

Fun Football games

Tried and tested games

For younger players.



Lee Fielden

Please note that most of these games are not my own creations and are games that I've seen either being used by other coaches or what I've seen on the internet such as twitter.

I do not claim credit for them but I have adapted them so they work for my players.

There are 50 games in this booklet all are what I have played with both my u8s and u11s teams and have really helped me and more importantly the kids really seem to enjoy them.

I hope they help as many coaches as possible and that everyone finds them useful.

Please remember to let your players play and let them have fun, fun, fun.

Cheers Lee.

1V1 battle game



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Split players into groups of 6-8. Set up a 20x20yrd playing area with 3 cones 5yrd in from each side and 5yrd apart with a ball on each. Number the players in each team 1-3. Coach plays a ball into the playing area and calls a number. That number player from each team sprints onto the pitch and play 1v1 and try to knock one of the other teams balls off a cone. When a team knocks a ball off opposing team starts with the ball.

Team to knock all balls off the other teams cones wins. Call more than 1 number so teams play 2v2 and 3v3.

I've played this where the rules are that all the players must be on the pitch and have had a touch of the ball before knocking a ball off. So id call a number let them play 1v1 for 30secs to a min then shout another number etc.

Dribble square and 1 v 1 battle game



Set up a playing area as above with a 20x20yrd sqr in the middle.

Split players into 4 teams and give each team mate a number in this case 1-3.

Each player has a ball each. Place a ball around 7-10yrd in front of the goals.

Each team has their own coloured cones in the corner of the inner sqr and outer playing area.

Players dribble around inner sqr using different parts of their feet, do tricks n turns etc.

Coach calls a number, that number player from each team dribbles their ball to their teams coloured cone, leaves it then runs around their teams outer cone towards the ball in front of the goal.

Players then play 1v1 to try to score in the goal. In this case red v yellow and blue v orange.

Teams that score the most goals after all the players have been twice wins.

Props,

Call more than one number(2v2,3v3).

Add gks to goals.

Put a goal on all 4 sides of playing area so teams can play different teams eg yellow could play orange and blue could play red. Players need to be aware of which goal the ball they are running to is in front of.

Talk about angles of recovery runs, reaction times, approach of defending player eg quick to close player down who gets to ball first then slow down to get balance and get touch tight etc.

1 v 1 x 4 game



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Set up a 30x20yrd playing area with a goal at each end.

Split players into 3 teams of 4(if you have more players you can add GKs).

2 teams start in the middle(red and blue) with the third team(yellow) on the outside as support players.

Teams red and blue are paired up and given a ball between each pair.

Teams red and blue now compete in 4 1v1s trying to score in the oposition goal.

The players with the ball can use the ouside support players to pass/recieve to/from.

Support players cannot be tackled but must stay on the outside.

If a player from red or blue team score a goal the ball is left in the net and the players are free to support one of their team mates(create 2v1, 2v2 situations).

Play the first team to score in the 4v4 game wins or the team to score the most goals wins.(If a draw play in a winner takes all extra ball) The losing team swaps with the support team.

Midfield battle game



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Set up a 45x45yrd Playing area with a goal at each side. Inside the playing area mark off a 30x30yrd(smaller depending on age and ability of players).

Split players into 4 teams of 4.

2 games will be played at once, north(Blue) v south(Red) and East(Purple) v West(Yellow).

Each team attacks and defends a goal.

Each team chooses a defender, 2 midfielders and an attacker.

The teams play 1v1 on the outside and 2v2 in the middle 30x30 sqr.

The ball must be played into the middle sqr players who try to combine to create a chance for their attacker.

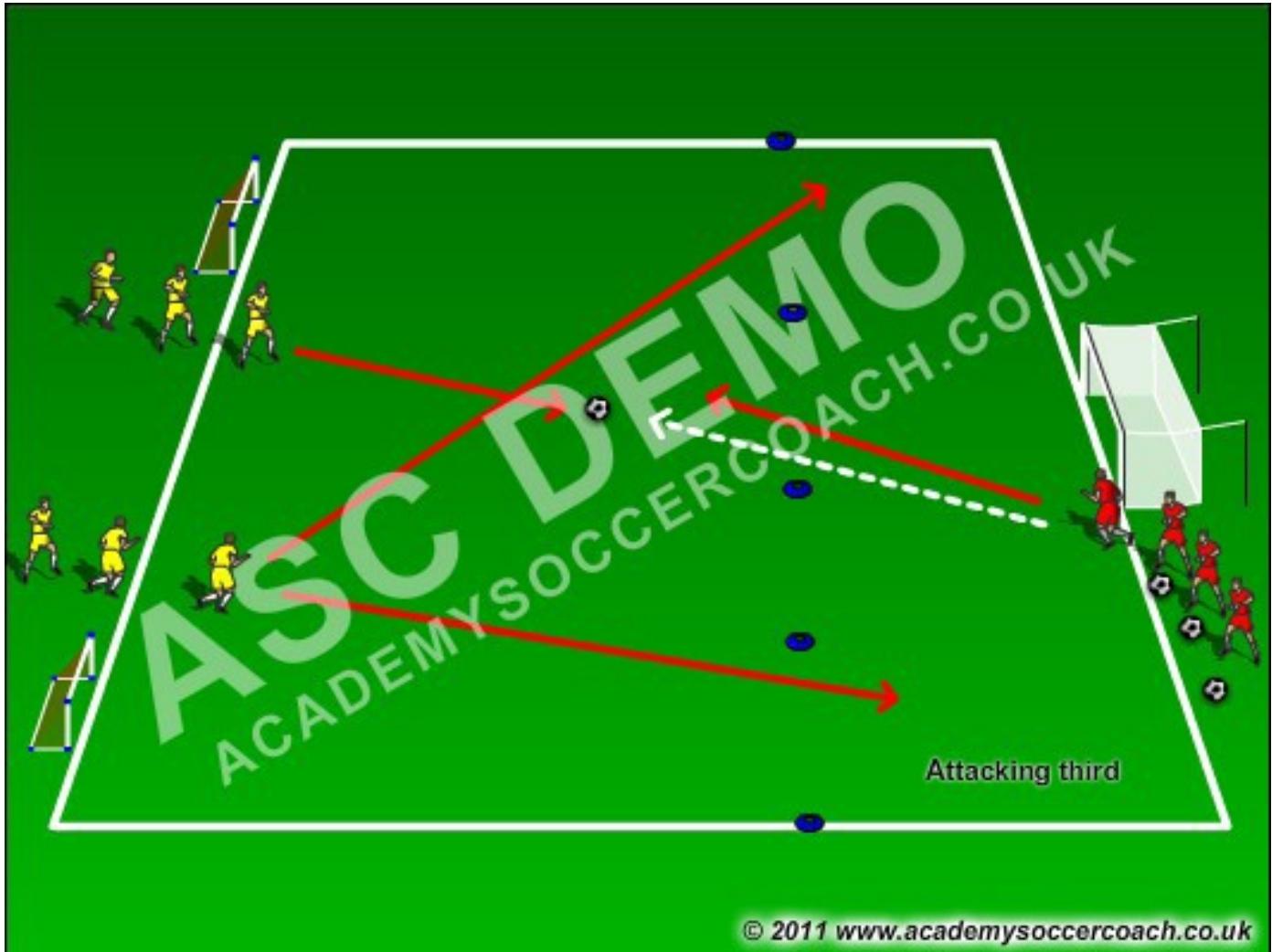
Play 3 min games, swap player positions after every game.

