

20 Games Guaranteed to

Make Kids Smile



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This fun coaching book is brought to you by SoccerClinics.com, the world's largest coaching website. These are 20 tried and trusted games that are guaranteed to bring a smile to every players face, regardless of their ability or age. Try them during your season and see how much fun your players have. We have performed these games with youth, amateur, college and professional players and they all had **FUN!**

Hope you enjoy them as much as we do coaching them. Good luck in your season.

Shaun Green

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About SoccerClinics.com

Welcome to SoccerClinics.com, the most comprehensive coaching resource available in the world. Inside this site you will find over 5,500 pages of text, graphics and video covering every aspect for coaching soccer. Join thousands of members in over 110 countries today!

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Did you know that SoccerClinics.com was launched in 1997, and was the internet's first website designed to teach soccer online.

About SoccerCoachTV.com

SoccerCoachTV.com is a media rich coaching website, providing online soccer education to coaches worldwide. The content is exclusively video and provides exceptional footage in topics such as the Skills of Coaching, Soccer Techniques, Drills and Games for Passing, Shooting, Heading, Dribbling, Defending, and Goalkeeping. Warm Up's and Cool Down's, Fitness, Speed and Agility Training and much more. All content on the website can be viewed instantly and each drill is supplemented with great 3D graphics that you can take right to your practice sessions. SoccerCoachTV has over 5 million views from coaches worldwide.
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Do This, Do That Game



Exercise Objectives:

This is a fun game to incorporate into your warm up or warm down activity. It also develops quick thinking, timing and coordination.

Coaching Pointers:

The coach should stand in a position so the entire group can see him clearly. The Rule: If the coach says "Do this" the group does not react. If the coach says "Do that" then the players must instantly mimic the coaches movement. The coach should be creative and perform a variety of different moves such as;

- Both arms out to the side or both arms out to the front.
- Kneel on one leg, both legs.
- Sit down.
- Stand up.
- Move a finger, elbow, etc.
- Make up your own moves.

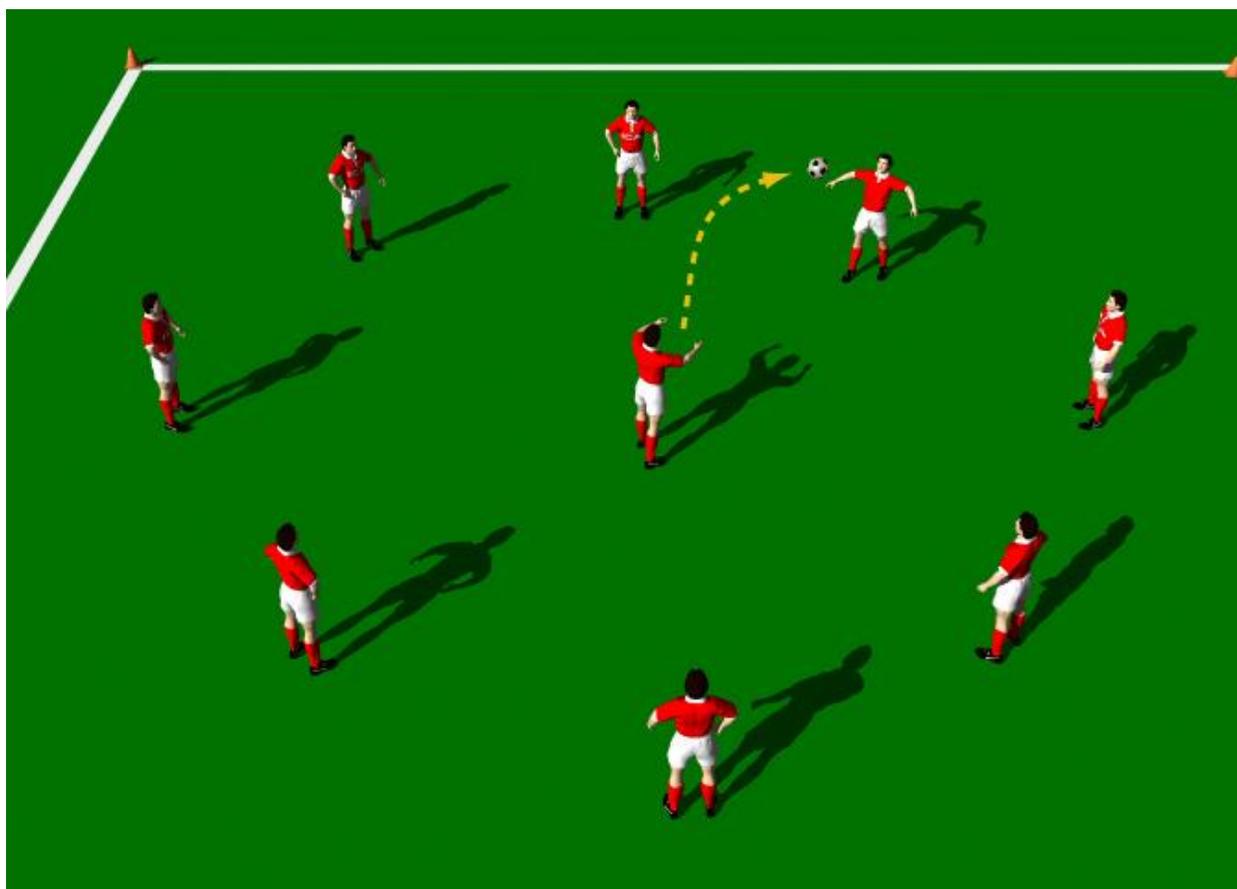


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Head or Catch Reaction Game



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "quick reaction".

Coaching Pointers:

A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH". If the coach shouts, "HEAD" - the player must do the opposite and catch the ball. If the coach shouts "CATCH" - the player must do the opposite and head the ball. The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coaches hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake they are eliminated and sit on the ground. The last player standing wins.

