

Fun Games



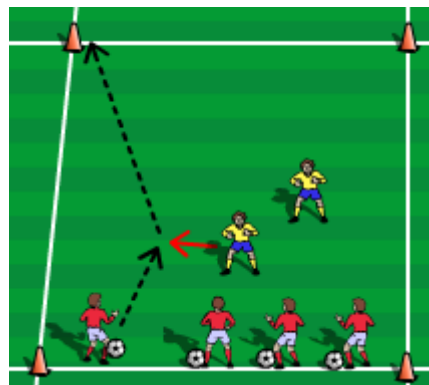
Drill 1 – Fun Games (Bulldogs)

Aim: To improve dribbling, running with the ball and defending techniques

Suitable for: U7's and upwards

Equipment: Marked area, 1 ball for each player, 4 cones.

Organisation: As shown in diagram. One or two players are selected as the Bulldogs, and they stand in the middle of the play area. All remaining players stand at one end of the area (home). The aim of the game is to run with the ball from one end of the field of play to the other, without being caught by the bulldogs. When a player is caught, they become a bulldog themselves. The winner is the last player to become a bulldog. Continuous practice.



Progressions:

- Encourage Bulldogs to work as a unit and close down one player at a time
- When there are even numbers of Bulldogs they must work in pairs closing down
- Make the areas smaller or larger
- When players dribble to end line they must do a harp turn and come straight back across the river without hesitation

Coaching Points

- Head up / vision / awareness of space
- Players encouraged to dribble and beat the Bulldog with a piece of skill or a trick
- Communication between Bulldogs, work as a unit

Drill 2 – Fun Games (Cats & Dogs)

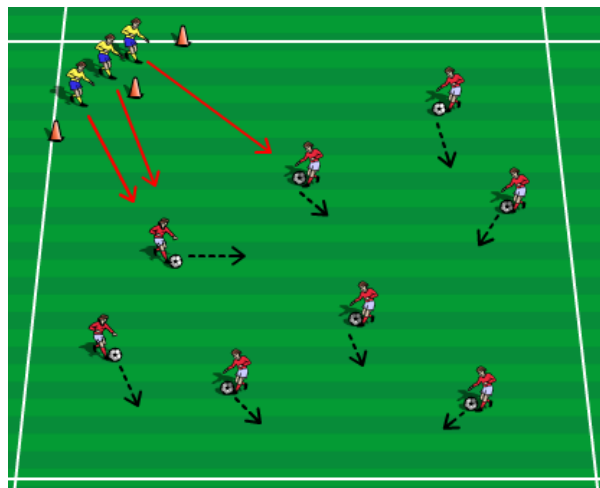


Aim: To improve dribbling, running with the ball, shielding and defending techniques

Suitable for: U7's and upwards

Equipment: Marked area, 1 ball for each player.

Organisation: As shown in diagram. Two or three players are selected as the Dogs, and they stand in the corner of the coned area. All remaining players have a ball in each anywhere in the area. The aim of the game is to protect your ball and keep possession without being tackled (lose possession) by the Dogs. When a player is tackled and their ball has been kicked out of the area, they become a Dog themselves. The winner is the last player to become a Dog. Continuous practice.



Progressions:

- Encourage the dogs to work as a unit and close down one player at a time
- When there are even numbers of dogs they must work in pairs closing down
- Make the area smaller or larger

Coaching Points

- Head up / vision / awareness of space
- Communication between dogs, work as a unit

Drill 3 – Fun Games (Speed Cones)

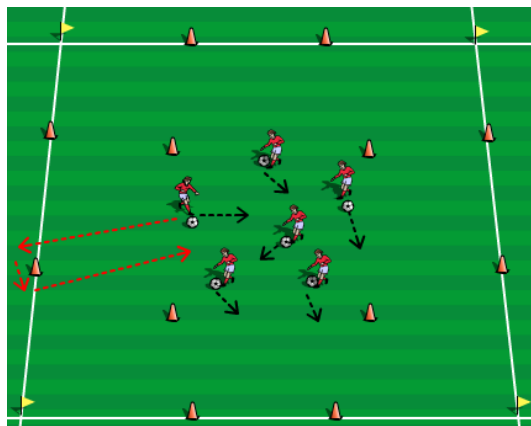


Aim: To improve dribbling, running with the ball, control and turning techniques

Suitable for: U7's and upwards

Equipment: Marked area, 1 ball for each player. Different coloured cones

Organisation: As shown in diagram. All players dribble around central area. Emphasis on close control, touching the ball with the inside, outside and sole of boot, encourage players to use both feet. On the coaches command players must turn and dribble their ball around the nearest cone and back to the middle area. First one to get back is the winner.



