

# Fun soccer drills and games for kids



## Soccer Graphics



I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

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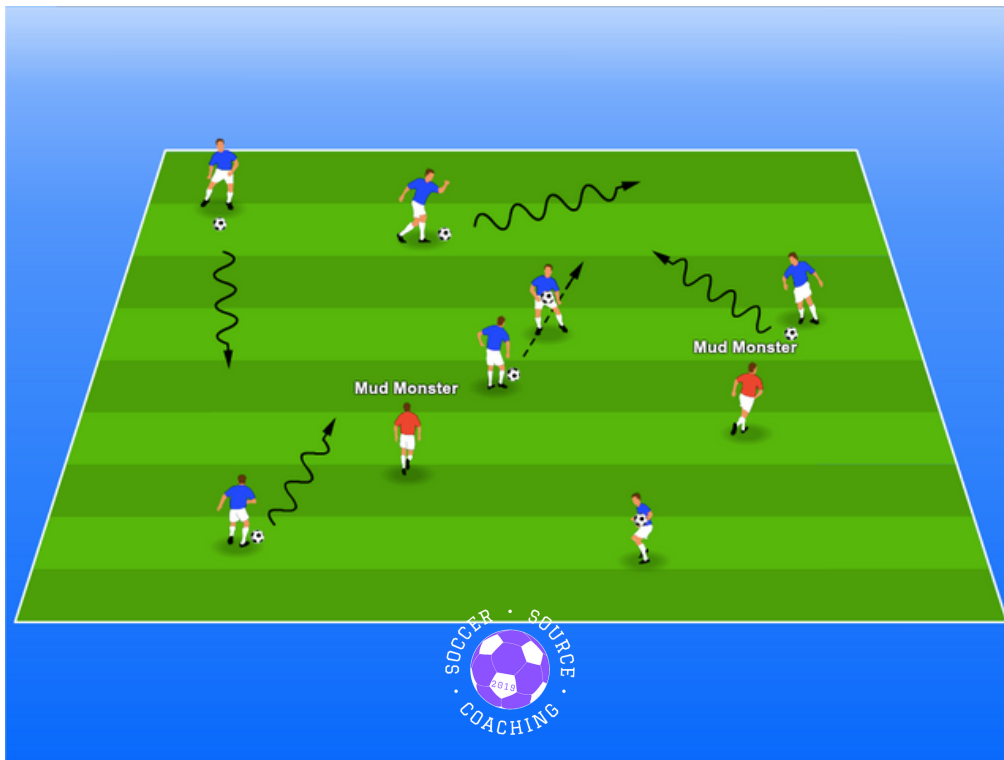
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## The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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**FREE 7V7 SAMPLE**



## 1. Mud Monsters kids soccer drill

### Set up:

10 x 10-yard area  
 1 soccer ball per player  
 2 Pinnies  
 Instructions:

This is a fun tagging type of soccer game and it is a very easy game to understand and play.

Set up your 10 x 10-yard area and In your group of players ask 1 or 2 of them to become the mud monster (the taggers), give them a pinnie to hold onto so they are easily identifiable.

The other players will have a soccer ball at their feet and try to dribble away from the mud monsters.

The mud monsters must try and tag as many players as they can, if they tag a player the soccer player they become frozen and must hold their soccer ball above their head and stand with their feet shoulder-width apart (wide enough so a soccer ball can be passed through).

The way a player becomes unfrozen is if another soccer player dribbling their ball passes the ball through their legs, they can then place their soccer ball on the floor and carry on dribbling again. If this is too hard players can instead be freed by a high five.

If the mud monsters tag everyone then they will be the winners.

### Coaching points:

Take small touches to keep the soccer ball close to you  
 Run fast away from the mud monster and take big touches out of your feet  
 Dribble with your head up.

### Questions that can lead to coaching points:

What kind of touches should you take to keep the soccer ball close to your feet?  
 What kind of touches should you take if the mud monster is chasing you?  
 How do you know where the mud monsters are?



## Bug Splatter kids soccer drill

### Set up:

10 x 10-yard area

1 soccer ball per player

### Instructions:

This is another fun soccer game that kids love to play, especially with younger age groups.

Depending on the size of your group you may want to ask 1 or 2 players to become the bug splatter.