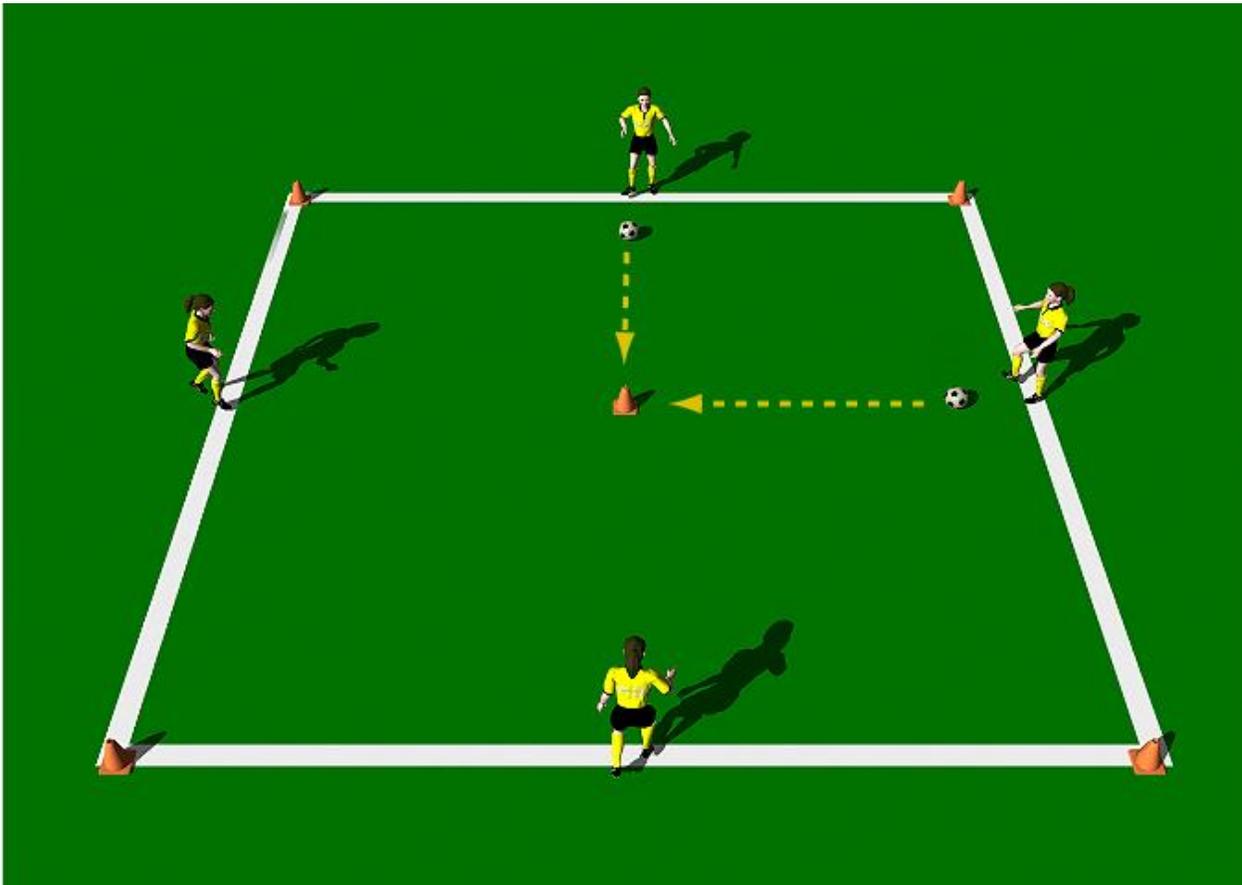


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Knock Down the Cone Passing Game



Exercise Objectives:

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

Coaching Points:

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down. First pair to knock down the cone 5 times wins.

Field Preparation:

Area 10 x 10 yards. 4 players. 2 balls. Cones.

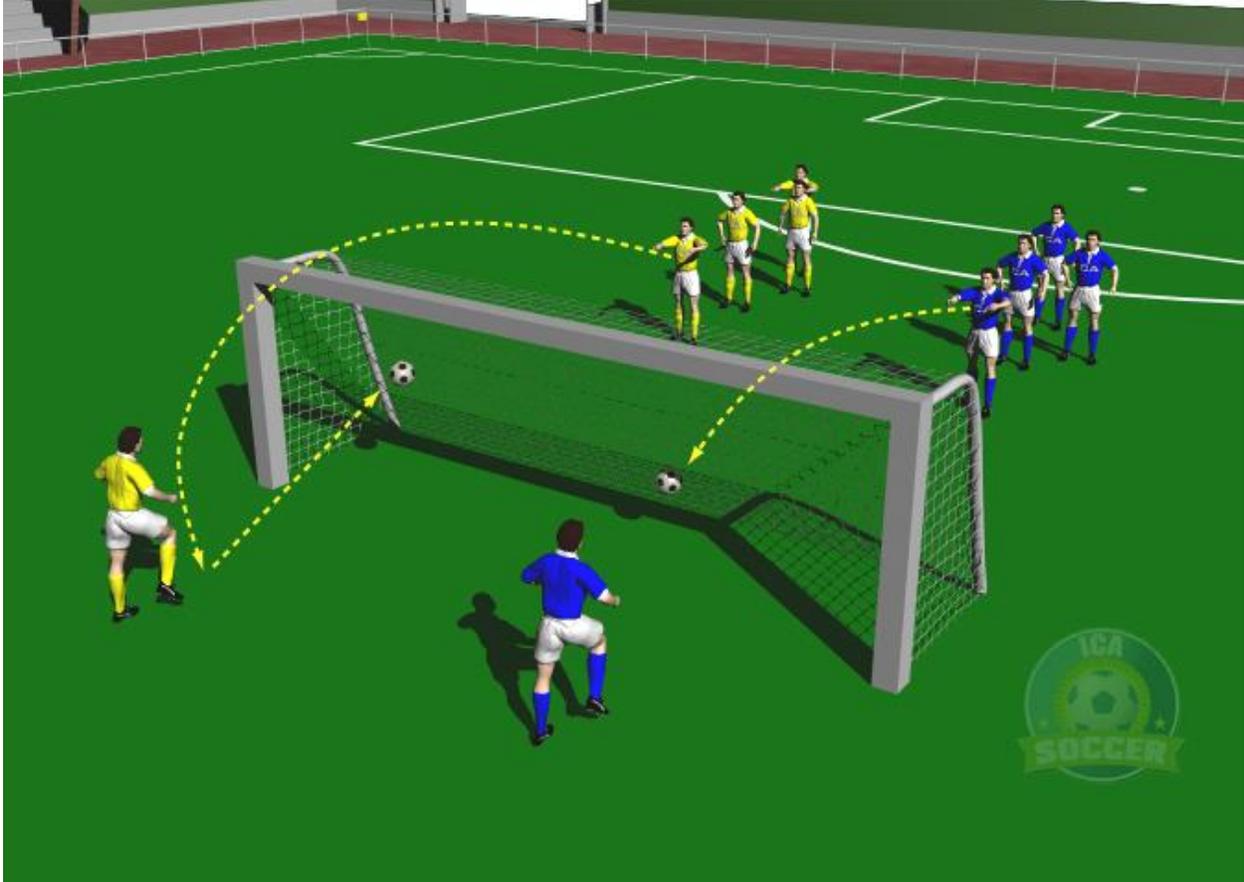


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Fun Volley Game



Exercise Objectives:

Players love this game! This fun volley challenge game is designed to improve each players technical ability when volleying the ball. It can be used as a fun warm up game as a pre-cursor to your shooting session. It also sets a fun tone to the start of your practice session.

Coaching Pointers:

Perform the exercise in the following sequence; Divide your team into to equal groups. Place one player from each group in front of the goal. The first player from each group serves the ball (using both hands) over the crossbar for his teammate to volley into the open net. The ball cannot hit the ground. it must be "all net". If the player successfully volleys and hits the net, he quickly sprints to the end of the line and the server become the next person to volley. First team to get every player to score a volley wins. If the player doesn't not score, he keeps trying until he does. They cannot swap until the player scores.