Progressions:

- The eight cones around the area should be 2 x 4 colours, the coach can then shout a colour instead of just any cone
- Make the areas smaller or larger
- Change the rules so last player back is out, that player must then dribble around the area until the game has finished.

Coaching Points

- Head up / vision / awareness of space
- Keep the ball under control at all times

Drill 4 – Fun Games (Tails)

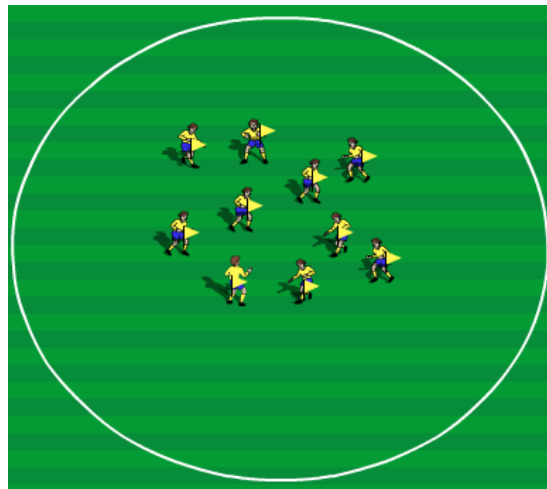


Aim: To improve agility, flexibility, awareness and vision

Suitable for: U7's and upwards

Equipment: Marked area, 1 bib for each player.

Organisation: As shown in diagram. All players tuck a bib in to their shorts (or hold it in there hand). Players run around the coned area for 1 minute trying to pinch as many bibs as possible whilst protecting their own bib. The player with the most bibs is the winner.



Progressions:

- Make the areas smaller or larger
- To win the game you must still have your own bib as well as the most pinched bibs
- Pair players up to work as a team / unit

Coaching Points

- Head up / vision / awareness of space

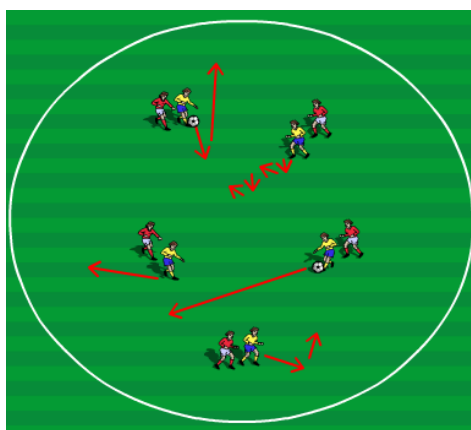
Drill 5 – Fun Games (Shadows)

Aim: To improve control, dribbling, awareness, change pace, change of direction and turns

Suitable for: U7's and upwards

Equipment: Marked area, balls.

Organisation: As shown in diagram. Players are put in pairs; the aim of the game is to lose your shadow. If you can get more than 2m away from your shadow you receive a point. Continuous practice for 1 minute, then swap.



Progressions:

- Make the areas smaller or larger
- Give the lead player a ball

Coaching Points

- Head up / vision / awareness of space
- Encourage lead player to lose his shadow with a change of pace, a change of direction, zig zagging, dropping the shoulder / feinting, cut backs, etc.



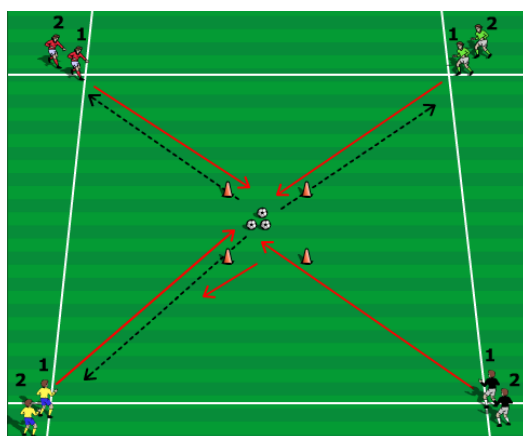
Drill 6 – Fun Games (Chase)

Aim: To improve dribbling, running with the ball, awareness, change pace and turns

Suitable for: U9's and upwards

Equipment: Marked area, balls, bibs.