Progress to allow defenders to try and play through balls to attackers and allow midfielders to shoot, encouraging attackers to follow in for rebounds.

Limit midfielders to 2 touches.

Give an extra goal for attackers who can score in 1 touch.

2 v 1 overload attack game



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Split players into 2 groups, defenders(red) and attackers(yellow).

A defender starts by passing the ball to either attacker to create a 2v1.

The attackers attempt to get past the defender and score in the goal opposite them(goal only counts if scored in 'attacking third').

If the defender wins the ball they can try and score in one of the two corner goals.

Progressions, Set attackers a time limit eg 20 secs to score

Both attackers must be in the 'attacking third' for the goal to count.

Set Attackers a challenge of varying their type of pass(inside, outside, driven etc).

Add a goalkeeper for the defenders.

2 v 2 world cup game



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Pair players up. Split playing area into 3 mini pitches(approx30x10ynds) With a goal at each end. Each team chooses a national/euro/fave team to be. Left hand side of playing area is top of the ladder right hand side is bottom. Teams play 2v2 in each pitch. No throw ins, corners etc. Play hockey style so players can dribble around the back of the goals. Ball is dribbled/passed back in. 1 pt for a goal. You can introduce different points for different styles of goals eg 1 touch finish 2 points, back heel finish 2 pts etc. Play 1st team to 5-10 points or play 3-5 min matches. If a team wins they move up the ladder if they lose down the ladder.

3 v 3 (6 goal) game



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Set up a 30x30yrd playing area, split into 3 10x30yrd zones with a goal at each end.

Split players into teams of 3.

Each player has their own zone/goal to defend.(players must stay in their own zone).

To start the teams play three 1v1s for 3 mins, team with most goals wins.

After a goal is scored the players must run back and touch their own goal before turning to defend.

Play a few times then remove a ball. Now teams can pass the ball to one another but players must still stay in their own zone.

Play for 3 mins per game. Team with most goals wins. Still with scoring player running back to touch their own goal.

Remove another ball and 3v3 still with players staying in their own zones. Play 3 min games.

Now play 3v3 again but players can now move freely around the playing area still with scoring player running back to touch their own goal.

3 v 3 v 3 (3 goal) game



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Set up a 30x30 yrd sqr. Split players into 3 teams. Each team attacks 2 goals defends 1. Have plenty of ball ready to make the game quicker so every time a ball goes out or goal is scored the coach can play 1 in straight away. Start with only 1 ball then after a short while play with an extra ball. Play team that scores most wins. To change it up abit change rule to the team that concedes the less wins.

3 team 3 zone through ball game



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Set up a 45x30yrd playing area split into 3 zones.

Split players into 3 teams and give them a zone each.

The 2 endzone teams attempt to pass the ball through the middle zone without the ball being blocked/intercepted by the middle zone team.

If the passing team manages the through pass they get a point.

If the ball is blocked or intercepted the passing team swaps with the middle zone team.

The passing teams must keep the ball in the playing area. If the ball goes out the sidelines or over the endlines then the team that passed the ball swaps with middle zone team.

Progressions

Allow a middle zone player a set time eg 5-10 secs to apply pressure to the passing team before going back into the middle zone(players make decision when to press).

Allow a receiving player into the middle zone to become a link player. They can either pass back to the team that passed to them or turn and pass to their own team. Give extra points to the team that achieve this.

Make zones bigger/smaller to make game easier/harder.

Add goals at both endlines now if middle team win ball they try and score in the goal of the passing team they won the ball off.

4 teams 4 goals chaos game



Mark out a 30-40x30-40yrd playing area with a different coloured cone in each corner. Each side of the playing area has 2 goals and coloured gates matching the cone to the left. 2 balls.

Split players into 4 teams of 3 players. Number players 1-3. 2 games will be played at the same time. East v west and north v south.

To start coach calls a number and that player from each team runs to enter the playing area through their coloured gate.

They score by dribbling through one of their opos gates.

After each player has been once or twice change the game so now when coach calls a number (once that player has entered the playing area) their 2 team mates run to defend one of their teams goals each (they must only stand between the posts and move side to side and not use their hands). Players can now shoot at goal.

Play as before but start calling 2 numbers so 2 players now enter the playing area through their gates and the third now has to defend both goals.

After a while let all players enter the playing area.

Switch teams round so they play each other. You could also try (1) Play to a time limit 2-3 mins. (2) When only one player is called one team mate defends the goals and one runs round to opos gate and become a rebound player. Let the players decide who does what.

4 v 3 + 1 attack and defend game



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Split players into 2 teams + 1 GK. The def team start with 3 players in the playing area and 1 in the target zone. Play starts with the attacking team who attempt to use their extra man to score in the goal. The def team try to win the ball and play it to their target man, if they succeed the teams switch. If attackers score they get to attack again. Teams will also switch if defs force a pass out of the playing area.