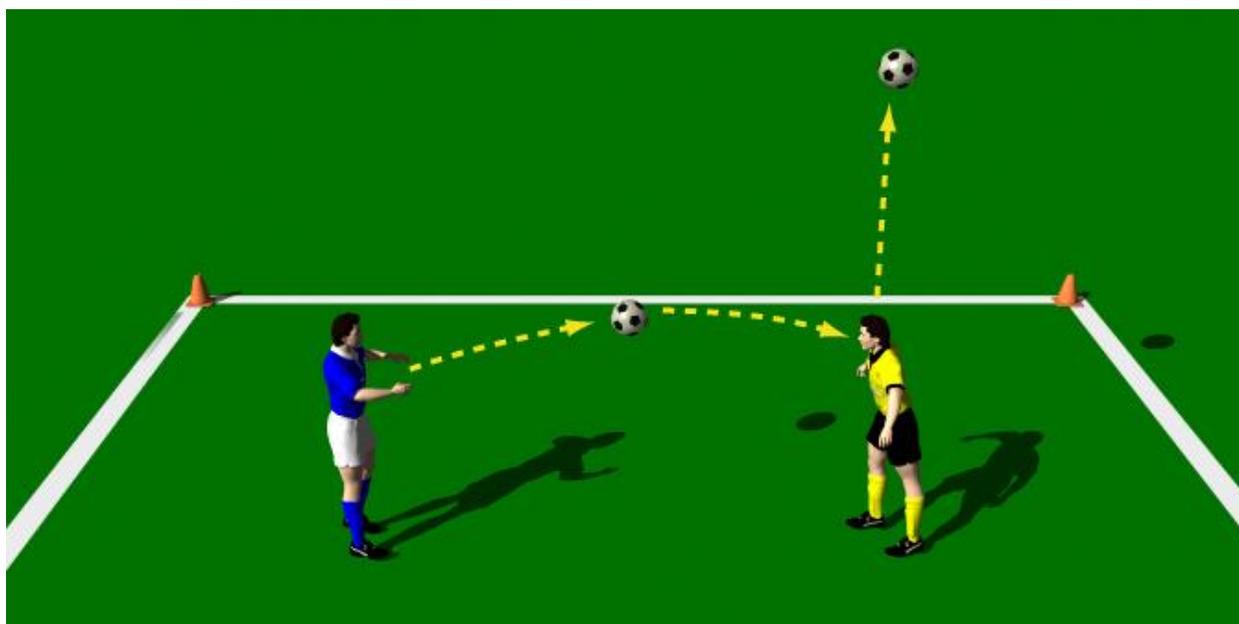


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Heading Coordination Game



Exercise Objectives:

This is a very good warm up activity which includes hand eye coordination and skill.

Coaching Pointers:

Divide the entire group into pairs. There should be at least 5 yards between each player. Use two balls. Player "A" and player "B" both have a ball. As player "A" serves the ball to player "B" to head back, player "B" must throw his ball above his head, head the ball back to "A" and then catch his own ball. Perform 8 each and change roles.

Field Preparation

2 Players

Area 10 yards x 10 Yards

2 Balls



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Odds and Evens without the Ball



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers:

Divide the group into pairs. Each pair positioned face to face on the starting line. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform with a ball. Make a competition between partners; award a point for each time the player wins the race. First player to 10 wins.

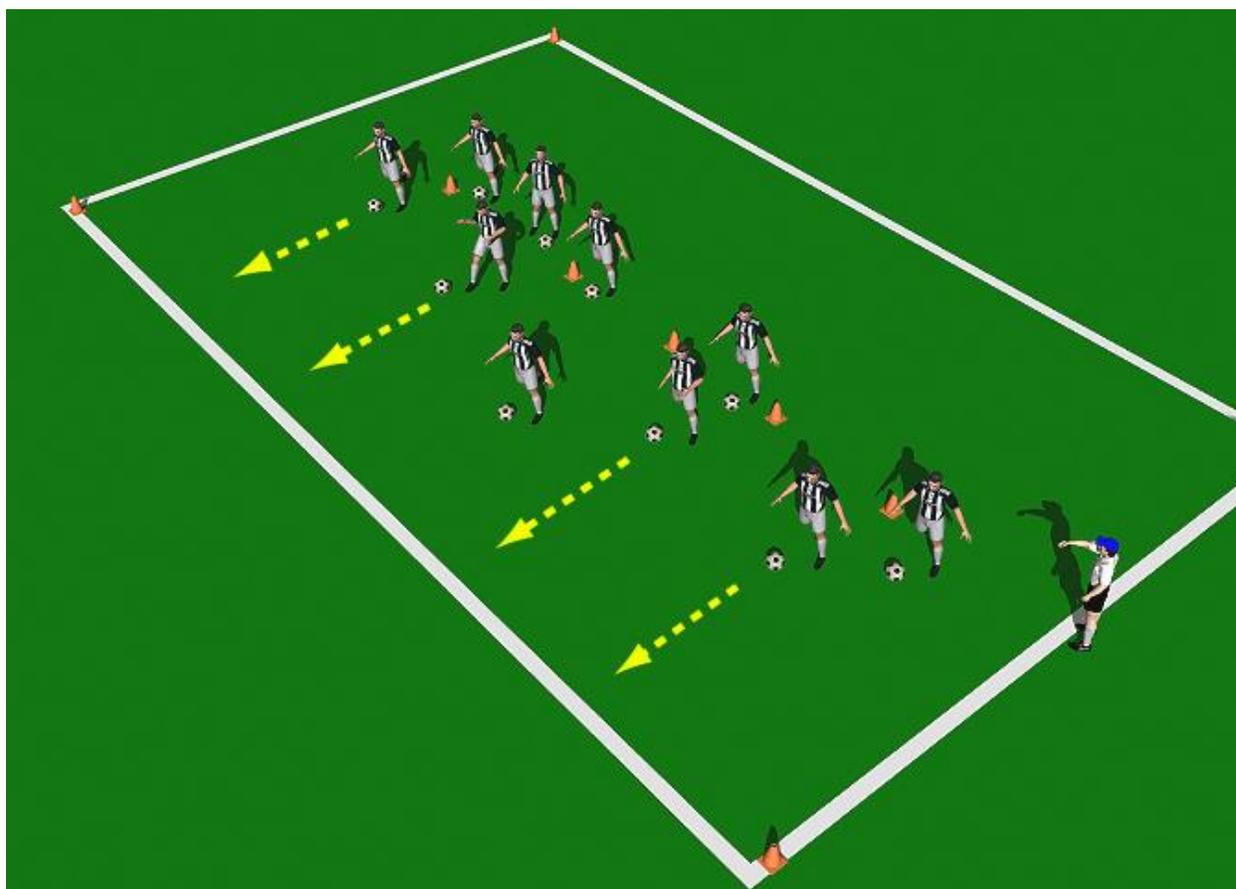


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Odds and Evens with the Ball



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers:

Divide the group into pairs. Each pair positioned face to face on the starting line with a ball each. Using cones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins. Coach can vary the practice by having players run the opposite side he calls. Also perform without a ball. Make a competition between partners; award a point for each time the player wins the race. First player to 10 wins.