These players will pick up their soccer ball and hold it in their hands with the rest of the players dribbling the soccer ball.

After you have selected the bug splatter give your other players 5 seconds to spread out and find space away from the bug splatter.

Once you get to 0 the bug splatter must try and throw their soccer ball and hit someone else's soccer ball who is trying to dribble away.

If this happens the player whose soccer ball just got hit will become a bug splatter as well, making 2 bug splatters.

This will continue until only one soccer player is dribbling their soccer ball and they will be the winner.

### Coaching points:

**Dribble with your head up**

**Protect your soccer ball by placing your body between your soccer ball and the bug splatter**

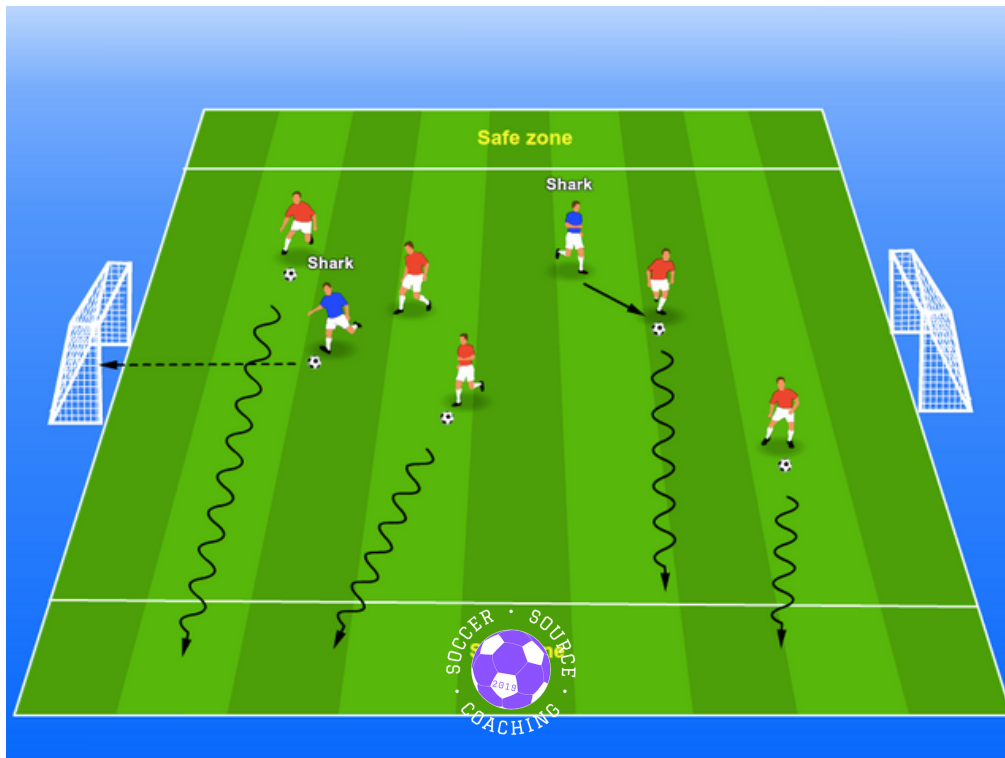
**Take small touches to change direction quickly**

**Questions that can lead to coaching points:**

**Why should you dribble with your head up?**

**How can you protect your soccer ball?**

**How can you change direction to get away from the bug splatter?**



## Sharks and Surfers soccer drill

### Set up:

10 x 10-yard area  
 1 soccer ball per player  
 2 goals  
 Instructions:

As well as sharks and surfers this soccer game can also be known as sharks and minnows, British bulldogs.

For this soccer you need to make sure that every player has a soccer ball and is lined up in one of the lines, standing next to each other shoulder to shoulder and asking 1 player to become the shark in the middle.

When you say 'go' these players will have to dribble past the line that is directly opposite them on the other side of the area.

Once they have crossed the line they are safe.

They will then line up again, shoulder to shoulder on the line they just crossed and when you say 'go' they will dribble back across the line they started on.

However, as they dribble across the middle section the shark can steal their soccer ball and kick the soccer ball into one of the 2 goals. If the shark manages to do this then the surfer will become a shark.

The surfer can try to steal the soccer ball back before the shark scores.