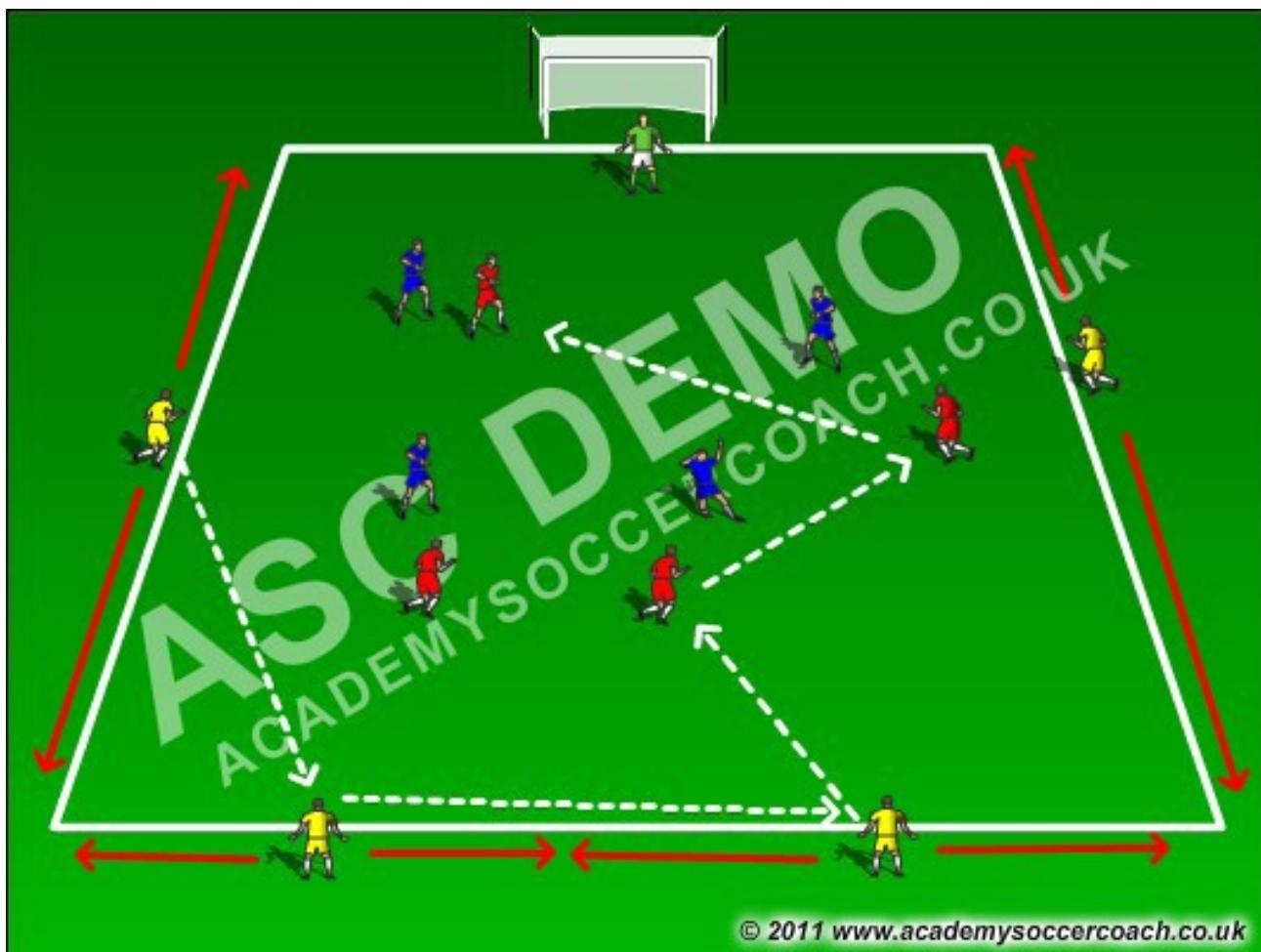
4 v 4 (+4) game



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Split players into 3 teams. 2 teams play while 1 team acts as rebound players on the outside of the playing area. Each team attacks/defends 2 goals. In possession they can use the rebound players to create 8v4. Rebound players have 2 touches to pass the ball back into play. Try having a one touch scoring rule where if a player scores with 1 touch from a pass from a rebound player it counts as 2 goals.

4 v 4 + 4 defence to attack game



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Set up a 30x30 yrd playing area with a goal at one end.

Put a Gk in the goal and split remaining players into 3 teams of 4.

Play 4v4 in the middle (1 team attacks, 1 team defends) the remaining 4 players are neutral support players and spread out around the outside of the playing area(2 opposite the goal and 1 either side).

The attacking team try to score in the goal and can use neutral players to create overloads. Neutral players cannot be tackled and cannot enter the playing area or score goals but they can dribble up and down the line and cross the ball in.

If the defenders win the ball they can turn themselves into the attacking team by playing the ball to a neutral player opposite the goals.

The defenders can also use the neutral players to create overloads to help them achieve this.