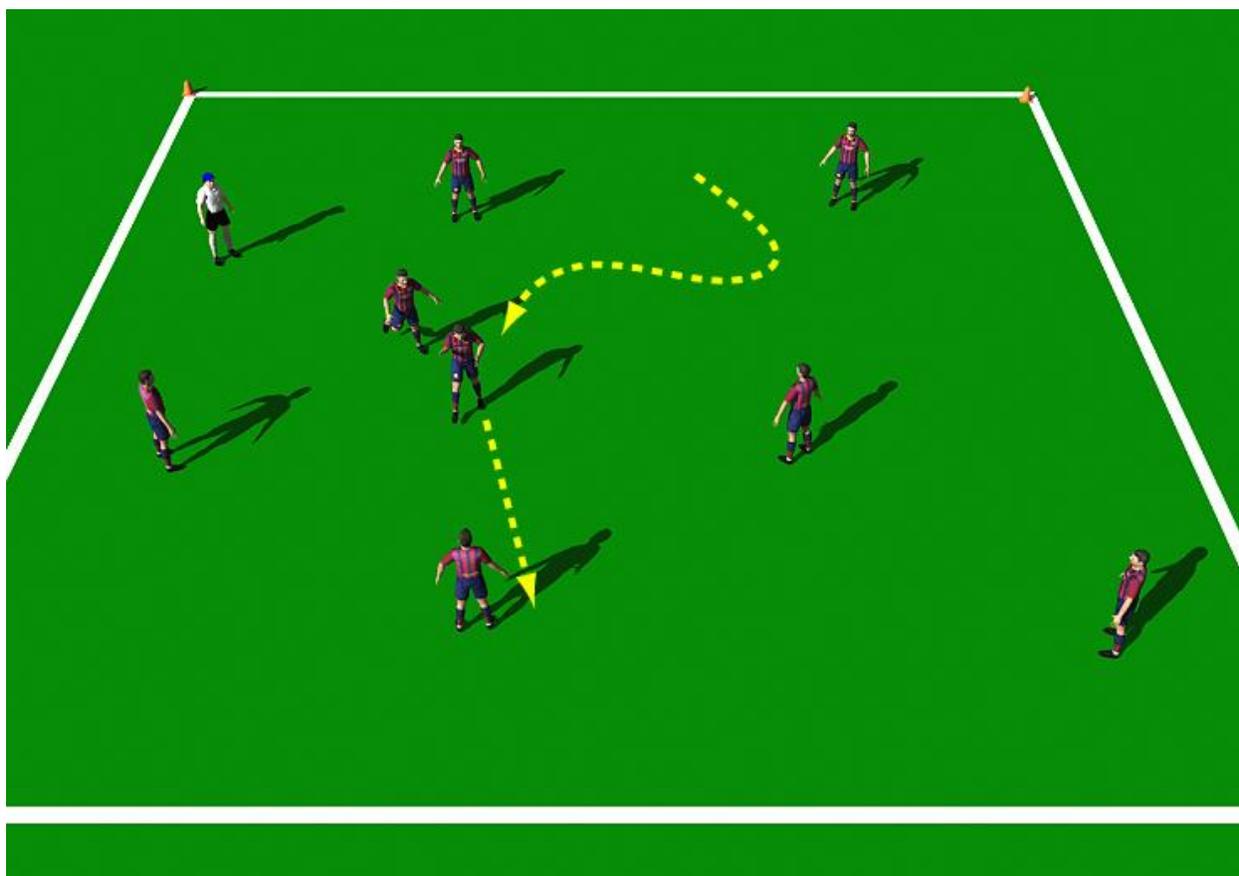


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Warm Up Tag Game



Exercise Objectives:

This is a fun warm up exercise that emphasizes a change of direction and acceleration.

Coaching Pointers:

Group stands around the grid, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner, the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

The runner can be relieved by standing "shoulder to shoulder" next to a resting player, thus making the player he stands next to the new "runner".

Field Preparation:

