

SHOOTING STARS SOCCER GAMES

1. Egg Hunt

Equipment Needed: Balls, Cones

Set Up: Create “baskets” with the cones.

How to Play:

1. Instructors or players throw balls all over the field.
2. Players are released to retrieve balls and dribble them back to the basket (coned area).
3. Object is to collect most balls the quickest.
4. If player loses a ball while dribbling back to their “basket”, they must leave it there and seek out another available ball.
5. Players may not take balls from other player’s baskets.
6. Multiple rounds are recommended.
7. Add defenders that the players must beat before they can get the ball to the basket.

2. Yo-Yo

Equipment Needed: Balls, Cones

Set Up: Set up rows of cones 10 yards apart.

How to Play:

1. Divide the players into pairs.
2. Players stand facing each other 10 yards apart.
3. Players pass back and forth to each other.

Tips

- Games should see how many times players can pass back and forth without losing the ball.
- Can incorporate ‘one timing’ passes with the older groups.

3. Battleship

Equipment Needed: Balls, Cones

Set Up: A cone is placed 5 yards in front of every stack, place a ball on every cone (you can use any type of ball)

How to Play

1. Players are split up into stacks.
2. Players try to kick the ball one time to knock over the ball on the cone.
3. If the ball is knocked over the player must run and place the ball back on top of the cone, retrieve the ball, and return it to the next person in line.

Variations

- You can also create a rectangle with cones in the middle.
- 2 teams are on each sideline.
- Award points for the team that knocks the cones over in the middle.

4. Numbers Game

Equipment Needed: Balls, Cones

Set Up: Create a playing field with cones and a goal(s) if you are going to incorporate shooting on the goal.

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1-2-3, etc.
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one player on the other team.
4. Instructor calls out a number and throws out two balls.
5. The players from the different teams with the same number must run out and get a ball, take it down to their team's goal, and take a shot.
6. Each player gets one shot.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips:

- Award points for a player who runs back to his/her team faster than the other player and for the team cheering louder.

5. Clean Up Your Backyard

Equipment Needed: Balls, Cones

Set Up: Create a playing field with cones (“No-Man’s Land” set up in the middle).

How to Play:

1. Divide the class into 2 teams.
2. Players try to pass balls into other teams space.
3. No player may enter “No-Man’s Land”.
4. Each team tries to keep their side empty of balls by passing them back to the other side.
5. The team with the least amount of balls on their end after a round gets a point.

6. Dribble Eliminator

Equipment Needed: Balls, Cones

Set Up: Create playing field with cones.

How to Play:

1. All players get a ball and must dribble within the boundary.
2. If a player loses the ball, they are out.
3. Goal is to be the last person still dribbling.
4. Players without balls can be defenders and knock balls out of bounds.

Tips:

- When the group starts to get smaller, reduce the boundary area.
- Make sure players are moving – if they are standing with their ball, they are out.

7. Monkey In The Middle

Equipment Needed: Balls, Cones

Set Up: None

How to Play:

1. Players should get into two opposing lines (face to face).
2. There are players in the middle (Instructor should determine appropriate amount).
3. Players begin passing the ball from one side to the other.
4. Players in the middle try to intercept the ball.
5. Players should rotate from the line to the middle if they make a bad pass.

8. Fireball

Equipment Needed: Balls, Cones

Set Up: Set up playing field with goals at each end.

How to Play:

4. This is a passing relay from end to end of the field with a shot in each goal.
5. Divide players into groups of 4.
6. The group begins at half field and must advance towards goal by passing ball from teammate to teammate.
7. Team may not shoot until each player has received a pass.
8. There is no running to advance the ball when player is in possession of it.
9. Once team has scored on first goal, they repeat the same passing to the other end of the field and shoot on that goal.
10. Instructors can award points for shooting, passing, etc.
11. Instructors can determine if team loses turn based on bad passes or missing the goal.

9. Run And Rip

Equipment Needed: Balls, Cones

Set Up: Put a goal in front of each line.
 Place a cone diagonal from the front of each line.

How to Play:

1. Divide players into different teams.
2. Players are to dribble to the outside of the cone.
3. After passing the “diagonally” placed cone, players shoot on goal.

10. Soda Fountain

Equipment Needed: Balls, Cones

Set Up: Create playing field with cones.

