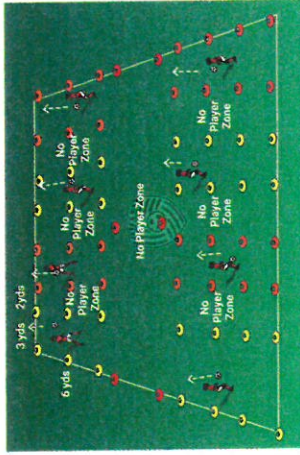
- » In a 20W x 30L field, set up 3W x 13L lanes with a minimum of 2 yards between each lane & a 4 yard "no player zone" in the middle.
- » Each player starts with a soccer ball and plays in their own lane, working toward the central zone. If the ball goes out, quickly retrieve it and come back to your space. When the coach calls out "GREEN LIGHT," the players dribble their ball as fast as they can toward the center zone. When the coach calls out, "RED LIGHT," the players must stop their ball and put their big toe on top of it. Any player who does not stop their ball must return to the end line where they started and begin playing again. The 1st player to dribble to the end of their lane and stop their ball on the line wins the round.

KICK & CATCH

Area: 15x20

Duration: 1 min. play-30 sec. rest

Players: 6+



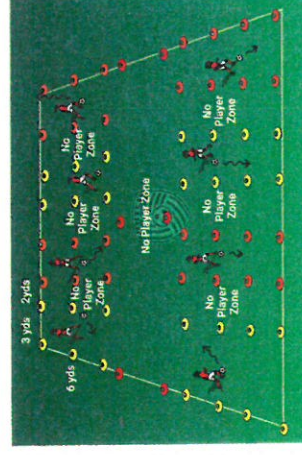
- » Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space.
- » The players start with their soccer ball in their hands. Gently toss the ball into the air, touch the ball with your thigh or foot (coach's choice) then catch it before it hits the ground. Players will count how many times they can complete the task in 1 minute.
- » Each interval, coach either asks the players to beat their last score or introduce a new surface to hit the ball back to their hands. Surfaces can be left thigh, right thigh, left foot or right foot.

PAINT THE FIELD

Area: 15Wx20L

Duration: 6 intervals-90 sec. play-30 sec. rest

Players: 6+



- » Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Within their grid, the players will pretend their soccer ball is a paint brush. Each player selects their favorite color. Wherever the ball rolls, it paints a colored line on the field. The players will try to paint as much of the field as possible in the allotted time.

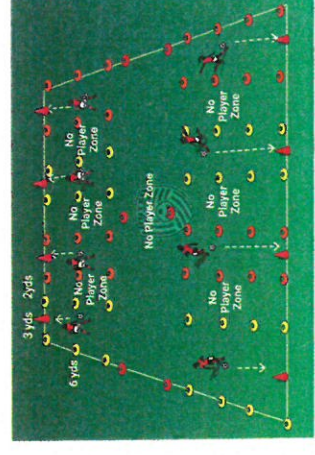
Variations: Ask the players to paint shapes (triangle, circle, etc.) Spell their name or paint a smiley face.

SOCCER BOWLING

Area: 15Lx20W

Duration: 14 min.-7 intervals-90 sec. play-30 sec. rest

Players: 4+



- » Each grid has a tall cone on the end line so after players kick the ball it will not travel to another player's grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players will start with their soccer ball & 1 step away from the cone. They will try to kick their ball at the cone to knock it down. If they miss, they try again from the same spot. If they knock the cone down, they move their soccer ball 2 steps away; then 3 steps, 4 steps & so on. In the time allotted, which player ends up the furthest away from their tall cone?

Variations: Players who have hit the cone multiple

INTRODUCING RUNNING WITH AND TURNING THE BALL

Author: Vince Ganzberg - United Soccer Coaches (Education Content Coordinator)

- » 5-6 year olds
- » Physical distancing
- » Improve running with the ball and turning
- » Introduce dribbling with the head up (Part 2 and on)

BOX DRIBBLING

Area: Open

Duration: Play the game 3 times

Players: 5



- » Each player has their own 6x6 box and their own ball.
 - » When coach says "go" they dribble around 1 cone, come back to the middle and sit.
 - » The next round is dribble around 2 cones and then sit.
 - » Third round is 3 cones and sit.
 - » Fourth round is four cones and sit.
 - » Each round, select a new way to dribble the ball around the cones.
- Example: Round 1-any foot, Round 2, one foot, Round 3, other foot, Round 4, any foot again.