Entire Group
30 x 30 Yards

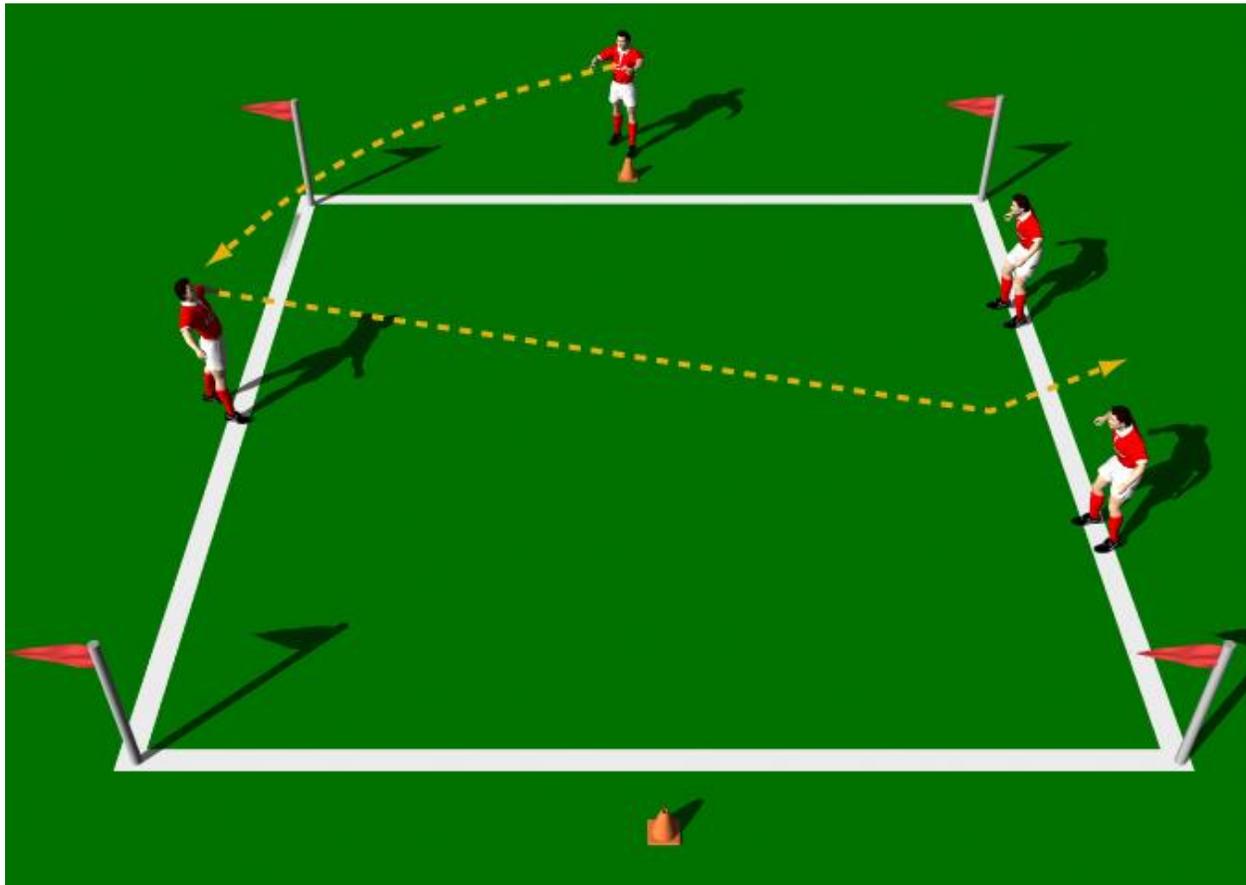


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World Cup Heading 2v2



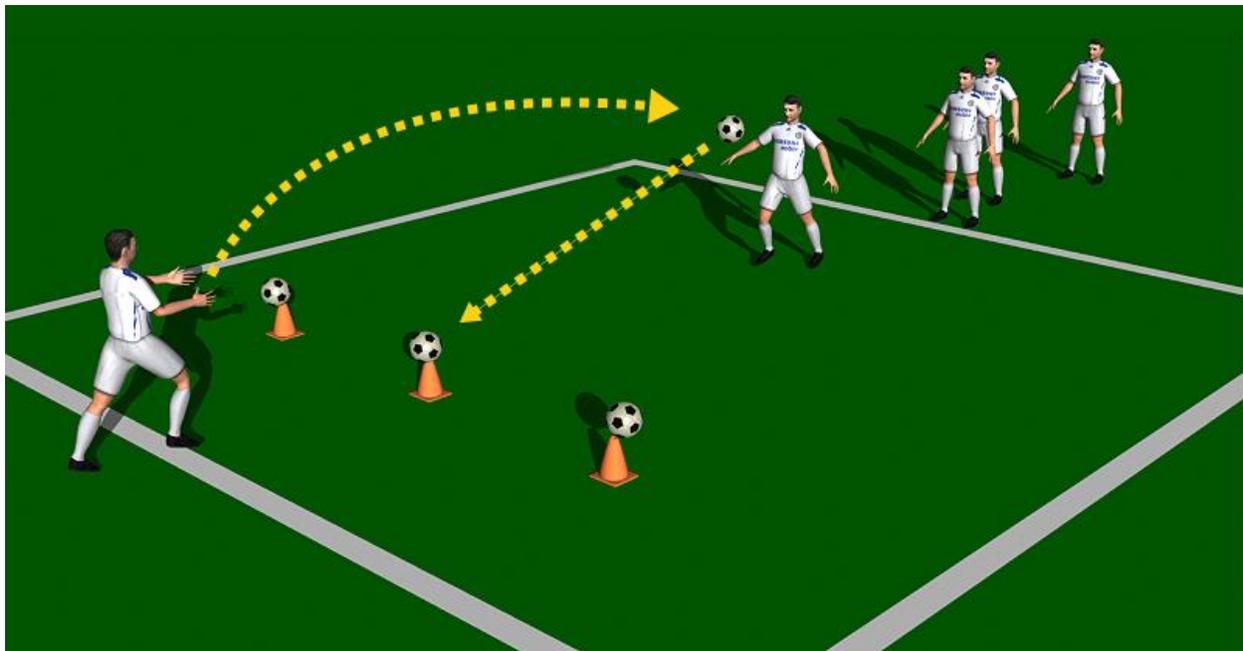
Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "accuracy and power".

Coaching Pointers:

Four players are positioned in a grid 8 yards x 7 yards, using one ball. The players are divided into teams of two. Both sets of players defend a goal marked by the cones. The players act as goalkeepers and may use their hands to stop a header. Goals are scored with a header between the cones and under head-height of the players. The practice starts with one server throwing a straight throw from the nearest sideline for their partner to head at goal. The player heading the ball must head from the goal-line. The two goalkeepers must try to stop the header. When they catch the ball they also must serve from the nearest sideline and head at goal. The players must always keep the correct sequence; no player may have two headers in succession. If a team defending can head the ball back at goal without first catching the ball they can score 2 goals for a double header, 3 goals for a triple header and so on.

Team Target Heading Drill



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" the ball on the run. An emphasis is placed on "accuracy".

Coaching Pointers:

In an area 10 yards x 15 yards, players alternate receiving the ball from the server. The receiving player must head the ball to try and hit the cone/ball (as in the video above). The players alternate heading the ball, while attempting to score. A goal is awarded each time a player hits the cone/ball. After each header the receiver must turn and join the end of the group. Make a team completion out of the drill. First team to hit all 3 cones wins!

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed.