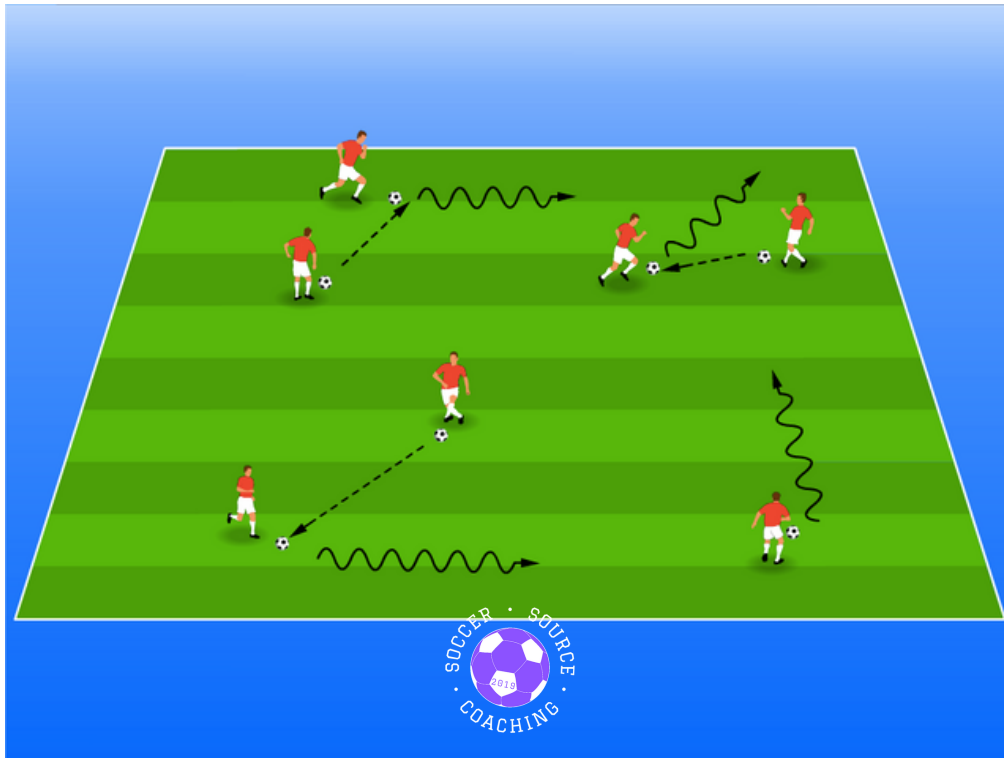
If a player also dribbles their soccer ball out of the area (past the sidelines) then they will also become a shark.

This will continue until there is only one surfer left and they will become the winner.

### Coaching Points:

Try using quick changes of direction to get past the shark  
 Dribble with your head up  
 Find gaps/space to dribble the ball through  
 Questions that can lead to coaching points:

What can you do to make it easier to get past the shark?  
 Why should you dribble with your head up?  
 Should you be looking to dribble where everyone is dribbling or dribble through a space?



## Soccer marbles kids soccer drill

### Set up:

10 x 10-yard area  
 1 soccer ball per player  
 Instructions:

This fun soccer game is great because every player has the opportunity to score points and compete against other players' scores as well as try to beat their scores from the previous round.

For this game make sure that everyone has a soccer ball inside your 10 x 10-yard area and ask everyone to spread and find some space.

The way players score points in this game is by kicking their soccer ball and hitting another player's soccer ball, if they manage to do this successfully then they will get 1 point.

The players will keep going and the player with the highest score will be the winner. Ask the players to remember their score and encourage them to try and beat it in the next round.

