

Kicks for Kids

Soccer Drills, Games and Activities for 6, 7 and 8 Year Olds

Warm-up/Fun Activities

Emphasis:

Keep the activities short (3-5 minutes) and exciting (get the kids buzzing). Can be used as a warm up activity or to excite the kids if things at practice are not going well. Also, great space fillers in between drills and games.

Day and Night

Split team into two groups of equal numbers. Each team sits 2 yards apart back to back to each other in the middle of the field. One team receives the name "day", the other team the name "night". The coach calls "day" or "night". The named team quickly tries to tag the other team which sprints to their respective sideline.

Line Changes

Players line up in 4 equal lines side by side. Single lines receive numbers 1 to 4. Coach calls 2 numbers and lines must switch position.

Ring Tag

Players are grouped into teams of four. Three players hold hands and designate one player as the "ring leader". Fourth player must try to tag "ring leader" while team of three turns from side to side (shifting with quick feet) to protect the leader. Once player is tagged "ring leader" becomes tag player and group of three switches positions.

Name Tag

Good warm-up game for beginning of season so that players can get to know one another's names. Players stand in grid (10x10) and are always moving around. Coach calls the name of a player who becomes it. When player tags someone, they become it, or until coach calls out a new name. Be frequent with calling names out to get everyone involved.

Number Call

Four groups of three players sit down in a line with the groups forming a circle position (ie. have teams sit around center circle). Each group of players receives a number from one to three. As a number is called, the four players with the same number sprint around the circle trying to sit down back in their group first.

Circle Name Call

Team forms a circle around one player. Player in the middle of the circle throws ball in air calling a name. Named player sprints inside and tries to catch the ball. If ball drops, player is eliminated.

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Every practice should be a FEAST!!!

Fun	Has to be an essential requirement of every exercise, at every practice.
Everyone	Must receive an equal opportunity for involvement (equal time).
Activity	Must be at the core of the soccer sessions, because it affects every other part of the FEAST.
Skills	Must be developed to improve the enjoyment of soccer, through greater accomplishment.
Team play	Must be included in every activity, because soccer is a team game.

Make your players a SANDWICH!!!

Warm UP	Set the tone of the practice with a brief, fun activity to get the players excited.
Game	Keep the players excited and introduce a fun soccer game that focuses on a skill that will be developed throughout the practice.
Practice	Slow the practice down to introduce the skill that was emphasized in the game with an effective drill that emphasizes technique.
Skill Practice	
Game	Let the kids play!!! Finish the practice with a Micro Soccer related game.
Practice	
Cool Down	Stretch. Re-iterate what the players learned and praise them for their efforts.

Teaching soccer skills is a great IDEA!!!

- I** Introduce the skill.
- D** Demonstrate the skill.
- E** Explain the skill.
- A** Attend to players practicing the skill.

Don't forget... the game is the greatest teacher.

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Dribbling

Key Coaching Points:

1. Head Up. Look to see where you are going.
2. Gently push ball with the inside/outside/soles of your feet.
3. Keep ball close to your feet. Slow Down!

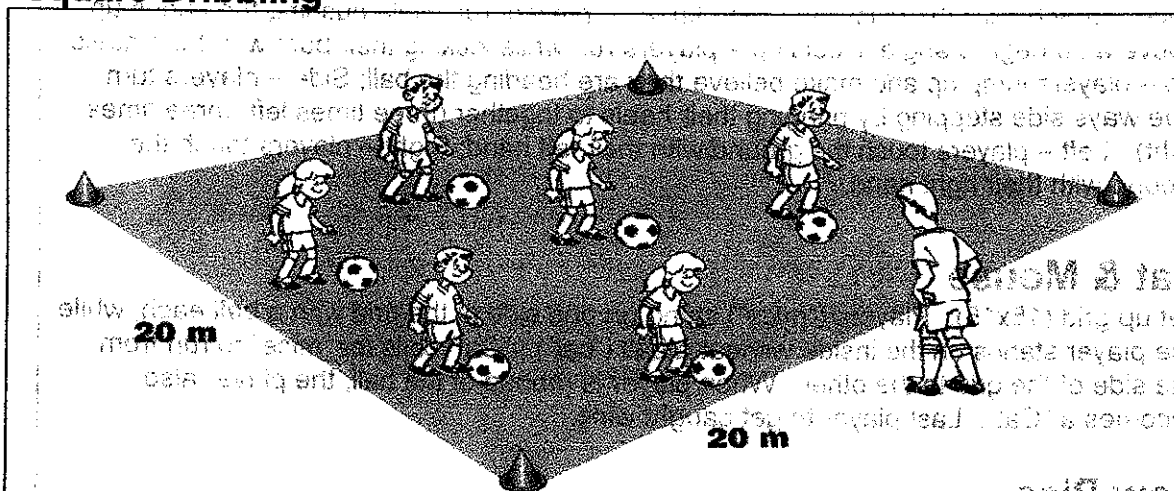
Dribbling Moves:

Pull back, inside cut, outside cut, stop-turn, step-over.