Organisation: As shown in diagram. The team is split in to four teams, each player in each team in numbers (in this diagram 1 and 2) All players stand in their corner 15m to 20m from the footballs. There is one less ball than the number of players. The coach will shout a number; those numbered players run to the balls; turn and dribble back to their corner. The player who didn't get a ball tries to steal one from the other teams.



Progressions:

- Make the areas smaller or larger
- Change numbers so players come up against different opponents
- The players with a ball get a bonus point if they can beat the player without a ball with a trick or piece of skill

Coaching Points

- Head up / vision / awareness of space
- Players on their toes anticipating their number being shouted
- Encourage dribbling player to lose on coming defender with a change of pace, a change of direction, zig zagging, dropping the shoulder / feinting, cut backs, etc.



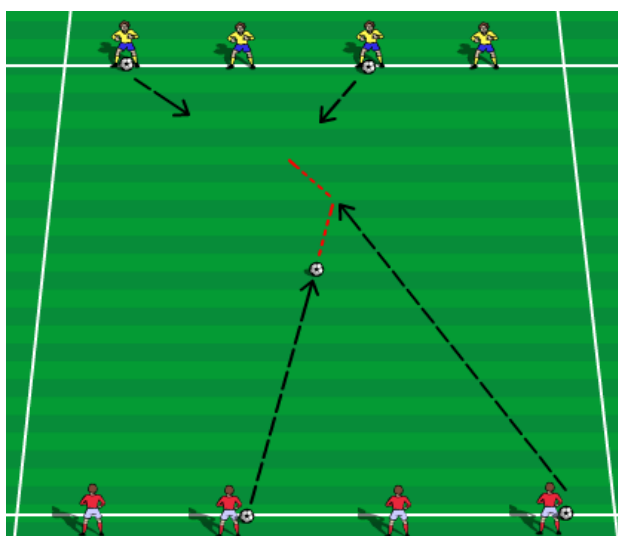
Drill 7 – Fun Games (Crossfire)

Aim: To improve accuracy and weight of pass and control / 1st touch

Suitable for: U8's and upwards

Equipment: Marked area, balls.

Organisation: As shown in diagram. The group is split in to 2 teams, each team lines up on opposite sides of the area. One target ball is placed in the middle of the area and each team has 2 or 3 balls as ammunition. The aim of the game is to knock the target ball over the opposition's goal line.



Progressions:

- Make the areas smaller or larger
- Add more than one target ball
- Players on 2 touch, one to control, one to strike
- Players must pass before shooting at the target ball

Coaching Points

- Awareness of the position of the target ball
- Emphasis on controlling the ball and getting your shot at the target ball off as quickly as possible
- Awareness of on coming balls that have missed the target ball
- Passing techniques, side foot or strike with laces

Drill 8 – Fun Games (Crocodiles)

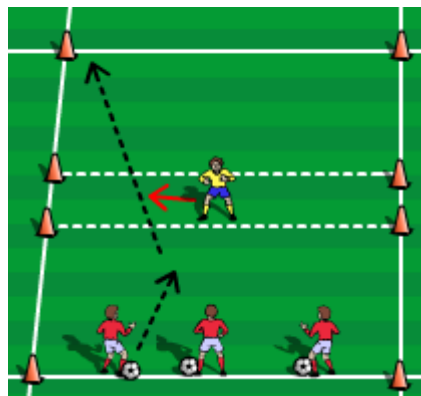


Aim: To improve dribbling, running with the ball, shielding and defending techniques

Suitable for: U7's and upwards

Equipment: Marked area, 1 ball for each player, 8 cones.

Organisation: As shown in diagram. To start one player is selected as the Crocodile and they stand in the central coned area (The River). All remaining players have a ball each and start on an end line. The aim of the game is to cross the river, protecting your ball and keeping possession without being tackled (lose possession) by the crocodile. When a player is tackled and their ball has been kicked out of the area, they become a crocodile themselves. The winner is the last player with a ball. Continuous practice, end to end.



Progressions:

- Encourage the crocodiles to work as a unit and close down one player at a time
- When there are even numbers of crocodiles they must work in pairs closing down
- Make the areas smaller or larger
- When players dribble to end line they must do a harp turn and come straight back across the river without hesitation

Coaching Points

- Head up / vision / awareness of space
- Players encouraged to dribble and cross the river with a piece of skill or a trick
- Communication between crocodiles, work as a unit