BOX DRIBBLING PART 2

Area: Open

Duration: Play the game 3 times

Players: 5



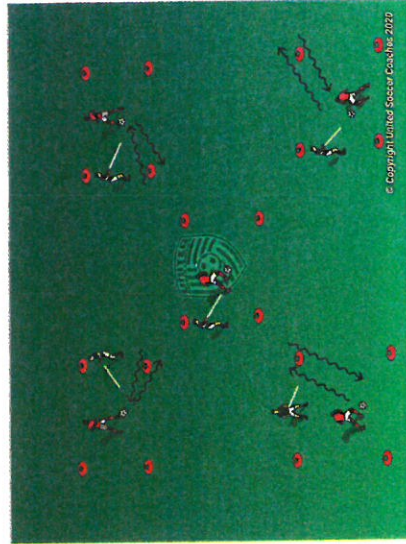
Example: Round 1-any foot, Round 2, one foot, Round 3, other foot, Round 4, any foot again.

BOX DRIBBLING PART 3 (STRINGRAY)

Area: Open

Duration: Play the game 3 times

Players: 5



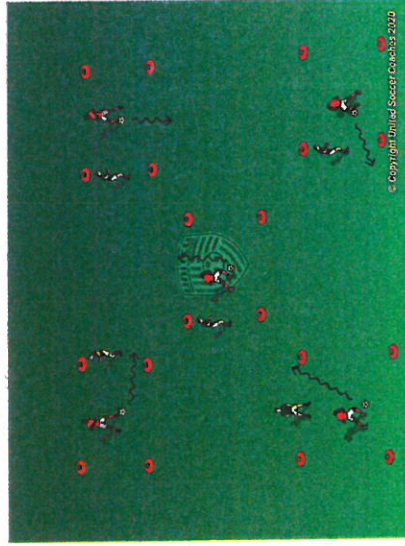
- » The parent has a pool noodle in their hand. They are a "stringray".
- » The player inside the box attempts to dribble around 1 cone without their ball being touched by the pool noodle. Progress to 2 cones, 3 cones, etc. Parents are allowed to walk around.
- » If a ball gets touched they have to stop and do 3 toe taps before moving.
- » How can they keep their ball away from the stringray?

BOX DRIBBLING PART 4 (3 OR 1?)

Area: Open

Duration: Play the game 3 times

Players: 5



- » The parents, now go to one side of the box.
- » The player inside the box is challenged to dribble past their parent between the cones. If they do they get 3 points.
- » They can, however, choose to dribble to one of the free sides to get 1 point. They are only allowed to do this 1 time per game.
- » The parents have to move with their hands behind their backs.

Dribbling

Author: Samantha Snow - United Soccer Coaches (Education Staff)

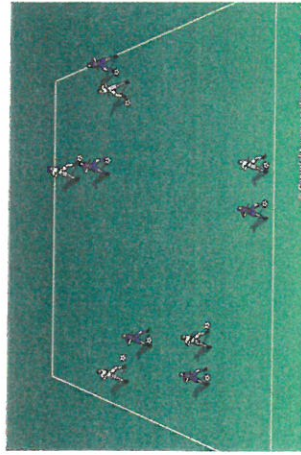
» 3-5 years of age

Donald Duck Tag

Area: Open

Duration: 30-60 second games

Players: 2+



Players have a partner or a parent (Level 1) that they are playing against. Both players have a ball and use 'Duck Walk' to control the ball and play tag. When a player gets tagged by their partner, they immediately turn around try to tag their partner while continuing the Duck Walk.

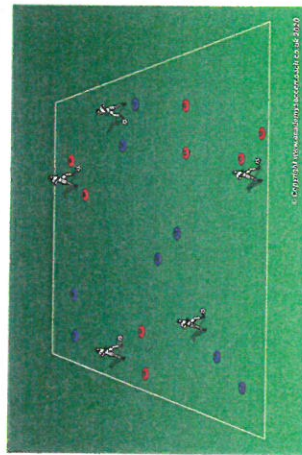
To Duck Walk, players use the inside of their feet and keep their toes pointed up when they touch the ball to keep it close to them. Let players know that they can only reach out and tag their partner if they have their ball at their feet.

Rodeo

Area: Open

Duration: 30-60 second games

Players: 2+



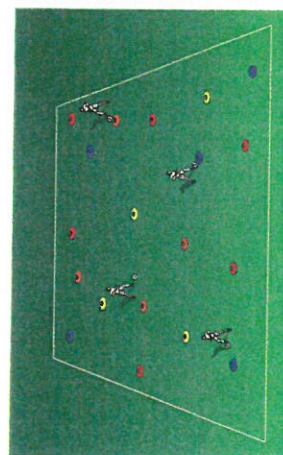
Players are Cowboys and Cowgirls at the Rodeo and the soccer ball is their horse. Players use their feet to take their horse through as many rodeo gates as they can. Encourage players to use their laces to push their ball through the gate and run after it as fast as they can, then use the sole of their foot to stop the ball and slow their horse down before dribbling to another gate.