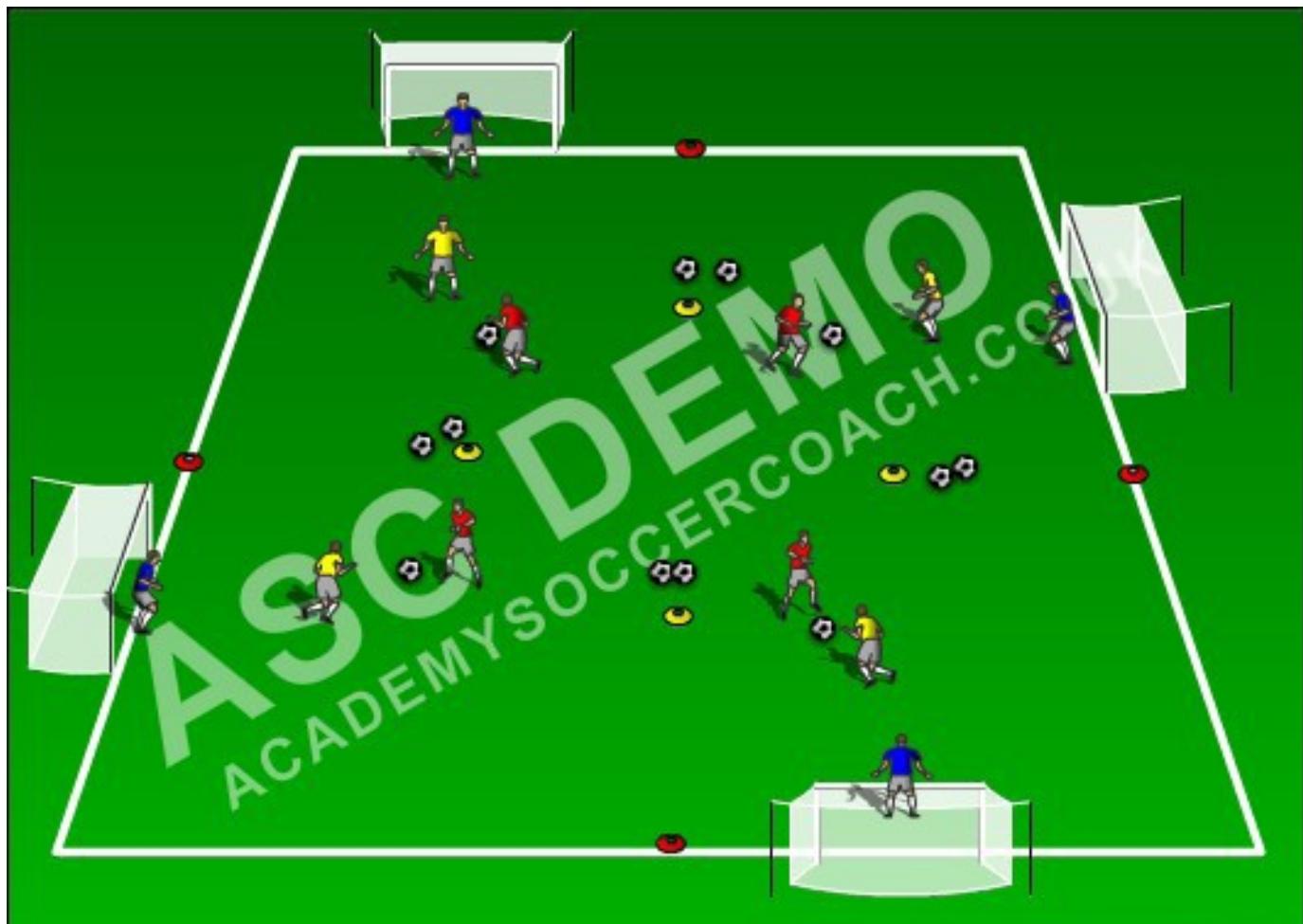
Play 5 min games then swap neutral players. Allow neutral player who plays a ball in to enter the playing area(they play for the team with the ball but can now be tackled but still cant score).

Add offside rule.

Neutral players play off 1 - 2 touches.

Add points for different types of goals scored eg header=2 points, volley=3 points beat a defender 1v1 = 3 points etc

3 team 12 ball game



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Split players into 3 teams of 4. 12 balls. 1 team plays as Gks, 1 team plays as defenders and 1 team plays as attackers. The defenders choose a goal each to defend. The attackers start with a ball each and play 1v1 with the defender and try to score. After the attack move clockwise and attack the next goal.(they must wait until the previous attack is over first). Once all balls have been played teams swap roles. Team with most goals after all the teams have attacked wins.

A variation is to play with only 10 balls in the middle. Play as previous if attacker turns and there are no balls left in the middle they can run and help a team mate to create a 2v1. Same applies to defenders if they see a team mate being overloaded they can run and supports them.

5 v 5 + 2 passing game



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Set up a 40x30yrd playing area. Split players into 2 teams of 5 and 2 neutral players (these play for the team in possession).

One team starts with 1 player in the middle of the playing area and 1 player on each side of the square.

The defending team starts with all 5 players in the middle, they try to win the ball.

The attacking team try to pass the ball from one side of the square to the other by using the middle players or neutral players. A point is scored for every 5 passes completed.

Passes are only counted if there is one team mate in the middle and one on each side of the playing area (players can swap around sides or swap with middle player as and when they see fit).

If the defenders win the ball they must quickly move to the outside to start their passes while the outer players move in to try and win the ball back.

Start game with limited pressure then move to full pressure once the players are used to the game.

Play for a limited time, team with most points wins. Swap neutral players after every game.

Defence drop back and attack press game



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Set up 50x40yrd playing area with a goal at each end and a clearly marked half way line.

Split players into 2 teams with Gks.

Play a normal game with the rule that if a team loses possession of the ball one player can press while the rest of the team drop back into their own half to defend.

Play for a while then allow 2 players to stay in oppo's half. 1 to press the ball 1 to support pressing player.

Try another rule where goals only count if all attacking players are in defending teams half.

Bank robbers game



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Set up a 30x30 yrd playing area as above. Put a few balls(Gold/money) in each of the corner banks. Split players into 2 teams. 1 team are the Bank robbers (Bibs down shorts as tails) the other team are the police. Start with 3 police officers patrolling the playing area.

Bank robbers start in the banks and attempt to dribble a ball into their safe house without being caught by the police. Balls cannot be taken out of safe house.

Police catch the Robbers by taking their bib and dropping it on the floor. Once caught the robbers must go to jail. Police take the ball back to a bank.

Robbers can be released from jail by being given a bib picked up by a team mate.(Jail break). Team mate must have a ball when they pick up the bib.

Aim of the game is for the robbers to get all the gold into their safe house and for the police to send all the robbers to jail. Play for a set time limit then change police officers.

After a few games change rules so now the winning team is the one who has the most balls after a set time limit.

Police can now either take a robbers bib and send them to jail or take their ball and take it to a police HQ.(Police can not be tackled).

If a robber loses their ball but keeps bib they can either go and get a ball from a bank or help a team mate get a ball into their safe house by making an overload.

Leave it up to the teams to come up with a plan on how to win the game.

To make game harder for robbers add extra police. Balls cannot be taken back from safe house or police HQs.

Blockers game



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Split players into 2 teams. Set up a 20x20 yrd playing area with 1yrd goals randomly placed around the playing area(1 more goal than players).

One team plays as blockers and go in the goals, one team plays as attackers with a ball each.