Here are some different rules you can introduce:

#### Marble destroyer

Select one player to be the marble destroyer, if this player kicks their soccer ball and their soccer ball hits yours, your score will go back to zero

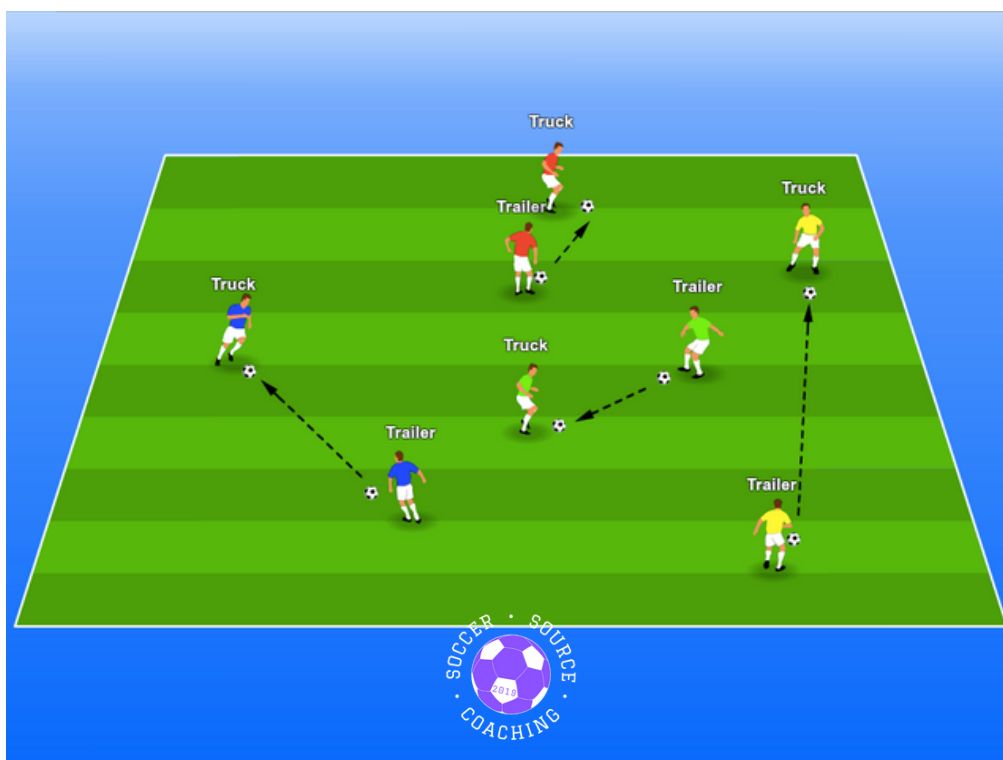
#### Marble Champion

If you kick your soccer and hit this player's soccer ball you get double points.

#### Coaching points:

Pass with the inside of your foot  
 Small touches to keep control of the soccer ball  
 Change of direction to get away from other players  
 Questions that can lead to coaching points:

What part of the foot should you use to pass the ball?  
 What type of touches should you take to easily change direction?  
 How can you get away from someone who is about to get your soccer ball?



## Trucks and Trailers kids soccer drill

### Set up:

10 x 10-yard area  
 1 soccer ball per player  
 Instructions:

This is a fun soccer game that focuses on dribbling with players' heads up and passing skills.

Get every player into pairs with one ball in each pair, one player becomes the truck and the other player becomes the trailer.

The truck will be the leader without a soccer ball; they must try and get as far away from the trailer as possible. The trailer has the soccer ball and they must stay as close to the truck as they can while dribbling the soccer ball.

When the coach shouts 'Freeze' the truck and the trailer must standstill.