Skills Practice

Square Dribbling



Organization:

- Each player has ball
- Three instructions are given to players inside the square:
 - "Stop" – Put foot on top of ball quickly and freeze – like a statue
 - "Go" – Move right or left with ball, fast, for three or four yards
 - "Turn" – Turn 180 degrees quickly with the ball and move three or four yards.
- Introduce dribbling moves once players are comfortable with moving around the square with a ball at their feet.

Coaching Points:

- Occasionally insist on using only right or left foot
- Put your fingers in the air and ask kids how many you have up to encourage Heads Up!
- Introduce instructions one at a time with practice in between to avoid giving players too much at once

Target:

- Stay in the area with the ball
- No contact with other players or with other balls

6	7	8
✓	✓	✓

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Team Link/Over-Under

Split team into two groups of equal numbers. Players stand in lines close together with wide stance. On command, front player raises ball over his head, second player takes the ball and delivers it to next player through his legs. Last player sprints up to the front of the line and starts ball moving again. Go through line twice. First team to finish and sitting crossed legged wins.

Red Light/Green Light

Each player stands with a ball on sideline. Coach calls "green light" to initiate dribbling from players to opposite sideline. Coach calls "red light" to halt movement. Last player to stand perfectly still with one foot on the ball must return to original sideline and start again. First player to reach sideline wins.

*Brazilian Warm Up

Split team into two groups of equal numbers. Standing side by side in two lines (partner up) with the coach leading, run the players around the outside of the field at an easy pace. Coach calls the following: High knees – players run while pushing the knees up above a 90 degree angle; Heels up – players run while kicking their bum with their heels; Up – players jump up and make believe they are heading the ball; Side – players turn side ways side stepping by bringing their heels to together (three times left, three times right); Left – players touch the ground with their left hand; Right – players touch the ground with their right hand.

Cat & Mouse

Set up grid (15x15). Players ("mice") stand on one side of the grid with a ball each, while one player stands on the inside without a ball ("cat"). "Cat" calls for "mice" to run from one side of the grid to the other. When player is robbed of the ball, the player also becomes a "Cat". Last player to get caught wins.

Cow Pies

Set up grid (20x30). Every player has a ball except for a player to be the defender. Defender stands in the center of the rectangle. All players stand outside along one of the long sides of the rectangle. When player in the middle yells "Go", cows must cross the field. If the cowherd kicks their ball out of the field, they become cow pie. Cow pies sit in the field and try to touch other cows' soccer balls with their hands or feet. If they do that person also becomes a cow pie. Last person to become cow pie wins.

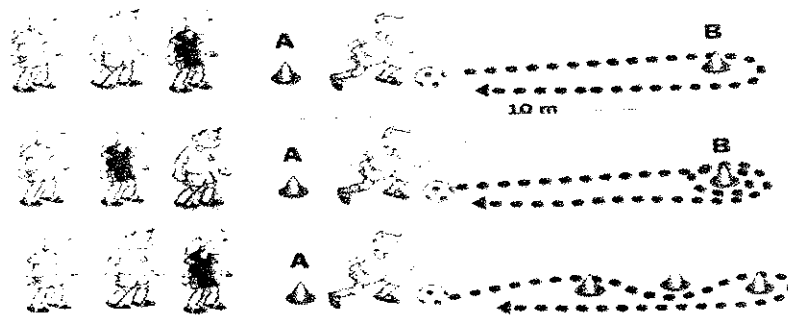
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* Depending on the athletic ability of your group of players, this activity is generally more suited for 8 year olds.

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Relays



Organization: (as above)

- Depending on the numbers of your team, form one line of players or set up two courses side by side with team split into two groups.
- Begin by having each player follow the course. Once players from each team understand the course, have both teams race.
- Coaches can vary the course to make it more difficult or easier.

Coaching Points:

- Head up! Look where you are going.
- Use both feet – outside and inside
- Dribble at a comfortable pace – slow down!

6	7	8
✓	✓	✓

Canadian Soccer Assn.