

# **GAMES**

**All games can be altered to suit the priority of the team at the time.**

## **Red Light, Green Light**

(dribbling)

Each player starts with a ball at a specific place. Remind players to keep the ball close to them and look up. Coach stands 20-30 yards away and shouts 'green light'. Players must dribble toward coach. Coach shouts 'red light'. Players must 'soccer stop' (not freeze). Coach shouts 'green light' again and runs around the players while they are dribbling. Coach shouts 'red light' and stops running and players must 'soccer stop'. When coach is hit **BELOW** the knee with a ball, coach must freeze so that all players have a chance to 'get coach'.

## **Relay Races**

(running, follow directions, juggling)

Relay races are a great way to teach kids to follow directions. Changing the race each round and having specific guidelines (i.e. you must sit down after your turn, 1<sup>st</sup> team sitting is the winner) are great ways to remind kids the importance of following rules. Different types of races may include: Running Forward, Running Backward, Hop on two feet, Statue of Liberty (run holding ball in cone), Dribbling, Dribble to cone and leave ball run back, Dribble to cone and juggle 2-4 times. Your imagination is your only limit.

## **Shark Attack**

(dribbling, stealing)

Have each player dribble inside a predetermined area. Pull out a few 'sharks' and their soccer balls. Have sharks yell 'shark attack' then run in and kick all of the balls outside the area. If a player's ball goes outside the area, they become a shark and help kick the remaining balls out. Rotate your starting sharks.