

**Tag**---Every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. *Version 2:* Players must tag other players on their knees.

**Hospital Tag**---Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body at which they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal all the little soccer players so they can continue playing the game.

**Red Light/Green Light**---All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.)

**Gates**---Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini-goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score and when playing a second time ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, set up a rule to protect against this.

**Freeze Tag**---Break up the group into two teams. Everyone must dribble their soccer ball, but one team tries to tag (freeze) the other team. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the taggers. Otherwise, stop game after a few minutes and have team reverse roles. *Version 2:* Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion.

**Kangaroo Jack**---All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos.

**Planets**---Set up cones into multiple squares or triangles that serve as planets (or cities). All players must follow coach's order and dribble into the planet he calls out. Coach can have all players follow same directions or break up team so they start at different planet and then have them dribble through the solar system in clockwise or counterclockwise fashion. Coach can have groups dribble in opposite direction through the solar system.

**Cops and Robbers**---Coach sets up 8-10 stand up cones in a 15yd x 15yd space. Robbers all have soccer balls and knock over the cones (banks) by kicking their balls into the cones and knocking them over. Cops (have 2 or 3 cops for each game) do not have soccer balls and need to stand the cones back up (before all the banks money falls out). Coach can help knock over cones or pick up cones as sees fit. Rotate who gets to be cops.

**Crab Soccer**---Set up a grid roughly 18yd x 10yd. Have 3-4 players inside the grid acting as crabs. These crabs do not have a soccer ball. Other players start at one end of the grid and when the coach says “Go”, they dribble their soccer balls to the other end of the grid. The crabs try to kick the balls out of the grid. If a dribbler’s ball goes out of the grid, that player becomes a crab as well. Play until all players turn into crabs.

**Snake**---In an appropriate space for the numbers you have, have all players dribbling soccer balls except for 2-3 players to start. These players hold hands and work together as one snake to tag the other players, The players with balls try to avoid getting tagged by the snake. If they are tagged, they join hands with players making up the snake the snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake hiss. 😊

**Ball Tag**---Similar to other tag games except players try to tag others with their soccer ball instead of their hand. Have them keep count of how many times they kick their soccer ball and tag another person. Have the tag count if their ball hits another player or that player's ball. Can have the players tag the coach, or other designated players for double points. *Version 2:* Rather than having players tag each other, have them tag the coach by kicking their soccer ball. The coach moves around without a ball to avoid being tagged. Have players count up how many they got and can do the same variations as in the other game by affixing a lot of points to players.

**Capture the Balls**---Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team gather in their home base. Place all balls in the center of the space. On command teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands. No pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others’ home bases. Coach calls time and counts how many balls are in each space to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.

**Shrek/Spiderman/SpongeBob**---Place a couple players in pennies and have everyone else get a soccer ball. Set up a 20 yd x 15 yd space and have the layers with balls dribble around in the space. The players in pennies are Shrek or Spiderman or SpongeBob etc. etc. and try to tag the players who have soccer balls. When players are tagged they go to into the goal (castle, spidernet etc. etc.) and can only get back out if a teammate with a ball tags them or the coach uses his/her magic powers to let everyone free. Use any character or images you like for this and make sure all players get a chance to be one of the special characters at some point during every practice.

**Moving Goal**---2 coaches use a pennie or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar. Players each have a ball and try to score by kicking their ball through the goal. However, the coaches constantly move and turn to force the players to keep their head up and to change direction as they dribble.

**Body Part Dribble**---In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and the rate at which they are called out. At times, call out body parts consecutively (i.e.: tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e.: both hands or both feet).