

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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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.

6	7	8
✓	✓	✓

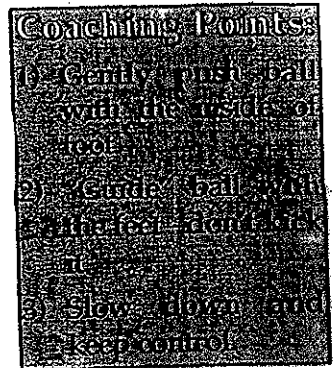
* Depending on the athletic ability of your group of players, this activity is generally more suited for 8 year olds.

Dribbling/Stopping the Ball

Preliminary Activity

(5 minutes)

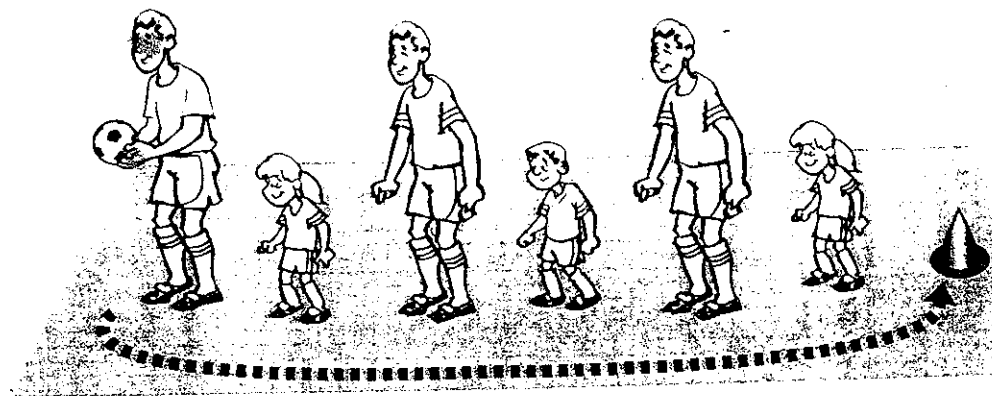
- Players and parent each have a ball within a 20m x 20m grid.
- Parent dribbles ball around freely as player sits. On whistle, parent stops ball with sole of foot. Parent sits and player dribbles ball. When whistle blows again, player stops ball with foot.
- After three times each, both parents and players dribble freely.
- After players prove success at stopping, next exercise would be to stop ball with foot, roll ball back, turn and go in opposite direction.



Game:Activity: Flexibility

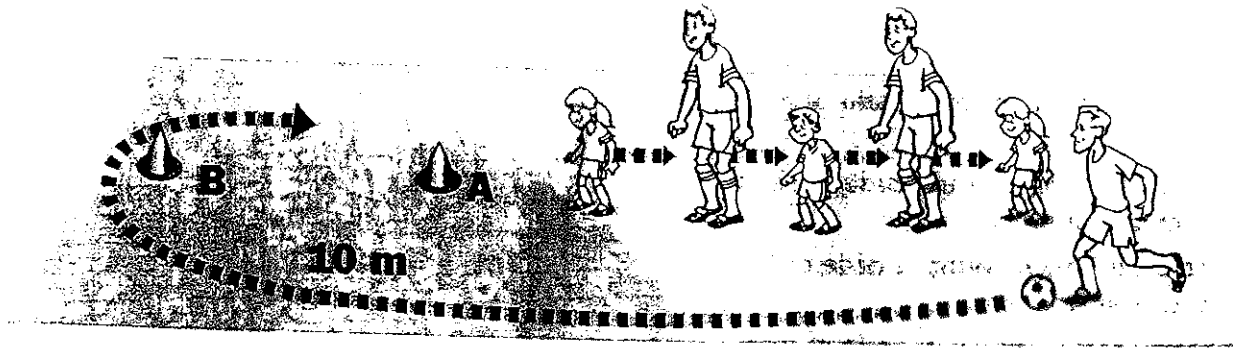
(10 minutes)

- Parents and players make up teams of six. Parent with ball in hands at front of team-line passes ball behind to next team-member and moves quickly to rear of line, and so on until starting order is restored.
- First team to get everyone behind cone (A) and sitting, is winner.
- The ball may be passed backward in various fashions: through legs, over head, over and under.