Attackers try and dribble through as many empty goals as possible in 3 mins, while the blockers try and stop them by moving around to the empty goals and blocking them(no tackling).

After 3 mins swap teams, team with most goals at the end wins.

To make game easier add an extra goal.

Progress to attacking team only has 1-3 balls and must pass/dribble ball around to get ball through empty gates.

British bulldog game



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Set up a 20x20yrd playing area with 5x5yrd corner end zones.

Split players into 2 teams. Each team chooses one player to be a "catcher". All players except the catchers have bibs down their shorts as tails.

Each team has 2 corner endzones diagonal across from one another.

The teams split themselves between their 2 corner endzones. The catchers wait in the middle.

The aim of the game is for each team to run from one side to the other without having their bib taken by the other teams catcher.(Only catchers and take bibs. Catcher drops bibs).

If a player has their bib taken they must stand in an opposition corner and wait to be released by a team mate who has picked up a loose bib and given it them.

Play in 2-3 min bursts. Change "catchers" after every game.

Progress to every player having a ball each.

Then catchers try to win ball instead of taking a bib and dribble it to their teams corner.

Catchers warm up game



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Set up a 20x20yrd playing area. Choose two players to be "catchers". Place as many cones as there are other players randomly around the grid.

Spread the rest of the players around the outside of the grid with bibs down shorts for tails. The catchers wait inside the grid.

On coaches call the players run into grid and try to get to a cone flip it with their hand and then get back to the outside before having their bib taken by the catchers.

If they get their bib taken they swap places with the catcher who took their bib.

Progress to all players having a ball each.

Add more catchers to make it harder.

Circle target game



Set up 30x30yrd dia circle with a 5 yrd dia circle in the middle. Place either a tall cone or a flat cone with a ball balanced on in the middle of the centre circle.

Split players into 3 teams.

Each team tries to score a point by hitting the target.

Players cannot enter the centre circle.

First team to five wins or play for a set time limit.

Make game easier by adding more targets/Make outer circle bigger.

Make game harder by making inner circle bigger and outer circle smaller.

Add a GK or defender to inner circle to protect target.

Play with 2 balls.

Crowded box game



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Use a penalty area or a suitable size playing area with a goal at one side.

Set up 3 service points one on each side.

Split players into 4 teams + 1 GK.

One team will play as servers.

Number servers 1-3. On coaches call that number server will play a ball into the area for the teams to react to.

Play 3v3v3 in the area and players must react quickly to try and get the ball for their team and try to score.

The other 2 teams try to stop the team with the ball from scoring whilst at the same time trying to win the ball and score themselves.

Play either in 2-3 min bursts swapping servers after each game. Or play first team to score a set amount of goals wins.

Encourage servers to try different types of passes/crosses into the area.

Encourage GK to come and try to take crosses.

Encourage quick passing and support play and first time shots and players going in for rebounds.

Defending the castle game



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Set up a 30x30yrd playing area with a 10x10yrd square(Castle). Split players into 4 teams of 3. Choose 1 team to defend the castle.

The rest of the teams try to score points by entering and exiting the castle by either dribbling in and out or by passing to a team mate who has made a run into the castle. Defenders must work together to try to block passes, watch runners into the castle and tackle dribblers.

Play for 3 mins changing the team defending castle each time.

Play either (a) The team that scores the most points after all the teams have defended the castle wins, or (b) the team that concedes the least number of points whilst defending the castle wins.

To make the game easier/harder make the castle bigger/smaller.

Add bonus points for attacking teams that can play wall passes in and out of the castle.

Give players bibs down their shorts(tails) so if when in the castle a defender manages to take an attackers bib the attackers team loses a point.

Flippers warm up game



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Make a 20 x 20 yrd sqr with a different colour cone in each corner. Randomly place 5 cones of the same colour as the corner cones around the sqr. Split players into 4 teams. Each team has their own corner to start. On coaches shout all the teams run into the sqr and attempt to turn over opponents cones whilst making sure theirs are the right way up. Play in 30 secs bursts, team with the most cones the right way up wins.

Gate dribble game



Players dribble through as many gates as possible in 30 secs. Then pair players up number them 1+2. 1 ball per pair. No.1 plays as prev but is shadowed by no.2 who counts gates gone through then switch. Play as prev but now no.2 will block off gates (no tackling) then switch. Finally allow players to tackle, extend time limit to 1 min and who ever gets through most gates wins.

Goal keeper and shooting game



Set up playing area as above. Have Gks in goals. Split the remaining players into 2 groups and have them line up behind the gates at each end of the playing area facing the goals. Each player has a ball each. To start the first player in each line dribbles into the middle sqr and has a shot at goal. They then stay in the middle sqr and shout for the next player to go. This player passes into the waiting middle sqr player, who lays the ball off for them, they then hit a 1st time shot at goal. The middle sqr player follows in the shot to apply pressure on the Gk.

The lay off player now gets the ball and queues up at the back of the opposite line via the gates next to the goal. They are replaced in the middle sgr by the player who took the shot.

Things to work on with the Gks.

- (1) Make sure they are on their toes.
- (2) Fingers point at the ball.
- (3) Knees bent, slightly leaning forward, nose over toes.
- (4) Feet in line with shoulders.
- (5) Always be alert and watch the ball.
- (6) Can they either push the ball out to safety or keep hold of it.

Things to work on with outfield players

- (1) weight/timing of passes
- (2) Timing of runs to pass and in on gk.
- (3) accuracy of shots

Handball game



Set up a playing area 40x20yds with a 10 yrd zone at each end and a 6 yrd semi circle area. Split players into 2 teams each with a GK. (GKs cannot come out of areas, Gks only in areas). Each team attacks one goal and defends the other.

Play starts with ball in hand(Pref size 0-1).

Coach flips a coin to decide which team starts with the ball.

The def team drops into their defending zone and organises themselves ready for an attack but leaves one player in the middle zone to try to win the ball.

ALL the attacking team moves into the middle zone and plays quick possesion ball trying to create space for an attack.

The attacking team can send as many players as they like into the att zone but must be wary of counter attacks.

When they see the opportunity the defending team can send an extra player or two into the middle zone to help win the ball but also must be wary of leaving spaces for the attackers to run into.

