



U6/U7 – Extra Activities

Tag:

All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.

Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.



Hospital Tag:

All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged, they must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.

Coach: Acts as the “doctor” and heals the dribblers so they can keep involved in the activity.



Snake:

All players are dribbling a soccer ball in a 25x35 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.

Coach: Encourage the snake players to hiss.



Kangaroo Jack:

In a 25x35 yard grid two or three players are the kangaroos, and the other players are dribbling. The kangaroos are trying to tag the dribblers. Once a dribbler is tagged, they turn into a kangaroo.

Coach: Remember, kangaroos hop.



Juggling:

All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players can try to use their thighs and feet to keep the ball in the air.

Coach: Have the players count how many times they touch the ball before it hits the ground. Also have them try it by allowing the ball to bounce.

Version 2: Controlled juggling – Thigh, catch. Foot, catch, Thigh, foot, catch. Thigh, thigh, catch. Foot, foot, catch. *Please keep the patterns simple!*



Ball Tag:

All players are dribbling a soccer ball in a 25x35 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.

Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.





U6/U7 – Extra Activities

Moving Goal:

All players are dribbling a soccer ball in a 25x35 yard grid. Two coaches hold a practice vest (pinny) between them, forming a goal. The players must try to kick their ball through the goal.

Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.