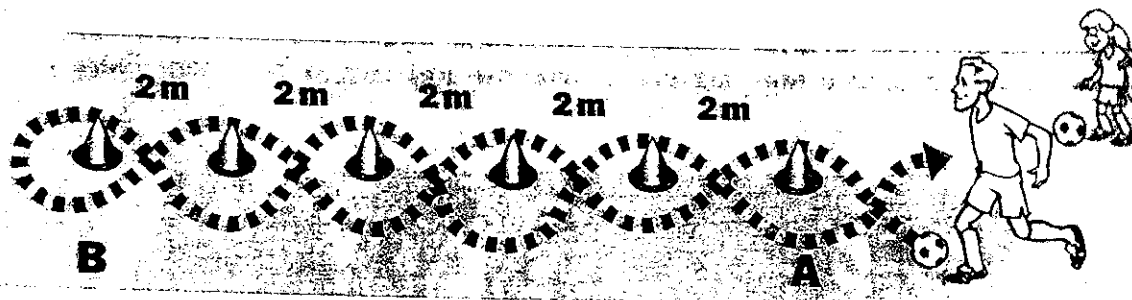
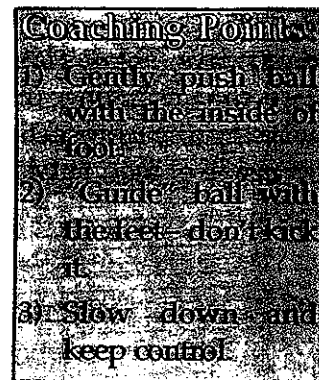
Game Activity: Competition/Races (10 minutes)

- Teams of 6 (3 players and 3 parents) stand behind cone (A).
- On whistle, ball is passed back to last member who collects ball and runs around cone (B) 10m away and back to front of line.
- Exercise is repeated until everyone has completed run with ball and is sitting.
- Use various alternatives to pass ball back (ie: through legs, over heads, etc).
- Use various alternatives to collect ball and run around cone (B) (ie: use hands to carry, right foot only, left foot only, etc).



Technique activity: Dribbling (5 minutes)

- Cones are placed in a line 2 metres apart; approximately six cones in each line.
- Parent, followed by player, dribbles from cone (A) in and out of other cones (slalom style), around the last cone (B) and returns.
- Vary the number of "journeys" and the number of cones/instructions for each repetition (ie: in and out of each cone, a complete circle around the fourth cone and straight back).



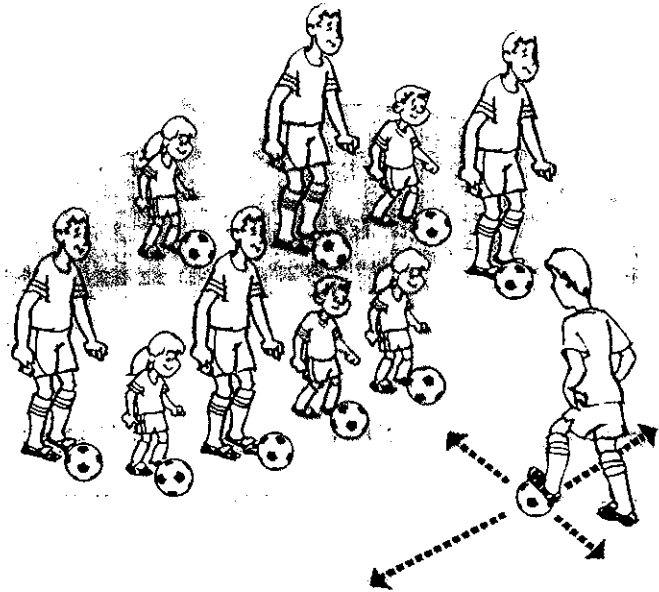
Soccer Game (15 minutes)

- Mini-Soccer rules apply. All players included.

Stopping/Controlling the Ball

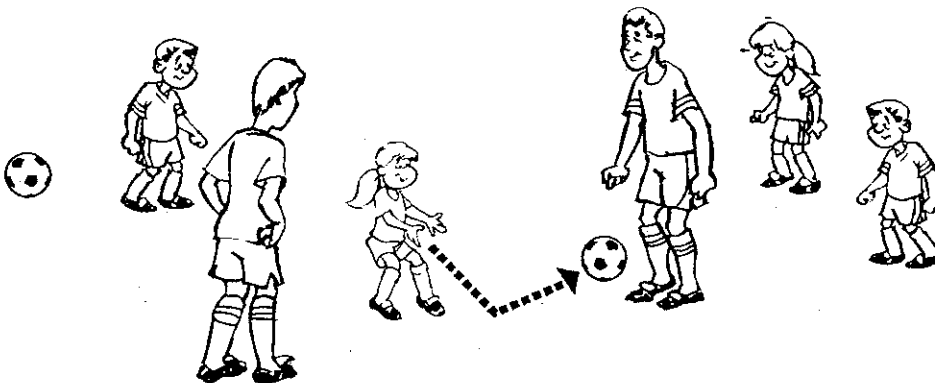
Preliminary Activity (5 minutes)