Field Preparation

- Small group of players
- Area 10 x 15 yards
- Cones
- Supply of balls

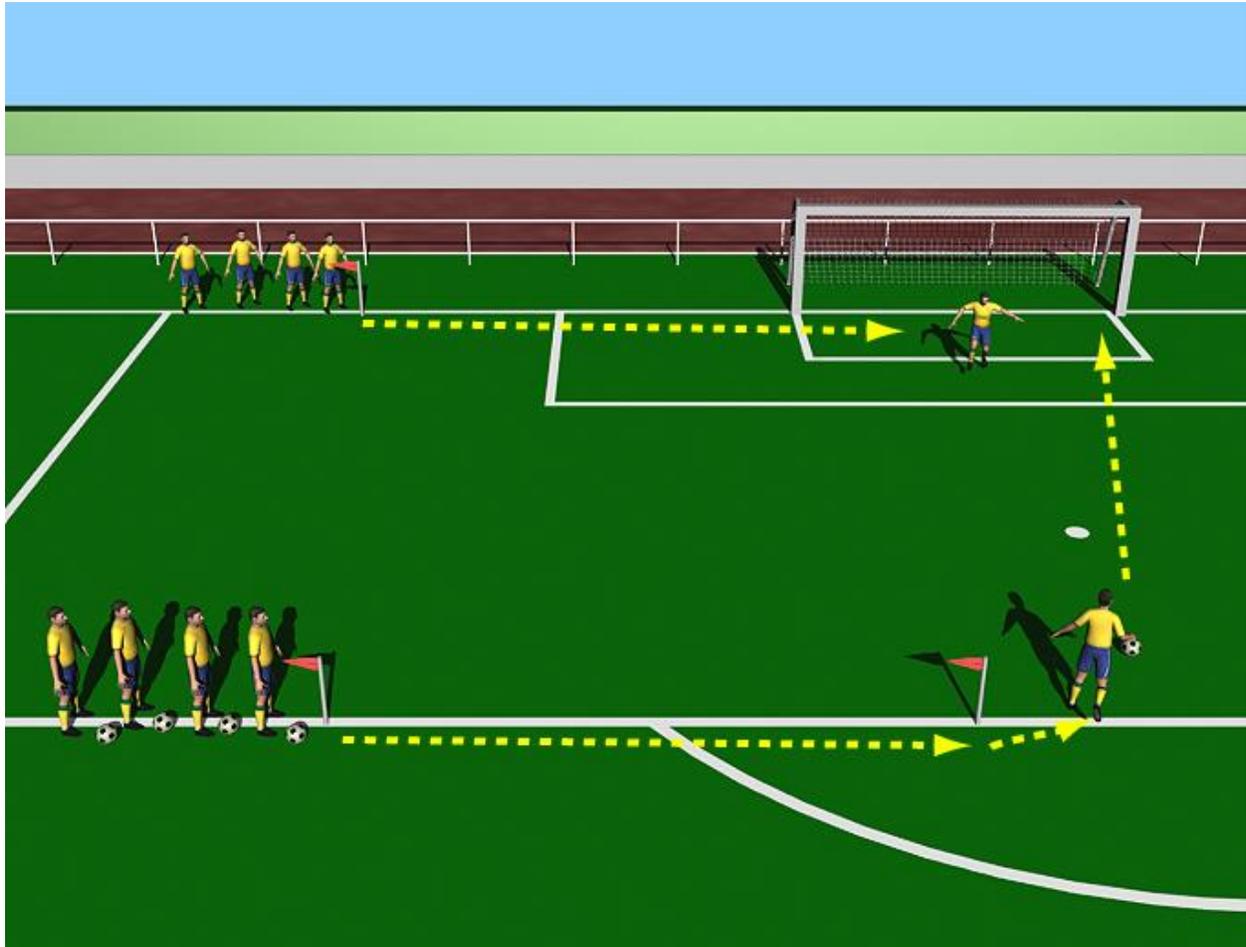


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Clear the Goal Game



Exercise Objectives:

This is a fun shooting and defending game (especially if you don't have a goalkeeper available)

Coaching Pointers:

Divide the entire group into two teams. Position the defending players at the flag pole on the end and position the attacking players at the flagpole on the corner of the edge of the box (as in diagram above). The attacking players have a ball each. The practice starts when the first attacking player touches the ball. As soon as he takes his first touch, the defending player must run into the goal and defend the shot. The defender cannot use his hands or attack the defender. The attacking player cannot shoot until he gets around the flag pole in the middle of the penalty area. He only has "one touch" after gets past the flag to shoot. Reverse roles after several minutes. Keep score and make a competition out of the game.

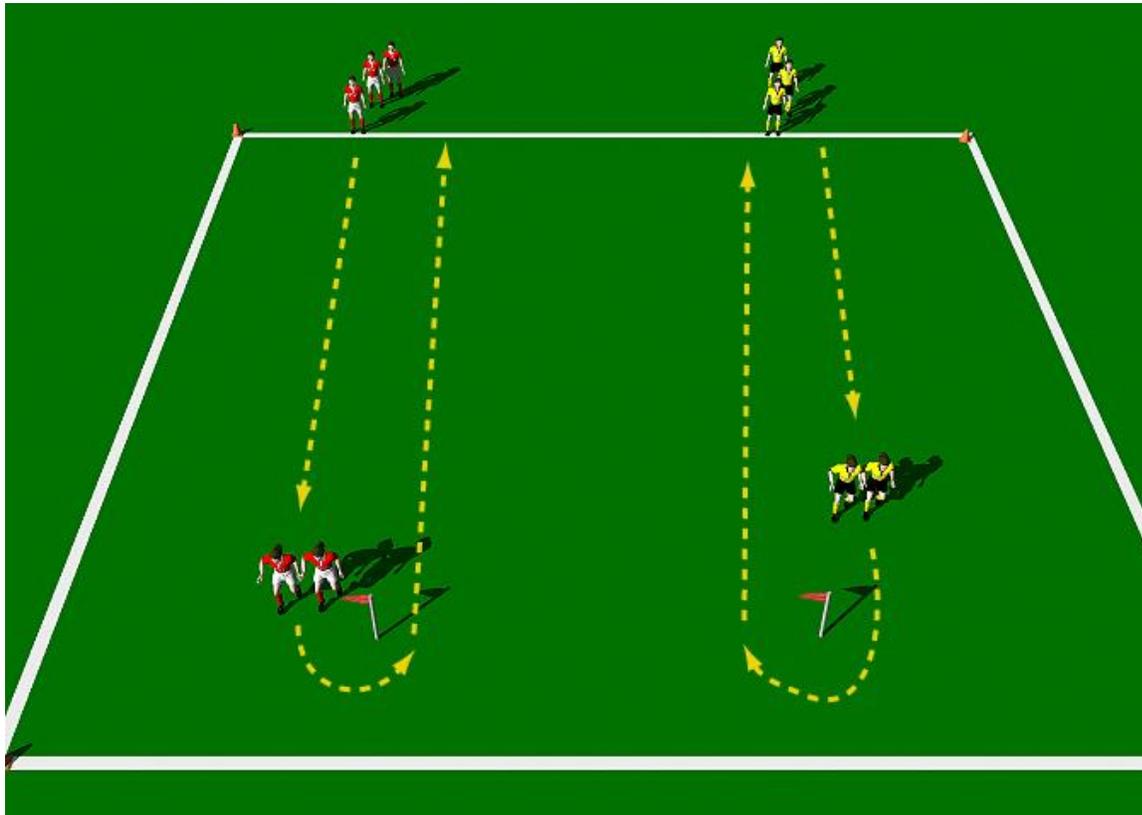


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Chain Relay



Exercise Objectives:

This is a fun warm up that focuses on teamwork and team building skills.

Field Preparation

- Entire Group
- Half Field

Coaching Pointers:

Divide the group into two teams. Place cones 20 yards apart. First player in each group runs around opposite cone and back to group. He then joins hands with the next player and repeats.

Follow this sequence until all players are linked in a chain. First team around cone and back to finish line with all players win. If the link is broken, the team must start again from the first player.

Push Me Over



Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing.

Field Preparation

2 Players

Coaching Pointers:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing. Divided your group of players into pairs. Each pair faces each other with hands in front and legs closed. Players stand approximately 1 foot apart. The object of the game is to try and make your partner move their feet by unbalancing them. Contact can only be made by pushing the partners hands. Points are awarded each time a player moves their partners.

If a player touches another players chest, their partner receives a point. A player can quickly move their hands away and make a player touch their chest.

First player to 5 points wins. Rotate players to challenge new opponents. Players should keep their legs closed and ankles touching.

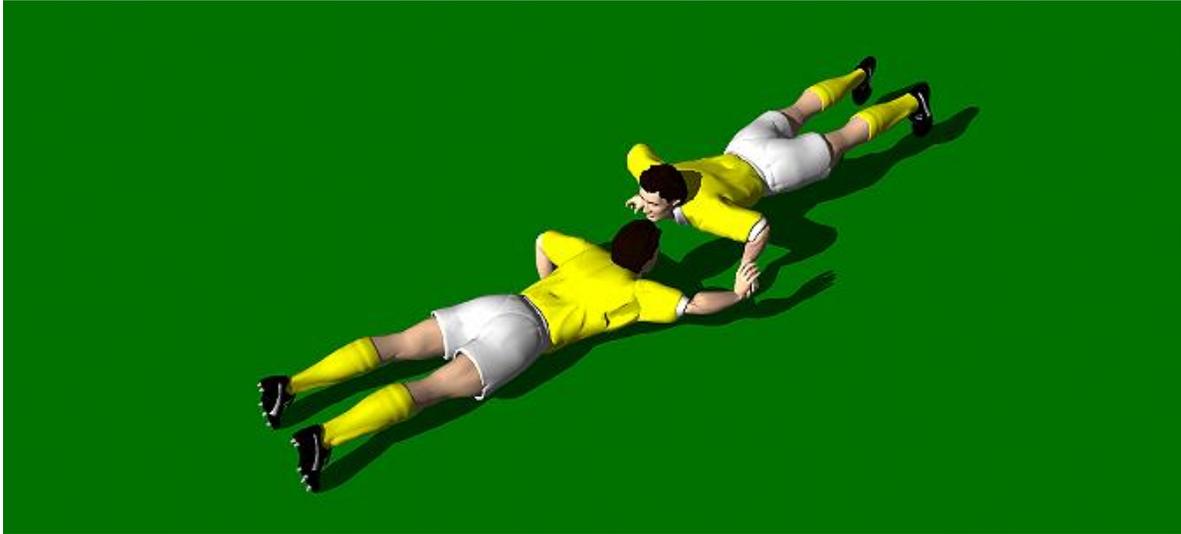


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Push Up Wars



Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing.