Squish the Fish

Area: Open

Duration: 30-60 second games

Players: 2+



Each player has a ball and must 'Squish' as many fish as they can. Each disk cone is a fish and players use their sole to roll the ball on top of the cone and 'squish the fish'. For younger players, they can hold on to a parent for balance while squishing. Encourage players to keep the ball close to their body; "try to touch the ball with your foot every time you take a step!"

Mix it Up! Ask players to alternate colors of the fish they squish each time; i.e. squish a blue fish,

Movement Development

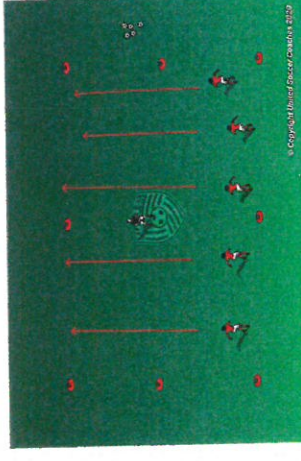
Author: Steve Dreggits - Soccer Shots

Funny Farmer

Area: Open

Duration: 3-4 games

Players: 2+



Round 1: The farmer (coach) is trying to get all of their animals (you) back into their pens! On the count of 3, yell out what noise your animal makes. 1, 2, 3..!

When the funny farmer says, "GO!" the animals will run by the farmer to get to the other side of the field. Say, "I can do it!" and have confidence in yourself.

If the funny farmer tags you, you become the new funny farmer and try to tag the other animals!

Round 2: This time when you get tagged, join the funny farmer. This way, the farmers can work together and try to tag the rest of the players!

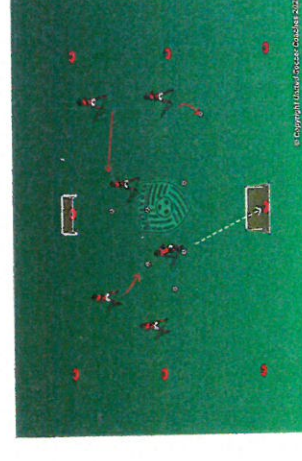
Round 3: Add a soccer ball into the mix! Play rounds 1 and 2 using your Soccer Shots moves to get past the funny farmer.

Many Medals

Area: Open

Duration: 3-4 games

Players: 2+



Set-up: Set up cones to create a small field. Add a goal (can use cones, toys or other objects) to each end line. Spread out soccer balls (or other balls) around the field.

When your family member says, "GO," collect as many medals (soccer balls) as you can and take them home (kick them in the goals). Use the pull-back or step over move while collecting your medals. Try each move with courage!

For added fun, ask your family member to time you. Or, add obstacles to the field and have a family member step in to play defense. See if you can steer clear of the defender and obstacles.

Daring Defender

Area: Open

Duration: Play 4-6 games

Players: 4+



Round 1: Your parent or family member starts as the daring defender. Dribble around the field and use your soccer moves, to stay away from the daring defender! If the defender tags you, pick up your soccer ball and raise it high above your head. You must stand in this position until your teammate passes their soccer ball through your legs and sets you free!

Round 2: Now it's the player's turn to be the daring defender! Can you steal your family member's soccer ball? Make sure to stay around the

MOVING WITH THE BALL

Author: Sam Snow - United Soccer Coaches (Education Staff)

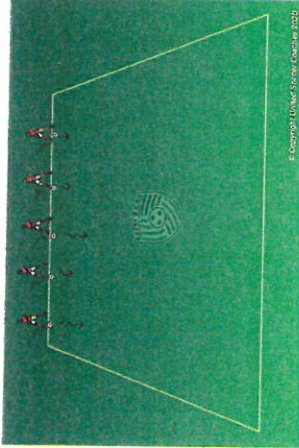
» 5-8 year olds

RED LIGHT-GREEN LIGHT

Area: 10x15 yard rectangle

Duration: 4-6 games

Players: 2+



The coach asks the players to move around the area with their ball. Some of the players may carry it with their hands as they move around; while others may dribble the ball with their feet...it is OK!