How to Play:

1. Designate each side of the boundary a different name of a drink.
2. Make sure the players know which side of the boundary is named what.
3. Each player should have a ball.
4. When Instructor yells the name of the drink out all players must go to that side.
5. Players must dribble while running to correct side of field.
6. Players are out if they are last to the correct side.
7. If players don't have a ball, they can be defenders in the playing field and try to steal from a dribbling player.

Tips:

- **Drink Names:** Coke, Sprite, Mountain Dew, Dr. Pepper, Fruit Punch, Gatorade, etc.
- Make the center of the playing area another name of a drink .

11. Around the Wheel

Equipment Needed: Balls, Cones

Set Up: No set up needed.

How to Play:

1. Players are to form a large circle.
2. One player begins in the middle.
3. The middle player passes to anyone in the circle.
4. The player that receives the ball, dribbles to the middle, and then passes to a new player in the circle.
5. Once in the middle, the player passes the ball, they return to their own place in the circle.

Tips:

- No pass backs.
- Add more balls to the game as players get the hang of it.

12. Two On Two Tournament

Equipment Needed: Balls, Cones, Goals

Set Up: Create small playing fields with cones and goals.

How to Play:

1. Split up players into pairs
2. Match up pairs on small fields to play two on two.
3. No Goalies
4. Instructor will determine how game ends (time limit or score)

13. Dribble Maze

Equipment Needed Balls, Cones

Set Up: Create a coned course.

How to Play:

1. Players must dribble ball staying inside the coned course.
2. Players are to be staggered at the start by Instructors.

14. Shootout

Equipment Needed: Balls, Cones

Set Up: Create a playing field with cones and a goal at the end.

How to Play:

1. Designate 1 person to play goalie.
2. Have everyone else make a line at half field.
3. Create 1-on-1 situation with 10 seconds to score.

Tips:

- If the group is large, you can use both ends of the field.

15. Penalty Shot

Equipment Needed: Balls, Cones, Goals

Set Up: Create playing field with cones and goals

How to Play

1. Each player is to take a penalty shot on the Instructor.
2. The ball must be stationary before the player takes the shot.
3. The goalie must stay on the line.

16. Corner Kick Challenge

Equipment Needed: Balls, Cones, Goals

Set Up: Instructors should set up the corner kick situation making sure that players understand if they are on offense or defense.

How to Play:

1. Divide the class into 2 teams – offense and defense.
2. Instructor should be the first to take the kick.
3. Rotate players taking corner kicks.
4. If defense clears ball past a certain place, they receive a point.
5. If offense scores a goal, they receive a point.
6. After each corner kick completion, the offense and defense switch.

17. World Cup

Equipment Needed Balls, Cones

Set Up Create playing field with one goal.

How to Play

1. Divide players into groups of 3 (each team should pick a country as their team name).
2. Instructors should be goalies.
3. There is 1 fewer ball than teams placed in an area.
4. If a team scores they sit down.
5. Repeat until only 1 team is left.
6. Players are working on both offense and defense.

18. Body Ball

Equipment Needed: Balls, Cones

Set Up: Create playing field with cones for boundaries.

How to Play:

1. Players are to dribble the soccer ball until a body part is called out.
2. Players must stop the ball, and then place body part on the ball.

Tips:

- If there are not enough balls for each player, then Instructors need to create groups and take turns.
- Players waiting to dribble can be placed in dribbling area, and if they tag a dribble, the two players switch places.- Taggers are not allowed to move their feet.
- Players who do not have a ball can also act as defenders and try to steal the ball.

19. Red Light, Green Light, Yellow Light, Crash

Equipment Needed: Balls, Cones

Set Up: Create playing field with cones.

How to Play:

1. Each player should have a ball.
2. Object is for players to get from one end of the field to the other while dribbling.
3. The Instructor should call out the following commands:
 - a. **Red Light**- the players must stop.
 - b. **Green Light**- the players can dribble forward quickly.
 - c. **Yellow Light**- the players must dribble forward and run slowly.
 - d. **Crash**- the players must stop and fall to the ground.
4. If you lose the ball you must go back to the beginning.

20. Goalie Game

Equipment Needed: Balls, Cones

Set Up: Set up coned goals for both players to stand in facing each other 15 yards a part.