If the def player wins the ball the defending team can rush out and counter or keep possesion of the ball and build up slowly.

Once the ball is lost the attacking team must all drop into their defending zone but leave one player in the middle zone to apply pressure.

Play in 5 min quarters. Players can only take a few steps with ball in hand.

Ball cannot be snatched out of a players hands but can be blocked or intercepted.

If ball goes out over the endline gks restart play. If ball goes out over side lines a throw in resumes play.

Progress to age appropriate ball size and play ball on the floor.

Play as before but if ball goes out over side lines play is re-started with a pass in.

Knock cone off target game



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Set up a 20/30x20/30yrd playing area with a tall cone/ball on flat cone in each corner and 5 tall cones/ball on flat cone placed randomly around the playing area. 2 balls to start.

Split players into 2 teams. 1 team has 6 players and 1 team has 4.

The team with 6 players are attackers and start with the 2 balls they must try to knock over the 4 defenders cones.

If the defenders win a ball they can attempt to knock over one of the corner cones.

The 1st team to knock over all the other teams cones wins or play to a time limit.

Try game with more attackers/defs 7v3 or 5v5 and/or more/less balls.

Limited touch game



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Set up a 30x35yrd playing area split into 3 10yrd zones and a goal at each end.

Split players into 2 teams.

Teams try to score in each others goal but can only use the touches allowed for each zone.

Attacking zone 1 touch, Middle zone 2 touches and defending zone 3 touches.

Progressions,

Increase size of zones, Add neutral players who can use as many touches as they wish but cannot score, swap number of touches per zone eg 3 touches in attacking zone and only one in defending zone.

Numbers up versus numbers down game



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Set up a 40x40yrd playing area with a goal/target at each side.

Split players into 3 teams.

2 teams(yellow and blue) start in possesion of the ball and play keep away from the 3rd team(red) who are defenders.

Each team acts as defenders for 2-5 mins.

If defending team wins ball they attempt keep away vs the other teams.

Progressions

1. Play as before but set teams in possesion a touch limit.

Start with 3 touch limit and have each team play as defenders.

Progress to 2 touch limit and finally 1 touch limit.

Defending team has NO touch limit.

2. Play as original game but now when defenders win ball they can try and score in one of the 4 goals.

Pass and move off set goal game



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Set up a 30x20yrd playing area and split it into 2 even halves to create 2 pitches with diagonally opposite goals in the corners. Split players in 4 teams. 2 teams on each pitch. The teams start with the ball in hand, playing a 3v3 throwing and catch game. Teams score by passing to a team mate in either of the 2 goals. Player in possesion cannot move with the ball and cant be tackled.

After a while play as before but with ball at feet, still with player in possesion unable to move and cant be tackled.

Then play a normal game with players looking to score by passing to a team mate in the goal.

Remove middle cones, make 2 teams and play 6v6 with players still looking to score by passing to a team mate in any of the 4 goals.

Pass, receive and battle game



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Set up a 20x20yrd playing area with 2 goals approx 5 yrds apart.

Split players into teams of 3. Number each player 1-3. Each team stands facing one another on the endline between the goals.

Coach will call a number, those players will now play 1v1 and try to score in either goal.

Each team takes it in turns to pass the ball to the opposition to start play (In this case red is passing to blue).

Progress to calling more numbers (2v2, 3v3).

Pole warm up game



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Set up a 20x20 yrd playing area with a pole on each side around 5 yds away from side line. Split players into 2 teams and give them a bib each to make a tail.(use a different colour for each team)

Each team lines up on opposite sides of the playing area facing each other.

On coaches call players run into the playing area and attempt to take each others bibs and drop it on the ground.

If a player loses their bib they must run around one of the 4 poles and rejoin the game by picking up their bib and making a tail as they return.

Play in one minute bursts.

The winners are the team with the most bibs when coach calls time.

Play best of 3-5.

Play as previous but now give each player a ball. |

Now play a keepaway game with 1-2 balls, players now put bibs on. Now once a player has made a pass they must run round the nearest pole.

Play either first team to a set no of passes wins or first team to get every player around a pole.

Reaction warm up game



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Set up playing area as above. Split players into 2 teams.

(1)

1st player from each team stands in front of cone 1.

On coaches call these players start doing "quick feet", coach calls change and players turn back to back still doing quick feet, coach call change again the player turn to face each other(call change a different amount of times with each set of players to keep them guessing).

Coach then calls a colour and the players race to that colour cone(in this set up yellow or orange).

Once players have raced to the cone the next player for each team steps up and starts doing quick feet.

(2)

Play as previous but now play opposites so if coach calls orange the players race to the yellow cone.

(3)

Now one team will run round the cones(forwards to cone 1 backwards to cone 3) and the other team will zig-zag through the cones until the coach calls a colour.

(4)

Play as previous but now swap which action the teams are doing and play opposites again.

(5)

Now put a ball in front of the coloured cones the players have been racing too.

Play as previous but now when coach calls a colour the players race to get possession of the ball and to score by dribbling through one of the available gates.

(6)

Again play as before but swap which action the players are doing(zig-zag through or run round cones) and play opposites.

Receive and support game



Mark out a circle 10-15yds in dia with 3 cones placed evenly 10-15yds away from the circle. Start with groups of 6 players. 1 each on the outer cones 2 with a ball each and 3 in the circle(2 attackers and 1 defender).

Start with one of the outer players with a ball passing to one of the attackers in the circle.

Both attacking players should look to create space and be available to receive the pass.

The attacking player that doesn't receive the pass now becomes a support player and looks to find space so their team mate can pass to them so they can then pass out to the outer player who doesn't have a ball.

The defender in the middle circle must try to win/intercept the ball. If they do they swap with the player that lost the ball.

Play in 3 min bursts swapping players round after every game.

Progress to attacking players playing off 1-2 touches.

Add extra defenders on the outside to mark the outer passing players(1v1)

Add 2 extra receiving players and a defender to the circle and add a cone and outer player to the outside and play the game with 2 balls.

School yard game



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Set up a 30x30yrd playing area with a goal on each side.

Split players into 4 teams. Each team defends 1 goal and attacks the other 3.

If ball goes out of play coach plays one in immediately.

