

Fun Five Series

Activities for the u-10 age group





Purpose

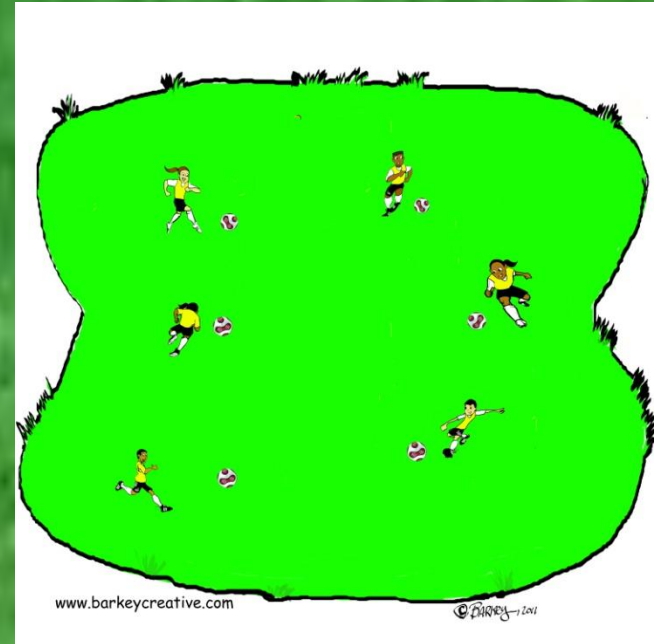
- These five fun activities are geared for the U9/10 age groups.
- These are five activities that all coaches can utilize this season at least once.
- A guided discovery section is also included so coaches know what types of questions to ask the players to enhance their learning.
- Have FUN!

“The Game That Never Ends”

Directions:

Each player has a ball. The coach instructs the players to dribble their ball. Each player is “it”. If a player gets tagged they are frozen. If, however, the player that got tagged by specific player gets tagged then the person who was tagged by them can now be “unfrozen”. So there should always be at least one player left unfrozen.

Variation: Players work in pairs and try to hit another pair’s ball. If they are successful then the same rules apply. The pair whose ball got hit are frozen. They are then unfrozen when the pair that hit their ball get frozen.



Guided Discovery:

Ask the players how do they make sure they do not get “frozen”? (by getting their heads up while they dribble and/or pass)

“Moving Goal Team Game”



Directions:

Make 2 teams of 3-5 players. One “moving goal” is assembled by two coaches/parents, etc. holding a pool noodle, vests tied together. They play like a normal soccer game but the goal “moves” around the field making it more difficult/easier for a team to score. This is a great game to work on spatial awareness for 9 and 10’s.

Guided Discovery:

Ask the players how can they score more goals?
(keeping our head up, spreading out, and passing the ball to the player closest to goal)

“Retrieval In Groups”

Directions:

This activity is great for the warm-up! Players get into groups of 3-4 players. One at a time they give the coach the ball. The coach then tosses the ball out for the players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back. Example: Bring the ball back with 5 hands and an elbow, bring the ball back to by passing and everyone has to be involved, which group can bring the ball back to me the quickest? **Note:** The coach should walk/jog after they toss the balls out to each group so the group needs to work on finding the coach.



Guided Discovery:

Ask the players when you are walking around, how do they find you? (Get their eyes up-not down).