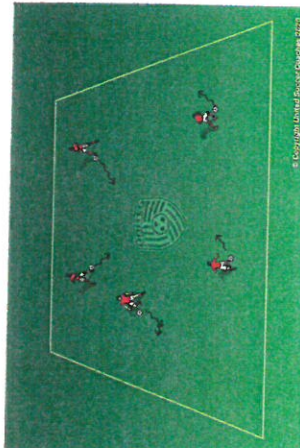
Variations: When the coach says, "green light", players dribble their ball with their feet. When the coach says, "red light", players must stop their ball and stand still. When the coach says "green light" again, the players begin to dribble their ball again. Have fun with their imaginations...have the players make "brake" sounds when coach says, "red light" and have them make loud "motor sounds" when coach says, "green light".

BODY PARTS

Area: 15x20

Duration: 4-6 games of 30-60 seconds

Players: 2+



The players dribble freely in the area. When the coach says "NOW", the players must stop the ball with any body part. Keep it going.

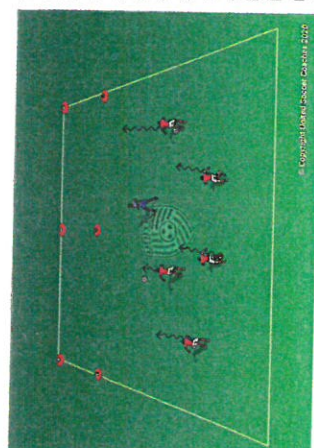
Variation: After the players try it a few times, the coach will yell out a specific body part. Each player must try to stop the ball with that body part. Keep it going.

SHARKS & MINNOWS

Area: 10x15

Duration: 4-6 games

Players: 2+



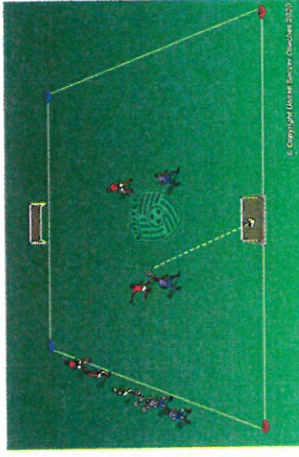
The minnows line up side-by-side along one of the 10 yd lines facing the other 10 yd line. The sharks position themselves inside the grid facing the minnows. When the coach says, "swim", the minnows try to dribble their soccer balls past the sharks, safely to the other side of the grid. If a shark steals a soccer ball from a minnow or kicks a ball out of the grid, the minnow becomes a shark and the family of sharks grows. The minnows that make it safely to the opposite side get to swim again on the coach's command. Continue until all the players become sharks. If a shark steals a ball and can dribble it over any line of the grid, then the shark becomes a minnow and the minnow becomes a shark. These are games of inclusion...no one sits out.

GET OUT OF THERE!

Area: 15x20

Duration: 4-6 games

Players: 6+



The coach kicks a ball onto the field. The first player from each team chases the ball and plays 1v1. The players shoot at the goal that is farthest from their starting position. If the ball goes out of bounds or is scored, the players must get off the field immediately and return to the end of their line. If they do not get off the field quickly, the coach yells, "Get Outa There!" Once the players are off the field, the coach kicks the next ball onto the field and the next 1v1 begins. The ball is the cue. If the coach says, "ONE" before she serves the ball onto the field, then the game is a 1v1, like above. If the coach says, "TWO" before she serves the ball onto the field, then the game is a 2v2....2 players from each line play against each other.

2V2-3V3 GAME

Area: 30x20

Duration: 4 games of 3 minutes

Players: 6+



Divide into teams of 2 or 3 players each. Play 2v2 or 3v3 to small goals. Encourage them to "be brave" with the ball. Praise when they are "brave". This means that when they receive the ball, they don't just kick it.

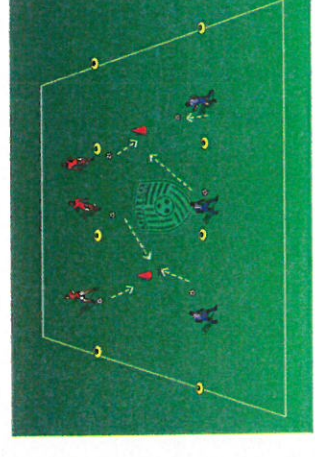
Variation: Play "new ball". This is when the coach has a pile of balls and when the ball goes out of bounds they simply roll in a new ball. When they are all gone, the players run and return them to the coach.

SMASH THE CONE

Area: 15x20

Duration: 3-4 games

Players: 4+



Players try to kick their ball so that it hits one of the stationary balls or cones that have been scattered around the area. They can start from various distances. After they hit one ball or cone, they can try to hit another ball or cone.

Coordinate this activity so that everyone is not kicking their ball at the same ball or cone. Let them play and have fun. Give generous praise for their effort and hard work.