

Soccer Games

Category	Game
Type	Team game
Time to allocate (mins)	25

Soccer games:

One Pin Bowling

1. Give each player a ball and have them line up at the side of the field.
2. Place a cone with a ball on it about 10 feet from each player.
3. Have the players kick their ball one at a time at the cone to try to knock the ball off the cone directly in front of them.
4. For a variation on this game, line up several cones with soccer balls on them like actual bowling pins and see how many "pins" the players can knock down.

Tag the Flag

Divide the players into multiple groups of three to four.

2. Place flags about 30 feet (or 10 meters) apart from each other on the field.
3. One to two players from each team stands at their first flag with a ball while the rest of their team stand at the other flag waiting to be tagged in.
4. When the game starts, one player runs from their first flag to the second flag while dribbling the ball. As soon as the player arrives at the second flag, the second player tags in and runs the ball back to the other flag. The game can continue until all players have gone two to three times.

Instructions

The emphasis for this game should be on having the players use both feet to move the ball and having them keep their head up while dribbling the ball.

Toe Taps

1. Starting at a slow pace, have a player place one foot on top of the soccer ball, then place that foot back on the ground.
2. The player should then place their other foot on the ball and then place that back on the ground. (The player may be a little off balance but this will improve as they get used to the activity).
3. Slowly start to increase the speed at which the player moves their feet and see how long and how fast the player can go.