



Fun Five Series

Activities for 9/10 age groups



Purpose

- These five fun activities are geared for the U9/10 age groups.
- These are five activities that all coaches should utilize this season at least once.
- Guided Discovery section is also included so coaches know what types of questions to ask the players to enhance their learning.
- Have FUN!



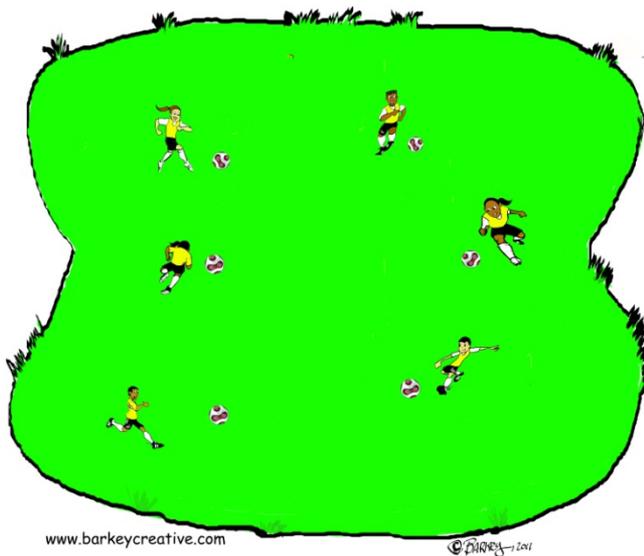
U9/10 Age Groups



“The Game That Never Ends”

Directions:

Each player has a ball. The coach instructs the players to dribble their ball. Each player is “it”. If a player gets tagged they are frozen. If, however, the player that got tagged by specific player gets tagged then the person who was tagged by them can now be “unfrozen”. So there should always be at least one player left unfrozen.



Guided Discovery:

Ask the players how do they make sure they do not get “frozen”? (by getting their heads up while they dribble and/or pass)

Variation: Players work in pairs and try to hit another pair’s ball. If they are successful then the same rules apply. The pair whose ball got hit are frozen. They are then unfrozen when the pair that hit their ball get frozen.



U9/10 Age Groups



“Moving Goal Team Game”



Directions:

Make 2 teams of 3-5 players. One “moving goal” is assembled by two coaches/parents, etc. holding a pool noodle, vests tied together. They play like a normal soccer game but the goal “moves” around the field making it more difficult/easier for a team to score. This is a great game to work on spatial awareness for 9 and 10’s.

Guided Discovery:

Ask the players how can they score more goals? (keeping our head up, spreading out, and passing the ball to the player closest to goal)



U9/10 Age Groups

“Retrieval In Groups”



Directions:

This activity is great for the warm-up! Players get into groups of 3-4 players. One at a time they give the coach the ball. The coach then tosses the ball out for the players to go retrieve the ball and get it back to the coach. The coach gives them a variety of ways to bring the ball back.

Example: Bring the ball back with 5 hands and an elbow, bring the ball back to by passing and everyone has to be involved, which group can bring the ball back to me the quickest? **Note:** The coach should walk/jog after they toss the balls out to each group so the group needs to work on finding the coach.

Guided Discovery:

Ask the players when you are walking around, how do they find you? (Get their eyes up-not down).

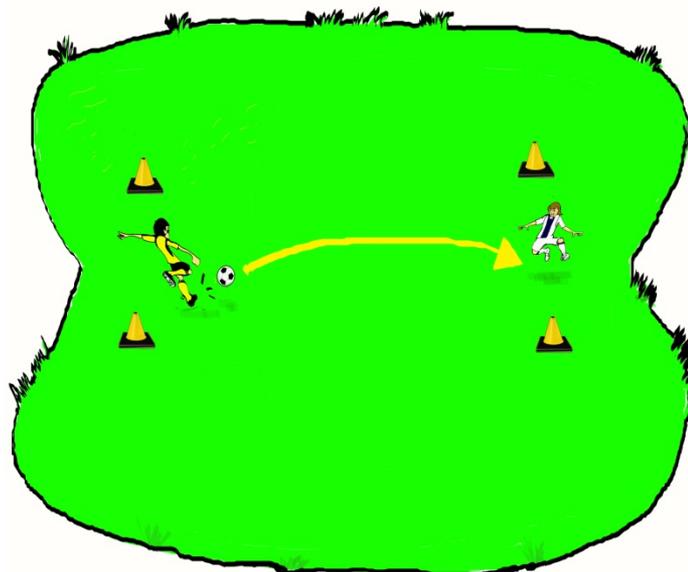
Ask the players when they are passing the ball, how can they get the ball back to you quicker? (making good passes to their teammates with pace)



U9/10 Age Groups



Goal to Goal



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Directions:

Two-four players make two 6 step goals approximately 20 yards. The length can be increased or decreased depending on ability. The object of the game is to shoot at the other goal and score. The only rule is that the player across can not use their hands unless for safety reasons. Rules: 1) The ball struck must be a moving ball; 2) The shooting player only has 2 touches; 3) If there is a rebound opportunity it must be done with 1 touch.

Guided Discovery:

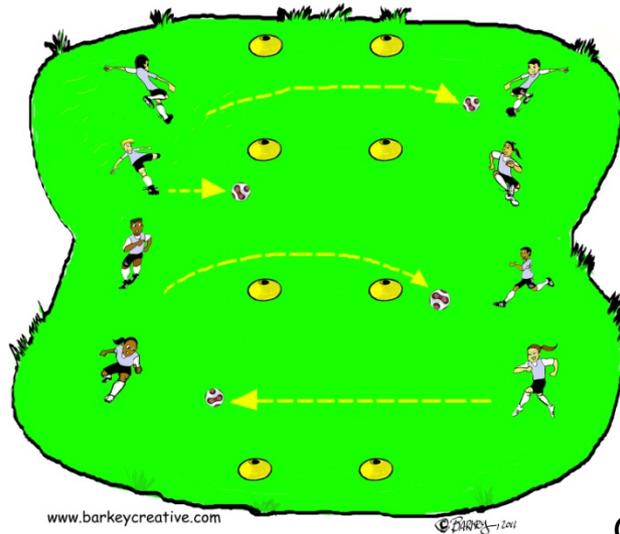
Ask the players how do they keep the ball low when striking the ball? (get their shoulders over the ball)

Ask the players what part of the feet can they use when they strike a ball for distance?



U9/10 Age Groups

Clean Your Yard



Directions:

Create two teams. Each team takes a side of the field. There is a no entry zone created by cones in between each field. The coach gives each group 2-3 balls depending on numbers. When the coach says “go”, each team tries to strike their ball to the other team’s yard/side. When the coach says “stop”, they all sit down and the team that has the fewest balls on their side gets a point. Play to 3 points.

Part II-If a player receives a ball from the other side, they can not strike it back. They must pass to a teammate who is then allowed to strike it to the other side.

Guided Discovery:

Technique: Ask the players what part of the foot they can use to strike the ball far? (laces, instep).

Ask the players do they want to strike their ball right to the other team or past them? (past them-the other team can really be representative of a goal keeper)