6-10YR OLDS TRAINING GAMES

Posted by STLCoach - 18 Feb 2010 03:42

Blob tag
Objective:

This game encourages players to dribble with their heads up and keep good, close control.

Age group:

U6s to U10s.

Number of players:

Whole squad divided into two teams of four or five (if you have more than ten players, make four teams and play two games).

Set up:

Create a 30x30 yard playing area. All players except three have a ball.

Divide your squad into two teams (red and blue). One player from each team becomes the goalkeeper. The rest of the red team wait at their end of the playing area, half at one corner and half at the other. Arrange the blue team in the same way at the other end.

You stand on the half way line with a supply of footballs.

How to play:

All the players are inside the grid. The three without a ball form a 'blob' by holding hands. The blob moves freely in the grid and tries to kick any player's ball out of the grid. If a player's ball leaves the grid (either by being kicked out by the blob or because the player loses control of it) he/she joins the blob. The last player dribbling is the winner.

Tip:

Long chains are difficult for the players to control so when the chain gets to six players in length, break it into two smaller chains.

What to say:

"Stay away from the blob"-- that's the purpose of the game.

"Don't get trapped" -- move into space away from the blob.

"Keep control of the ball" -- don't kick it too far away.

"Work together" -- the blob must work as a team. They must stay together when kicking balls out of the grid.

Progression:

Change the size of the grid to make it easier for dribblers (a bigger grid) or harder (a smaller grid).

Have blobs break into two players per blob (harder for dribblers).

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Pass and shoot

Posted by STLCoach - 18 Feb 2010 03:48

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Pass and shoot
Objective:

To improve fitness, ball control, passing and shooting.

Age group:

U7 upwards.

Number of players:

Whole team.

Set up:

Mark out a 40x20 yards playing area. Place two small goals about 3 yards apart on one of the end lines. On the other end line place a pole or large cone opposite each of the two small goals.

Split your squad into two teams, red and blue, with one ball per team. Position the red team next to one of the goals. The blue team stand next to the other goal. One player from each team stands half way along the sideline nearest their goal.

How to play:

When you blow the whistle, the first player from each team dribbles up to and around the cone opposite their goal, then passes the ball to his/her team mate on the sideline. This player returns the pass to his/her team mate who takes a shot at goal. The first player to score gets a point for their team.

Coaching notes:

Encourage good, strong passes by making the sideline player collect weak passes from the dribbling player and return to the sideline before passing back.

Return passes should be in front of the dribbling player to run onto.

If you have more than ten players, create three teams.

Progress to one touch for the sideline player.
Please note: although no board code and smiley buttons are shown, they are still usable.

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3 TRAINING GAMES FOR 5 AND UP

Posted by STLCoach - 15 Mar 2010 03:51

Game 1. 'Don't let the ball stop!'
Objective:

To improve your players' first touch, ball control and passing.

Age group:

U6 upwards.

Set up:

Mark out a short, wide pitch with big (10 yard-wide) goals at either end and a centre line. Divide your squad into teams of 3 or 4. If you have more than two teams, play more than one game. Each team defends a goal. There are no goalkeepers.

How to play:

The game starts with each team spread out in their half of the pitch. The coach stands on the centre line and rolls a ball to one of the teams. Their objective is to score a goal by shooting from within their own half.

Rules:

Players must stay in their own half of the pitch.

Each player on a team must touch the ball at least once before a shot can be taken.

The ball must not be allowed to stop - if it does, possession is passed to the other team.

Progression:

Restrict players to three, two or one touch.

Ask them to shoot with their 'wrong' foot.

Coaching notes:

Can your players:

Work the ball up to the halfway line without letting it stop, only having 1, 2 or 3 touches each?

Lay off a good ball into the path of the shooter?

Block shots with their body and gain immediate control of the ball?

Will the players stand on the halfway line and get in the way of their opponents' shots?

Game 2. 1-0 game

Objective:

The 1-0 game is designed to improve all the skills required to keep possession: shielding the ball, support play, a good first touch, decision making and communication.

Age group:

U8 upwards.

Set up:

Play this game on a normal small-sided soccer pitch complete with goals. Divide your squad into two teams (goalkeepers are optional).