- Players and parents each have a ball. With everyone facing coach, they begin to play "Mirror Man".
- "Mirror Man" - As the coach moves, so must players/parents move, as if looking in a mirror.
- Remember to use both right and left foot for each of the following movements:
 - 1) roll ball from side to side using sole of foot
 - 2) move ball back and forth using sole of foot
 - 3) dribble ball to left using inside of right foot (change direction)
 - 4) dribble ball to left using outside of left foot (change direction)
 - 5) drag ball backwards using sole of foot
 - 6) dribble ball forward using inside of foot
- Always have players stop the ball before changing direction/instruction using a specific method (ie: sole of foot, inside of foot, outside of foot).



Games Activity: Flexibility (10 minutes)

- **Ball Tag:** Players and parents within a 20 m x 20 m grid. A parent, hold a soccer ball, tries to tag other players and parents in grid. Player/parent who is tagged takes the soccer ball and tries to tag others. Player tagged cannot tag player who has just tagged him/her. Extra ball can be introduced.

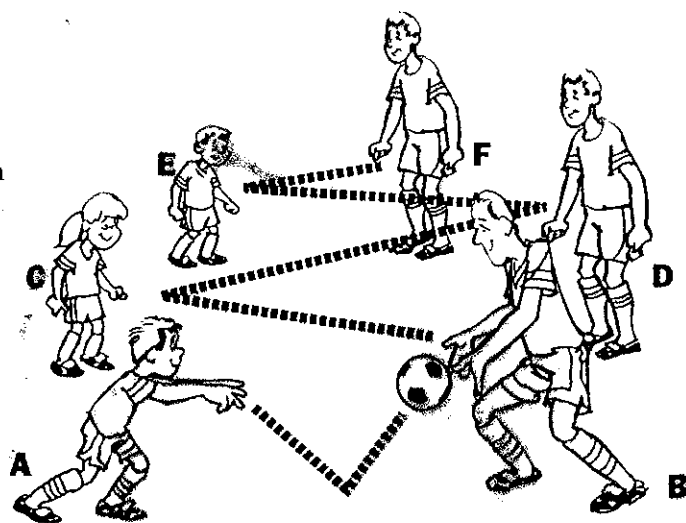


Game Activity: Competition/Races (10 minutes)

1) Parents and 3 players in teams of six. Parent faces player 5 metres away. On whistle, player (A) throws ball to parent (B) Parent (B) throws to player (C) etc. until ball is caught by Parent (F) First team to complete this pattern successfully and sit, wins.

2) Alternatives:

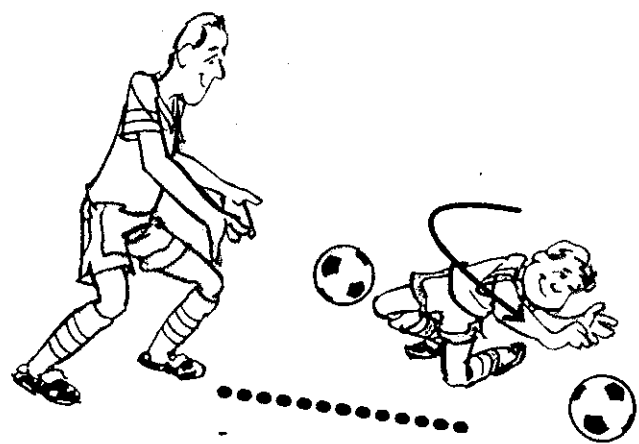
- 1) Ball is rolled;
- 2) Ball is bounced;
- 3) Start at (A), finish at (A) with each exercise



Technique Activity: Diving on the Ball (5 minutes)

1) Player and parent have two soccer balls. Player stands between 2 balls approximately 4 metres from parent.

2) Parent moves to one of the balls. Before parent can get to ball, player saves ball by smothering it with hands.



Game (15 minutes)

1) Soccer rules apply. All players included