How to Play:

1. Instructors set up 2 cones to form goals for each player.
2. Place players into pairs.
3. Players face their partners, 15 yards apart.
4. Goals should be set up same distance a part for players to stand between.
5. 1 side tries to kick the ball past the other while the other tries to stop the ball.

Tips:

- Emphasize safety.
- No kicks or “shots on goal” may be in the air.
- If it’s a large group and you don’t have enough cones, place players into groups of 4 and have 2 go at a time. Each time someone gets scored on the next player jumps into the game.

21. Ice Monster

Equipment Needed: Balls, Cones

Set Up: No set up needed.

How to Play:

1. Designate two players that will be “Ice Monsters” and do not have balls.
2. Players dribble ball within the area.
3. If one of the “Ice Monsters” players tags a player that is dribbling they must freeze.
4. When Frozen, they must hold the ball over their head, and spread their legs a part.
5. They may not get unfrozen until another player rolls a ball through their legs.

22. Under the Bridge

Equipment Needed: Balls

Set Up: No set up needed.

How to Play:

1. Players are divided into 2 teams.
2. Instructors stand 15 yards in front of the stack.
3. The 1st player in line is to dribble the ball to the Instructor, pass the ball through the Instructor's legs, and dribble back to the next player in line.

Tips:

- You can add a point system to make it more of a game.
- One point for a pass to another player.
- Two points for getting the ball between the Instructors legs to another person.

23. Pokémon

Equipment Needed: Balls, Cones

Set Up: Create a playing field with cones.

How to Play:

1. All soccer balls are placed into stacks in the middle of an area.
2. Divide players into 4 groups and each group is in a corner.
3. Players in the front of the stacks runs to the middle, gets a soccer ball, and dribbles back to their group's corner.
4. The next person may not go until the person in front of them has returned dribbling the soccer ball.
5. See what team gets the most balls at the end.

24. Give And Go

Equipment Needed: Balls, Cones

Set Up: No set up needed.

How to Play:

1. Divide the players into 2 teams.
2. Instructors stand 10 yards in front of 1st player in line.
3. Once the player passes the ball the player runs to the side of the Instructor.
4. The Instructor then passes the player back the ball.
5. There should be a cone set up to the right of the Instructors to remind the players where to run.
6. The player receives the ball, passes it back to the Instructor, and then returns to the back of the line.

Tips:

- Instructors may set up a goal for players to shoot once they have received the ball back from Instructor instead of players passing it back to Instructor.

25. Simon Says

Equipment Needed: Balls, Cones

Set Up: No set up needed.

How to Play:

1. Players spread out in an area, each with a ball.
2. They dribble slowly around an area while the Instructor calls out various instructions.
3. If "Simon says..." players are to do what Simon says.
4. If Simon does not give an instruction the players are to ignore it.

Tips:

- Sample instructions: turn right, left, stop ball, etc.
- Use your name instead of Simon... Coach says...

26. Oven Ends

Equipment Needed: Balls, Cones

Set Up: No set up needed.

How to Play:

1. Divide the players into groups of 4.
2. 2 players stand 15 yards apart with their legs spread open.
3. Remaining 2 players play 1-on-1 and attempt to pass the ball through the standing players' legs.
4. Switch once a ball has passed through the standing players' legs.

27. Juggle Competition

Equipment Needed: Balls, Cones

Set Up: No set up needed.

How to Play:

1. Players try to juggle the ball with different body parts.
2. Keep track of how many times they can juggle the ball without it hitting the ground

Tips:

- If a player is much better than everyone else, challenge them to use only one part of their body - just head, foot, or thigh.

28. Crab Soccer

Equipment Needed: Balls, Cones

Set Up: Create small playing field with cones and goals.

How to Play

1. Use a soccer ball, kickball, or dodgeball depending on the age of the kids.
2. Split the group up into 2 teams.
3. Show everyone the crab position- arms and feet on the ground stomach up and butt off the ground.
4. Played just like regular soccer.
5. No goalies.

29. Scrimmage (Ultimate Soccer)

Equipment Needed: Balls, Cones, Goals

Set Up: Create playing field with cones and goals.

How to Play:

1. Players will participate in a real soccer game.
2. You should make team sizes and fields appropriate to age groups.

Variations:

- Ultimate soccer is if you include more than 1 ball in play at a time.