How to play:

Play normal soccer for a set time with one condition: you can only win by one goal. So when a goal is scored, the team that scored must just try to keep possession; they can't score until the other team equalises. If the other team does equalise, then both teams can then try to score again.

Coaching notes:

This is keepaway with a real 'soccer-like' purpose. Consequently, it's more useful and popular than normal keepaway - a game that is often seen as pointless by young soccer players. I play a series of five-minute games and the team that wins the most is the overall winner.

Will the team who are a goal down realise they don't need to play with a goalkeeper? They should take advantage of the situation to bring their goalkeeper out and create a 'numbers up' situation.

Game 3. Four-goal game.
Objective:

To improve decision making, transition and high pressure defence.

Age group:

U6 upwards.

Set up:

Play this game on a normal, 60x40 yards, small-sided soccer pitch. Place four small goals about five yards in from each corner. Divide your squad into two small teams with no goalkeepers.

Coaching note:

Always play 4v4 if possible. If you have more than eight or nine players consider playing two games or having one team sit out and play 'winner stays on'.

How to play:

Play 'ordinary' soccer. Each team defends two goals at one end and attacks the other two at the opposite end.

Coaching point:

The key to winning the game is to 'pull' the bulk of the defenders over to one goal before switching the ball towards the less well-guarded goal and trying to score there.

Progression:

Limit the number of touches your players are allowed. Younger players can play three or four touch. Older players can play two or even one touch, depending on their ability.

Award extra points for goals which come directly from the team switching play.

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Moving the Goalposts train game

Posted by STLCoach - 31 Mar 2010 02:33

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Moving the Goalposts
This simple game will encourage your players to look up and be aware of other players around them.

Objective:

To improve passing and encourage players to keep their heads up when in possession of the ball.

Age group:

U7 upwards.

Set up:

Create a 30 yards by 30 yards playing area and divide your players into two teams. Take one player from each team and give them a 3-yard rope or pole to hold. This is the 'moving goal'. You stand outside the playing area with a supply of balls.

How to play:

The players holding the moving goal move freely around the playing area. The two teams try to score in the moving goal. Play first to three goals wins. If the ball leaves the playing area, you keep the game moving by putting another ball into play.

Coaching notes:

Encourage players to pass quickly and shoot decisively.

Progression:

Play with two balls (this also makes it easier for younger players).
With U10s upwards, restrict the players to two or three touches.

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Re:6-10YR OLDS 1v1 to goal

Posted by STLCoach - 21 Apr 2010 03:57

1v1 to goal
This great game will improve your players' desire to win the ball before their opponent and sharpen their shooting skills.

Objective:

To encourage a 'be first' mentality and take quick shots.

Age group:

U6 upwards.

Number of players:

Whole squad.

Set up:

Place a normal-sized goal at one end of a 30 yards by 40 yards playing area. Place one flat cone about 20 yards in front of both posts. Put a goalkeeper in goal and divide your squad into two teams. Place each team next to a goalpost. You stand to one side of the playing area with a supply of balls.

How to play:

On your command, the first player in each line runs around the cone in front of their post. As they run, you play a ball into the playing area midway between the cones and the goal. Both players try to be first to the ball and score in the goal.

The first team to 10 points wins the game.

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Pressure Cooker 10YR OLDS TRAINING GAMES

Posted by STLCoach - 22 Apr 2010 03:33

Pressure Cooker
This game will encourage your players to win possession. It also helps them practise jumping and heading, and playing in a confined space.

Objective:

To reward players who are first to the ball and players who win the ball in the air.

Age group:

U10 upwards.

Number of players:

Whole squad.

Set up:

Create a small pitch (20 yards by 20 yards) - a pressure cooker. Place normal-sized goals on each end line and divide your players into two evenly matched teams. You stand outside the pitch on the half way line with a supply of balls.

How to play:

Start the game by throwing a ball in the air. Award one point for the team who touches the ball first, two points for a header and four points for a goal. If you want to focus on competitiveness in the air, call the ball dead if no-one touches it before it hits the ground.

Coaching notes:

The short pitch compresses the play (hence the game name 'pressure cooker') and forces more physical contact. It also rewards players who take quick, hard shots.

The first team to 10 points wins the game.

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