Field Preparation

2 Players

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other in the push up position.

The object of the game is for each player to try to knock their partner to the ground by pulling their arms.

A point is award for each successful attempt.

First player to 5 points wins. Rotate players to challenge new opponents. Players should keep their legs closed and ankles touching.



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Knee Slaps



Exercise Objectives:

This is a fun game that players enjoy. Develops fast footwork, agility and simulates a defensive position (down low, knees bent)

Field Preparation

2 Players

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other. The object of the game is for each player to try and slap his partner on the knee. Players are down low in the bent knee position (just like a defending stance). Players move around trying to avoid getting slapped. A point is awarded for each successful attempt. First player to 5 points wins. Rotate players to challenge new opponents. Be careful not to bang heads.

Snatch



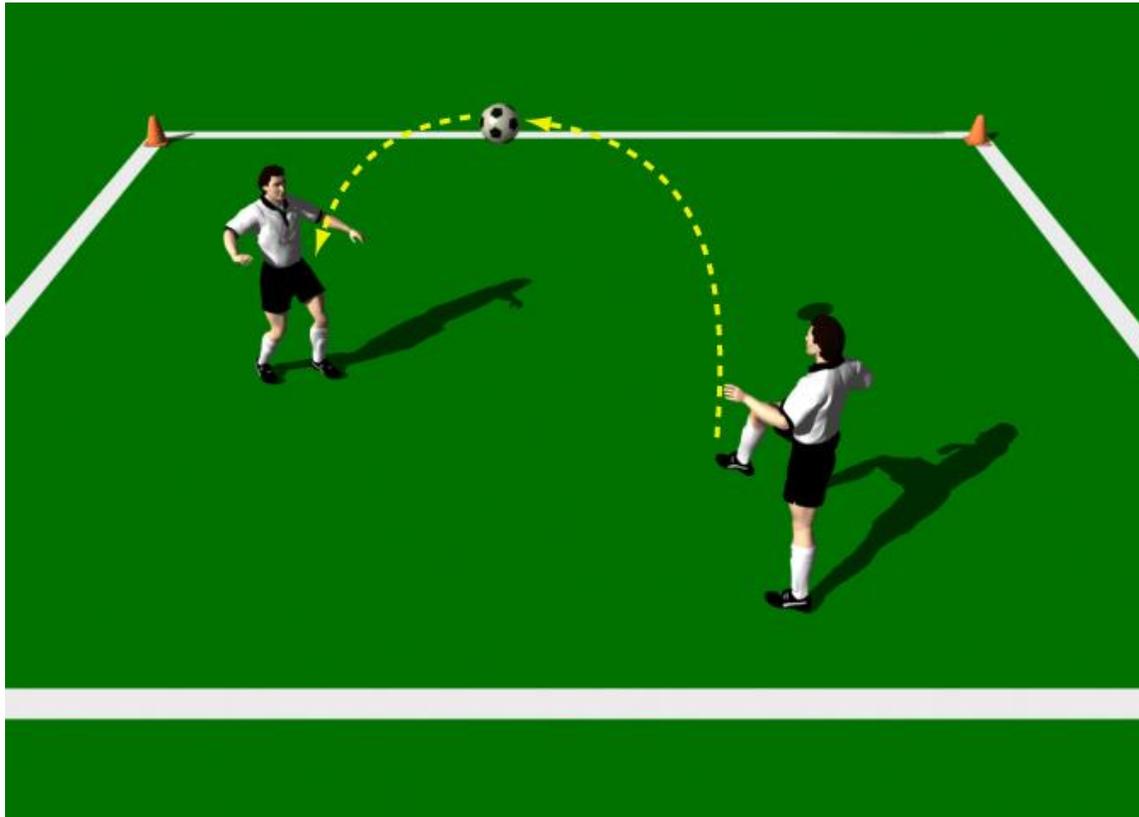
Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It develops players reaction time.

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other. The coach call out a series of commands, which the players must perform, but when the coach shouts out "SNATCH" the first player to grab the ball wins. Coach tells the players to touch their; head, ears, shoulder, knees, toes etc. First player to 5 wins.

Call the Number



Exercise Objectives:

This is a fun warm up to develop quick thinking and the reaction time of the players.

Coaching Pointers: Players are paired up with a partner, facing each other at a distance of 2-3 yards. Players serve a ball to their partner in the air, using the Head, Chest, Thighs or Feet. On playing the ball, the server must instantly call out loud number; 1, 2, or 3. The receiving player must keep the ball in the air, the designated amount of times. e.g.: player shouts "one", ball is returned on the "first touch". Player shouts "two", ball is juggled once, played back on "second touch". On returning the ball, the player then calls out a number for his partner.

Point System:

- If the player allows the ball to drop - 1 point to partner.
- If the player does not control the ball the exact number of times - 1 point to partner.
- Bad service - 1 point to partner.
- Player forgets to call a number - 1 point to partner.