Play either first team to a certain amount of goals or a set time limit.

Try combining the teams. So play for a while and call red and blue. Now red and blue play yellow and orange etc.

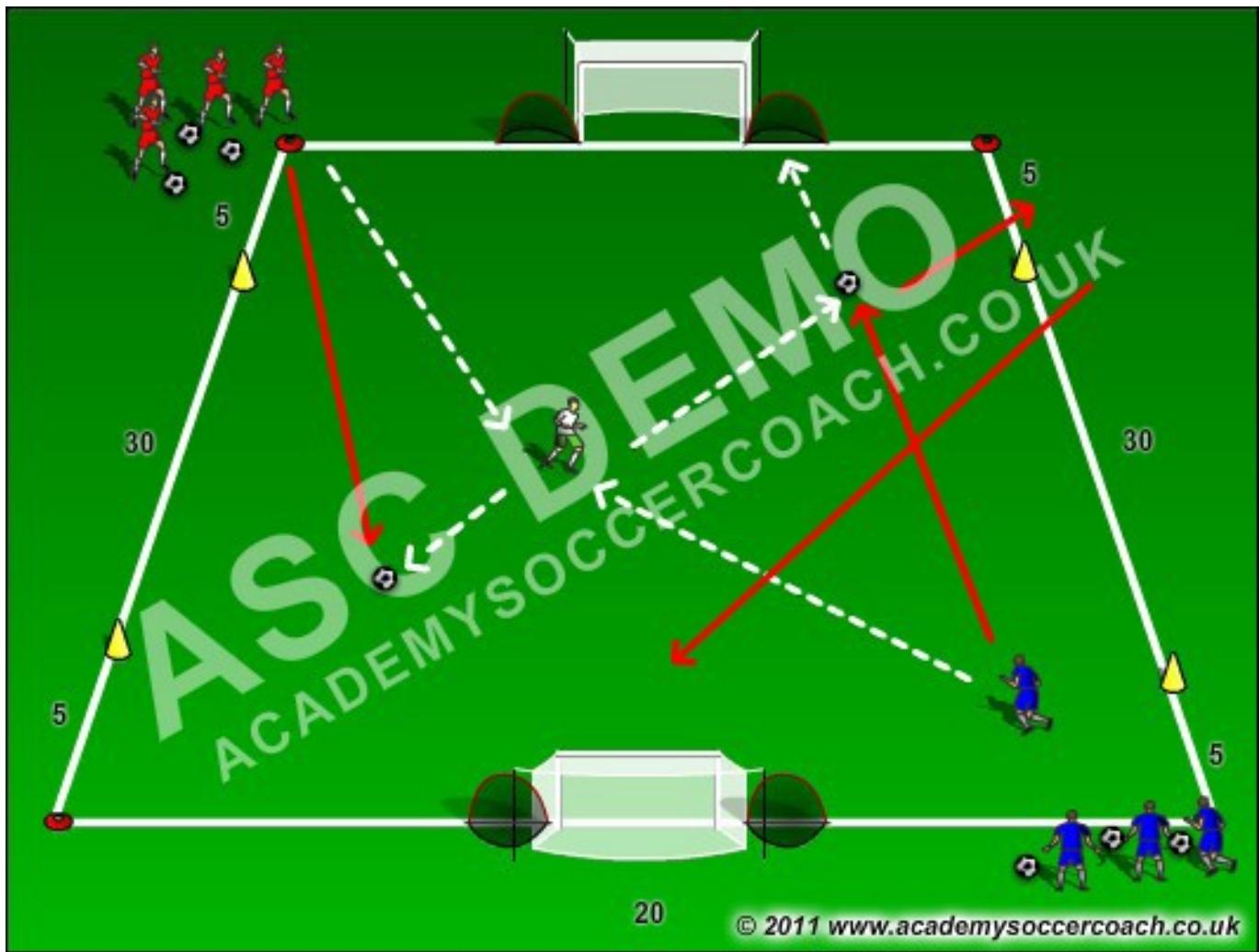
Try playing with 2 balls.

Try playing with uneven teams eg red, blue and yellow v orange.

Try having 2 neutral gks who defend any goal.

Even better try with NO bibs to see how your players cope without a visual means of identifying each team.

Shooting and pressure game



Set up a 40x20yd playing area with a 5yrd shooting zone at each end and 3 goals at each end(Middle goal bigger than the 2 side goals).

Choose 1 player to be a wall passer. Split the rest of the players into 2 teams with a ball each.

1st player from team1 dribbles out and plays a wall pass with the middle player and scores in one of the small side goals(Encourage 1 touch finish).

As soon as the player shoots, the shooter has to go around the cone and become a defender. At the same time as the shot an opposing players sets off to the opposite goals with the trailing defender trying to catch them.

Play in 3-5 min bursts changing the wall passer every time.

Short pass and move game



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Set up 2 4 sided areas with a centre line between the 2 areas.

The size of the areas should be age appropriate and sides of the area should all be different between 5-15 yds.

This set up is for 7 players but can be adjusted for more players by adding extra sides.

Place 4 players on each side of one area (one with a ball) and 3 players on 3 sides of the other area.

The player with the ball passes to player in their area then moves quickly to the centre line. The receiving player then passes to another free player in their area and moves quickly to a free side of the area.

The ball is now passed to the centre player who receives/turns and passes to a player in area 2.

They then move quickly to a free side of area 2.

The play is then repeated.

Progressions

Add defenders in areas to add pressure to passers.

Use 2 balls and play 2 games at once for a bit of passing with interference.

Shrek and donkey game



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Set up a 30x30yrd playing area using red cones(lava) with 5 coned off castles(1 in each corner and 1 in the middle). 5 players in castles are dragons. Remaining players are Shrek and Donkey. They must try to get in and out of the castles without being tagged.

If Shrek or Donkey get tagged they swap places with the dragons.

Play for a while then introduce balls.

Shrinking goal game



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Play 4v4 upto 7v7 on an appropriate size playing area with poles or cones as goal posts.

When a team scores the goal it is shooting in shrinks about 10cm.(By moving poles or cones)

When a team shoots and misses their own goal expands by about 10cm.

Try playing as a 4 goal game(one goal on each side of the playing area).

