



RACES AND GAMES WITH BALL TOUCHES

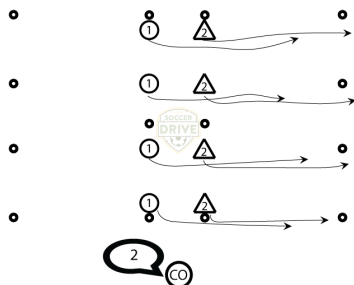
AGE LEVEL: U6 TIME: 60 MINUTES

CATCH A RABBIT

TIME 10 minutes

SETUP

Catch a rabbit is a fun game that will also force players to work on reacting, agility, and a quick first step. This drill requires an even amount of players. Try to pair up players based on speed so that they challenge each other. Set up a series of discs as shown in the diagram. The two lines of cones down the middle should be about 2 yards apart. Players will line up across from each other on their respective lines in the middle. One side can be designated by color or simply a number. The coach will call out the color (or number) and player associated with that number (or color) will try to run to the line of cones on their side before getting touched by the player they are matched up against. You can assign points for player touching their partner before they reach the cones. Once they reach the cones then quickly count down to the next repetition forcing the players to jog back to the starting position.

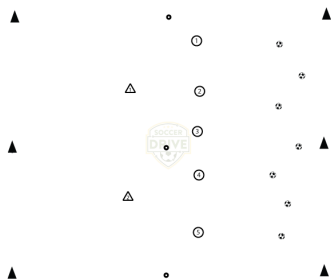


CLEAN THE ROOM

TIME 10 minutes

SETUP

There will be a circle made of cones with players inside and players outside. Players on the outside will pass the ball to each other trying to hit the players in the middle (lightly). They will continue passing the ball until a player on the inside is hit. Once a player is hit they move to the outside and being passing the ball, as the player that hit them will go in the inside. Make sure players know to be careful when passing the ball, you don't want them to injure their teammates!

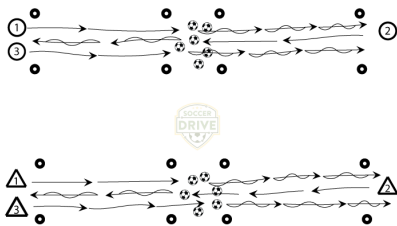


EMPTY THE BUCKET

TIME 7 minutes

SETUP

This is a great drill to follow up with after the "Fill the Bucket" drill because no additional setup is required. Players are divided up into teams of three players and each team will need 6 soccer balls. Now that all the soccer balls are in the bucket you can run the same race but the objective of this race is to empty the bucket instead of fill the bucket. The players will run into the bucket to retrieve a ball and bring it to the end line. Once they tag a teammate then they will also run to the bucket, retrieve a ball, and dribble it to the end line. The first team to empty the bucket and get all of the soccer balls back to the end line wins the race.

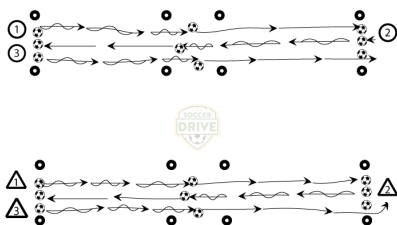


FILL THE BUCKET

TIME 7 minutes

SETUP

This is a fun soccer relay race that young players will enjoy. This game is great for U6, U8, and even U10 age level players. Your players will love it and they also are forced to use ball control skills in order to succeed in this game. To set up the relay race you will need to divide you team into teams of three players each. Each team will need 6 balls, three balls are placed at each end of their playing area as shown in the diagram. The goal of the game is to get all six balls into the bucket area (defined by the four discs). The players will dribble the ball into the bucket and use the bottom of their foot to stop the ball and then run to the other side. Once they tag the player on the other side then that player will dribble the ball into the bucket, use the sole of their foot to stop the ball, and continue to the other side to tag the next player. The first team to get all six balls into the bucket wins the race.



After the race then you can leave the balls in the bucket and proceed to the "Empty the Bucket" race.



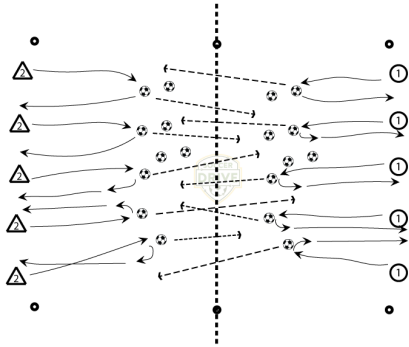
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BACK AND FORTH RACE

TIME 15 minutes

SETUP

For this soccer drill players will be able to work on speed shooting and some conditioning. There will be two sides with four players on each side. Coaches can put as many soccer balls as they would like on each side, this animation shows 15. Players will race to the balls, shoot them to the other side and run back to their original position. They will go back and forth between their position and balls until all the soccer balls are on the other side. Coaches can change up the game and make it so there is a time limit and at when time is up whoever has more balls on their side is the loser.



BRITISH BULLDOG

TIME 10 minutes

SETUP

This is a legendary game in soccer known as "British Bulldog". It is a simple game in which the players with the soccer balls try to dribble through the "danger zone" without having their ball kicked away or stolen by the "bulldogs". This game is great to incorporate into practice sessions that focus on dribbling drills and ball skills. It allows the players to work on ball control and having to control the ball under pressure and at different speeds. It also requires players to have an awareness as to where the "bulldogs" are and maintain ball control with their head up.

PROGRESSIONS

- » Start without any soccer balls and simply make it a game of tag.
- » Next add soccer balls and make the "bulldogs" crawl using bear crawls to move throughout the "danger zone".
- » Then have the "bulldogs" play on two feet and be as aggressive as they can within the "danger zone".