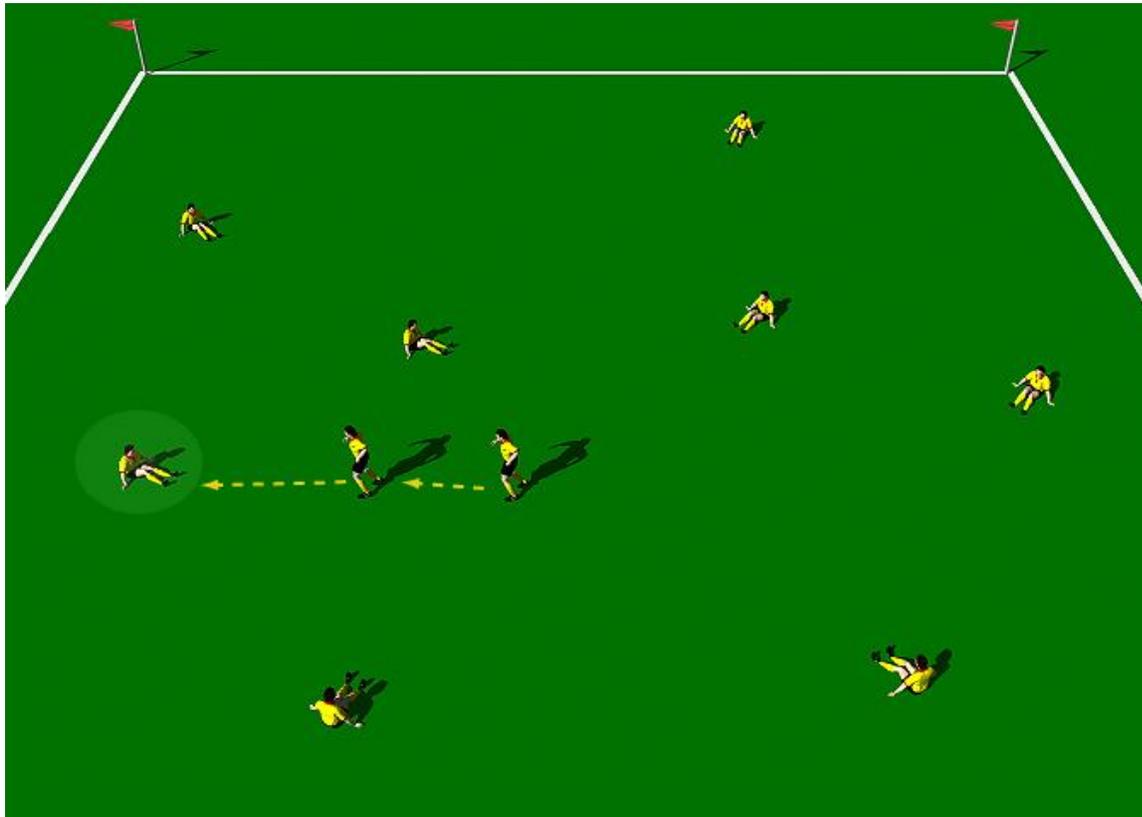


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Sprint and Sit



Exercise Objectives:

This is a fun warm up exercise that emphasizes a change of direction and acceleration.

Coaching Pointers:

Group sits on ground, spread out in an area approximately 30 yards x 30 yards. Two players start off the practice. One player the "runner, the second the "chaser". The "runner" avoids being tagged by the "chaser" by moving in and around the sitting players. If the runner is tagged he becomes the chaser.

The runner can be relieved by sitting next to a resting player, thus making the player he sits next to the new "runner".

Push Me Over



Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing

Coaching Pointers:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing. Divided your group of players into pairs. Each pair faces each other with hands in front and legs closed. Players stand approximately 1 foot apart. The object of the game is to try and make your partner move their feet by unbalancing them. Contact can only be made by pushing the partners hands. Points are awarded each time a player moves their partners.

If a player touches another players chest, their partner receives a point. A player can quickly move their hands away and make a player touch their chest.

First player to 5 points wins. Rotate players to challenge new opponents. Players should keep their legs closed and ankles touching.

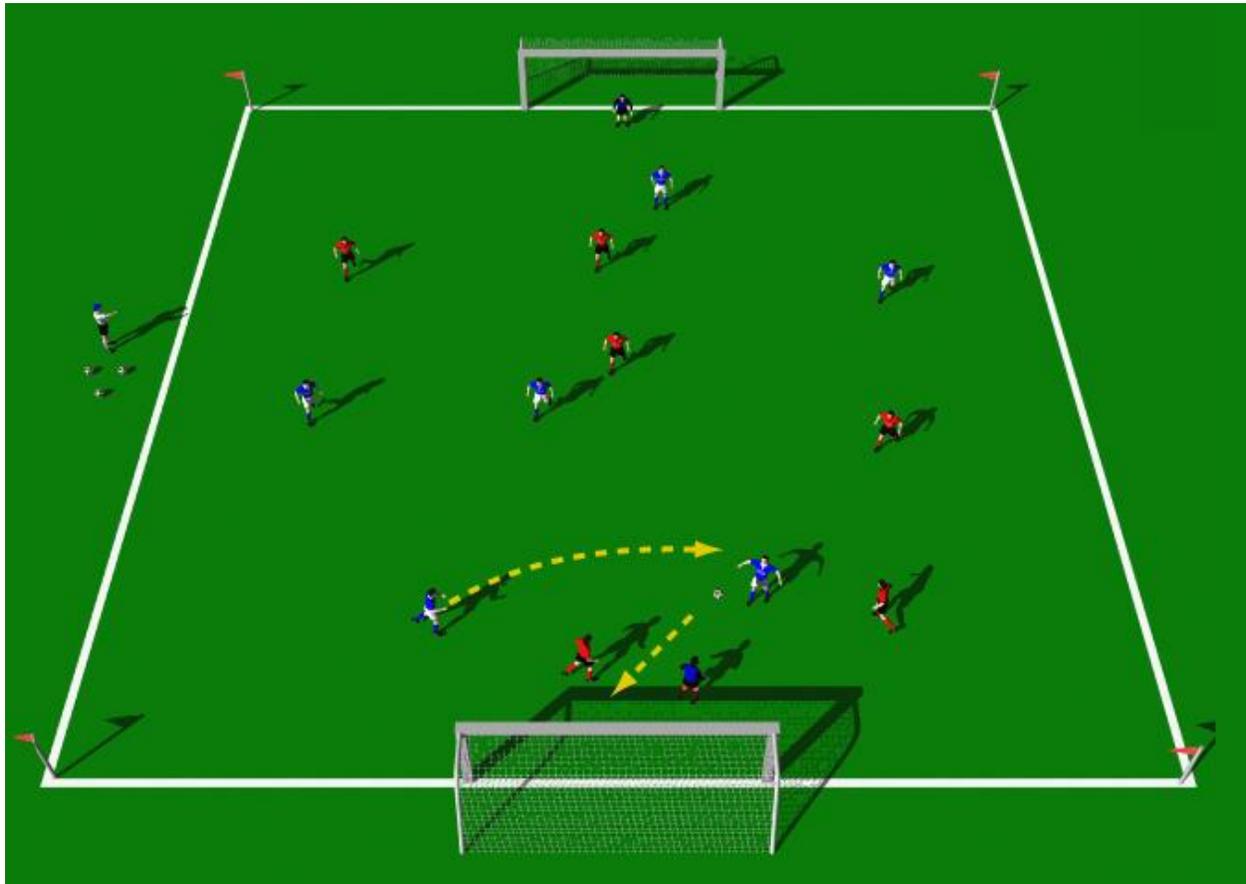


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Throw, Head, Catch



Exercise Objectives:

This practice will improve attacking and defensive "heading" techniques. This can also be used as a fun warm up activity with your team.

Coaching Pointers:

Divide the team into two groups. Identify groups by using colored bibs. The object of the game is for a team to score with a "header". The team in possession can only advance up the field in using this sequence "*Throw, Head and then Catch*". Players cannot run with the ball. Opposing team can only intercept a throw with a header and a header with a catch. Progression: Head ball from hands and catch. Volley ball from hands and catch. Must score with a volley. Diving headers worth 3 goals. Double headers worth 5 goals.