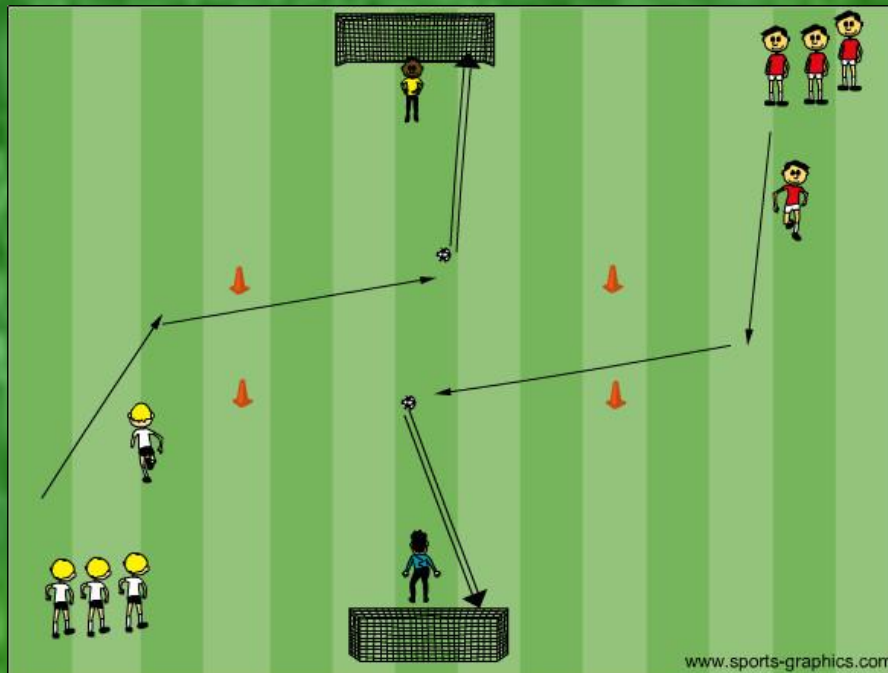
Ask the players when they are passing the ball, how can they get the ball back to you quicker? (making good passes to their teammates with pace)

“MLS Shootout”

Directions:

Organization: 40 x 30 training area with large goals, GKs and two balls placed in the center of the field. Divide players into two equal teams, numbered 1 - 4 and stationed diagonally opposite on each end line. The coach calls out a number and those players must run through the cone gates before entering the field. The first player to score wins.

Variation: Call out two, three or all four numbers. They then come out and play with one ball against each other.



Guided Discovery:

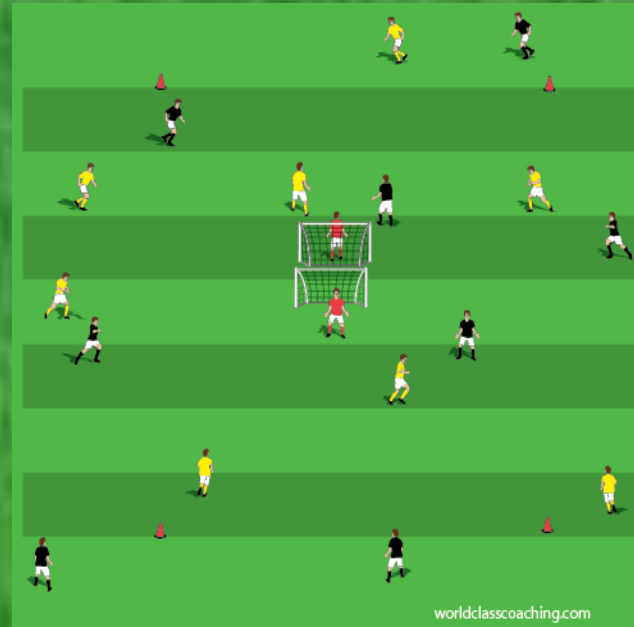
Ask the players how do they keep the ball low when striking the ball? (get their shoulders over the ball)

Ask the players what part of the feet can they use when they strike a ball for distance? (laces/instep)

“Two Sided Goal Game”

Directions:

Half field with a kickback or two goals back to back in the center of a 30 yard area. Two equal teams. The ball starts on the outside of the 30 yard area. It can be dribble, passed, or shot. If the ball is played into the 30 yard area, the team who played the ball in is the only team that can score. Any shot hit from inside the 30 must be a one touch shot. Players can take multiple touches inside the 30 but they can only finish on their first touch. Balls intercepted must take the ball outside the 30 before they are allowed to score. A shot from outside the 30 does not have to be one touch.



Guided Discovery:

Technique: Ask the players what part of the foot they can use to strike the ball far? (laces, instep).

Ask the players how they can create a scoring opportunity? (working together and spreading out)

Contributors

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