Target zone game



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Set up 40x25 yrd playing area with 10yrd target sqrs.

Each chooses 2 players to go in the target sqrs, 1 team member in each sqr.

To start the outfield players attempt to play a pass into their target zone player who must control the ball to a stop for a point to be scored(target zone players start un-opposed).

Play in 2 min bursts and then change target zone players.

When all players have been in target zone change rules so now when a pass is played into the target man they have to dribble the ball out of the target zone and be replaced by the passing player.(Target zone players still un-opposed)

Play as before but now change rule so target zone player must receive pass, play to another player and be replaced by passing player in target zone for a point to be scored.

Finally make end square wider and allow target players to become opposed.

Triangle goal game



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Set up a 30yrd dia circle with a triangle goal made out of poles in the middle.

Split players into 3 teams and put a GK in the goal.

Teams play against each other to and try to score through any side of the triangle goal.

If a goal is scored and the ball stays in the playing area then the game continues.

If the ball leaves the circle then coach plays a new ball in.

Play for a set time or to a certain number of goals.

Progs.

Add a Gk only circle around the triangle goal.

Play with 2 balls

To add a bit of chaos take away bibs.

Turn square game



Set up a 30x30yrd dia circle with a 10x10yrd sqr in the middle.

Split players into 2 groups. 1 group spreads out around the out side of the circle the rest of the players start in the middle sqr with a ball.

The middle players dribble out of the sqr, pass to a waiting player, who controls the ball and passes it back.(must take 2 touches) The middle player then turns and dribbles back through the middle sqr entering through one side and leaving through another.

Players can't pass to the same player twice in a row. Play for 1 min then swap players round. Have players control and pass ball with both feet and different surfaces of their feet. (control with inside of foot pass with laces etc)

When dribbling players enter the middle sqr have them do different skills to leave the sqr eg feints, cuts, chops, turns using different surfaces of their feet.

Another progression is to ask a player or coach to add a little pressure when the dribbling players are in the sqr.

Also once an outer player has passed the ball back to a dribbling player they must sprint to an empty part of the outer circle.

Attack after attack after attack game



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set up a 30-40x20-25yrd playing area with a goal at each end and a 10yrd middle zone.
Split players into 3 teams + 2 neutral Gks. 2 teams start in the outer zones and 1 team starts in the middle.

Blue team starts and attack the red team and try and score a goal.
Once the attack is over the red team break out to receive a pass from coach so they can try and score a goal past yellows.
Once that attack is over yellows then break and try to score past blues etc.
Team that scores the most goals after either set number of balls/attacks or time limit wins.
Then use gks as neutral wingers. Now play the game as before but attacking team can use wingers to cross/play ball in and help create goal scoring chances. Wingers are un-opposed but have a 5 second time limit to cross/play the ball in.(Even limit them to 2-3 touches)
After that change neutral wingers to play anywhere and become floater players. Floater players cannot score but can help attacking teams create 5v3 situations. |

Wimbledon game



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Set up 30/40v20yard "courts" with end zones. Each end zone is 10x20yds and split into 2.

Pair players up, 1 in each half of their end zone.

The aim of the game is for the attacking team to drive a low ball through their opponents end zone.

If the ball exits the end zone because of poor touch or with out a touch a point is scored.

Players work with 2 touches (1 to control 1 to pass) or they can pass to their team mate who can pass 1st time.

Either score the game by after every point the ball is returned to the scoring team who then serves the ball or alternatively use tennis scoring method and play first team to 6 games wins(my team prefers this way).

Move onto lofted passes but start with the ball bouncing before the other teams endzone.

Try swerving shots.

For younger players make the distance between endzone shorter and give them bigger end zones and more touches.]

World cup heading game



Set up 3 10x10yrd sqrs. Split players into pairs. 2 teams per sqr. Each pair can choose a national/euro/favourite team to be and play against another team in one of the sqrs. A player serves the ball (under arm) to their team mate who attempts to head it past one of their opponents. 1pt for goal adjacent, 2pts for goal opposite. Whoever gains possession of the ball serves again. 1st team to 10 pts wins. A win takes a team up the ladder a loss takes them down. Practice heading technique and diving headers.

Push up, get back game



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Set up an appropriate size playing area with a goal at each end and an easily recognisable half way line.

Split players into 2 teams (if uneven numbers use odd player as a floater player who plays for the attacking team).

Play normal rules except a goal only counts if ALL the attacking team except the Gk are in the defending teams half when a goal is scored.

If not the goal is disallowed.

A goal counts double if ANY of the defending team are left in the attacking teams half when a goal is scored.

To encourage playing out from the back introduce a attacker retreat zone. When the keeper has the ball or a goal is scored the attacking team must retreat out of the zone allowing the gk to roll the ball to a defender without any pressure.

Encourage quick counter attacks.

Encourage recovery runs.

Encourage positive reaction to a lost ball.

Encourage skills, tricks etc.

No one left game



Set up a 20x20 yrd playing area

Split players into 2 teams and 1 player from each team stands on opposite endlines.

The rest of the players compete for the ball and try to pass to a team mate on the endline.

If they manage to pass to their team mate they join them on the endline(a pass must be controlled by the receiving player for it to count).

Once a pass is made the receiving team plays out to the opposite team.

If a ball goes out the side lines, coach plays one back in.

The first team to get all their players on their endline wins.

Progress to allowing teams to send members of the opposite team to the endlines eg so now when a member of red passes to the red endline player, instead of them leaving the playing area they choose a blue to join the blue end line player.

Now the winning team is the one that can get all the opposite players on their endline first.

Remeber make it FUN FUN FUN.

Pass and move gates game



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Set up a 20x20 yrd playing area with 1 gate more than every 2 players you have.

Split players into pairs. 1 ball per pair. Each pair stands opposite each other on a gate.

They exchange a set number of passes (eg 3) before dribbling with the ball to another gate.

They must do this for every gate, once they have achieved this they race to the middle.

First pair to the middle wins.

Progressions

Challenge players use different parts of feet to pass/receive/dribble ball.

Challenge players to use weaker foot to pass/receive/dribble ball.

Add defenders to block gates.

Challenge players to pass inside the gate then outside the gate, using their 1st touch to move the ball. Then outside to outside still only using 2 touches.