

Hunters

Field size: 10x10

Players running around inside grid. Coach can call out different commands to get the players active (walk, jog, skip, gallop, etc). When coach calls out a color, any player wearing that color can tag anyone else in the grid. How many players can you tag in 5 seconds? You can also use the alphabet (any player with a certain letter in their name (or name starts with)). You can also use birth month, etc.

Add ball

Colors Dribbling

Field size: 10x10

Players dribble around grid. When coach calls out a color, players must leave their ball and find someone (not themselves) who is wearing that color and stand next to them (there can be more than one person standing by the color)

Body Part Dribbling

Field size: 10x10

Players dribble around grid. On coaches command, they stop the ball with the body part the coach calls out. Coach should be creative in use of body parts (ie, elbows, knees, forehead, backside)

Goofy Stop

Field size: 10x10

Players dribble around grid. On coaches command, they stop the ball with any body part and “strike a pose.” Persuade the players to be as creative as possible.

Cars

Field size: 10x10

Players dribble around in an area. When the coach calls out:

Lightning McQueen– they dribble at full speed

Sally– They stop the ball

Doc Hudson– they dribble slowly

Mater– they jog backwards (or dribble backwards)

Red Light Green Light

Field size: 8x10

Players start on the narrow side of the field with a ball. The coach stands at the far end of the field. The coach calls our red, yellow, or green light with back to players. Green light– players dribble with their ball under control while jogging or running. Yellow light– players walk with while dribbling their ball under control. Red light– players must stop ball with sole of their foot. When coach calls out “red light,” coach turns around to see who has stopped their ball. Any player who is still moving, starts over again at the start line. First player to reach the finish line is the winner.

Nemos & Bruces

Field size: 8x10

Players start on the narrow side of the field with a ball. The coach stands in the middle of the field and let’s the player know they are Nemos trying to dribble their ball to the far side through the “ocean” where Bruces live (the coach). On the command, the players all dribble across while the coach tries to tag or steal their ball. If the coach is successful, the player joins the Bruces for the next round. You can add parents to kneel down and act like “seaweed” where the players have to avoid as well.

Disney Characters

Field size: 25x15 with a goal on each goal line

Begin by creating 2 teams and assigning one player on each team a Disney character.

Position yourself on the side of the field with the balls and each team on either side of you.

When you call a Disney character, the corresponding player from each team runs onto the field and goes to the ball you play out. They play 1v1 until someone scores on their respective goal or the ball goes out of play.

After a couple of rounds, begin calling more than 1 character.

Everybody’s It

Field size: 10x10

Every player starts with a ball in a grid. On command they hunt each other down and if they can touch their ball against somebody else’s, they score a point. This teaches them to be creative, fake to get a view of someone’s ball or in turn shield their own ball from attack.

TAILS

Players are split into teams. Each team is designated a color and given the appropriate vest. The players place the vest in the back of their shorts with the “tail” hanging out (coaches should ensure no bunny tails). On the coach’s signal, the players move about the grid trying to pull tails of the opposing teams. If a tail is pulled, player tosses it on the ground and moves on. The player who lost tail must kneel on tail until round is over.

Variations (I like to play a different way each round):

- ✦ Once a player is kneeling, they are allowed to pull tails but can not move off of their own
- ✦ Players can move (like a crab) but must have tail with them.
- ✦ Players can move on all fours
- ✦ A player can reenter the game if they pull a tail out while on the ground.

FIND AN ISLAND

Mark out a field with several “islands” inside (can be hoops, vest, cones, etc). There should be more islands than players. Players dribble around the field. On coach’s signal, players try to get to an island first (only one player allowed on an island).

Play several rounds. Receive a point for every island reached.

HOSPITAL TAG

Lay out a grid and a small square nearby (the hospital). Each player dribbles a ball and tries to tag the other players. If a player is tagged, he must place his hand on the tagged location while continuing to dribble. When he is tagged the third time, he dribbles to the hospital to become free again.

To work on agility, play this game without soccer balls, using two players as the taggers.

NUMBERS DRIBBLE

Every player has a ball in a grid. On command, the players dribble in the grid. The coach then gives the players a number and the players must get into groups equal to the number. The group numbers have related songs/ actions they are to perform.

- 1- “I’m a little teapot”
- 2- “Pat a Cake”
- 3- “London Bridge”
- 4- “Ring around the Rosy”
- 5- “Row, row, row your boat”

DON’T BE LAST

Players dribble inside the grid (performing feints, moves, etc). On coach’s command (color), they must find the appropriate colored cone (only half the players are allowed on a cone (give the players an actual number, not half)).

Variation: Players must find cone while dribbling.

Variation: Coach can hold up appropriate colored vest (no verbal communication, only visual)

CROSS THE BRIDGE

Divide the players into two groups, one on each end line of a field. Mark the centerline with a flag on each side-line, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest?

Progressions: Slide the cones towards the center of the field to make the bridge shorter. Add a bridge keeper to kick balls away.

RABBIT AND HUNTER

Players are in pairs both dribbling a ball. One is designated the hunter while the other is the rabbit. The rabbit tries to evade the hunter who is trying to tag the rabbit. If the rabbit gets tagged switch roles.

Can also be without partners (hunter holds pinnie and releases when a rabbit is tagged)

Math Dribble - Every player has with a ball in a grid. On command, the players dribble in the grid. The coach then gives the players an equation and the players must get into group equal to the answer to the equation. For example, the coach yells "2+3" and the players must quickly get into groups of five. Players should dribble their ball to the group and link their arms to signal that they have the correct amount. The last player(s) to get into a group get a special activity such as star jumps, donkey kicks, or alien push ups.

Everybody's It

Every player starts with a ball in a grid. On command they hunt each other down and if they can touch their ball against somebody else's, they score a point. This teaches them to be creative, fake to get a view of someone's ball or in turn shield their own ball from attack.

BALL STEALERS INDIVIDUAL

Mark out a grid. Players are moving about outside the grid doing warm-up exercises. Place the balls in the middle (there should be fewer balls than players). At the coach's signal, all the players run to the middle, find a ball and dribble out of the grid. Players who did not get a ball should try and win a ball from the players who did. Receive a point for every ball you brought out of the grid.

GOAL HUNTERS

Distribute five small goals (gates) inside field. All players inside grid (about 1/3 have a ball). The players with a ball try to dribble through as many gates as possible while the players without a ball try to win the ball for themselves.

STEAL THE BACON

Divide the players into two teams which line up facing each other about 25 feet apart. A ball is midway between them. Give each player on one team a number and players on the other team the same numbers. Call a number and two players race to get the ball. The player that gets to the ball first tries to dribble it back to his line and the other player tries to steal the ball and return it to his line. Each success scores a point. For variety, call more than one number for 2v2 or 3v3 play. The team with the most points wins.