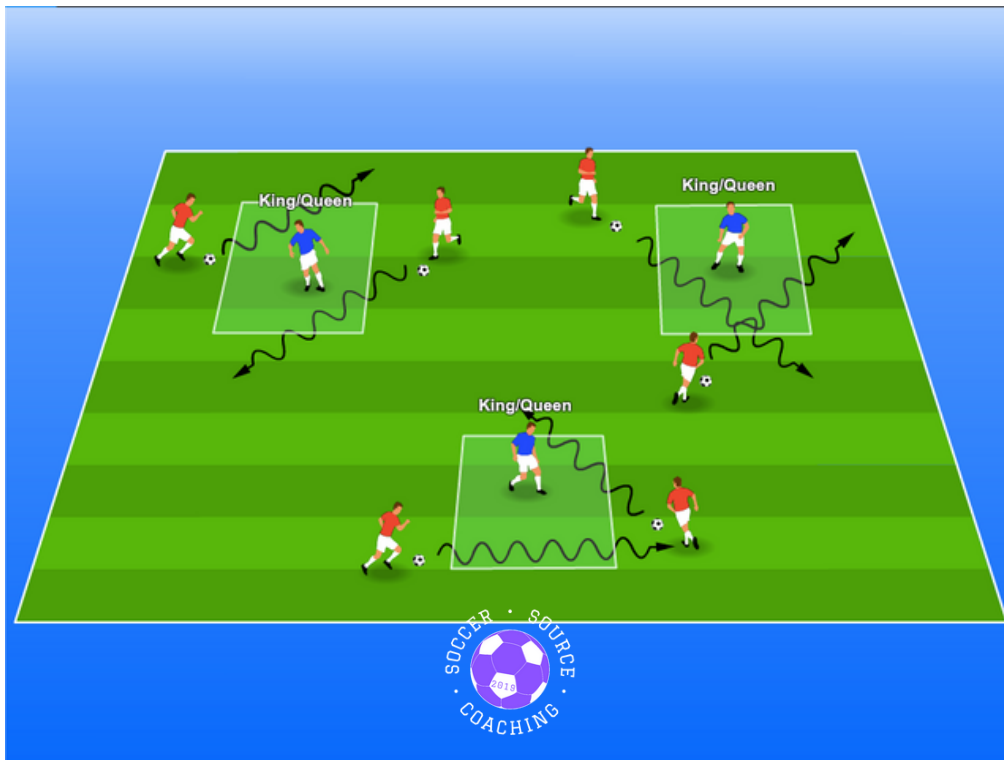
The truck then must face the trailer and open its legs, the trailer must then try to pass the soccer ball between the truck's legs.

If they successfully do this they get a point and swap around the pair roles.

### Coaching points:

Pass with the inside of your foot  
 Dribble your head up so you can see where your partner is  
 Small touches so it easier to change direction  
 Questions that can lead to coaching points:

What part of the foot should you use for an accurate pass?  
 Why do you want to dribble with your head up?  
 What kind of touches should you take if your partner is trying to get away from you?



## King and Queen of the Castle soccer drill

### Set up:

10 x 10-yard area  
 create 3 3 x 3-yard areas within the large area  
 1 soccer ball per player  
 Instructions:

This is a soccer game that starts introducing skills and turns to players that they can use against defenders. They can get lots of repetition of using skills and turns and scoring lots of points.

Once you have set up your area create and make your 3 smaller boxes inside the area spread out from each other. Ask 3 of your players to become the king or queen of the area. (1 player per area).

All the other players will have a soccer ball and they must try and get as many points as possible. The way players get points is by dribbling through the square with the king and queens in them.

If a player exits the square the same way they came in or exits to the side they will get one point, however, if the player exits on the side opposite to the way they came in they will get 3 points.

The winner of each round will be the player with the most points and remember to swap the king and queens of the castle at the end of each round.

### Coaching points:

Practice using skills against the king or queen to get through the square  
 Keep your head up so you can see if there is space to dribble through the square quickly  
 Take small touches when you are close to the king or queen and big touches when you try to get away.  
 Questions that can lead to coaching points:

What can you do to try and beat the king or queen to get points?

Why do you want to keep your head up when dribbling?

When should you take small touches or big touches?



## Traffic Lights kids soccer drill

Set up:

10 x 10-yard area  
 1 soccer ball per player  
 Instructions:

This game is ideal for the youngest soccer players as the instructions are very basic and very easy to understand. It would be perfect as an introductory game for kids who are new to the sport as well.

Set up your 10 x 10-yard area and make sure that each player has their soccer ball. The coach will shout different traffic light colors or car-related instructions with each instruction having a different action, usually, this combines changes in dribbling speed and basic ball mastery exercises.

Players should try and dribble with their heads up and dribble into space.

Here is a list of rules that I use:

**Greenlight**

Players dribble their soccer at a normal pace

**Red light**

Players stop their soccer with one foot on the ball and standstill

**Yellow light**

Players dribble as slow as they can with the soccer ball

**Blue light**

Players dribble as fast as they can with the soccer ball pretending they're a fire truck in an emergency

**Flat tire**

Players will perform 10 toe taps on the soccer ball to pump the tire back up

**Low on a gas**

To fill the car back up players must do 10 box kicks

**It is raining**

Players must perform 10 scissors as the windscreen wipers.

There are loads more rules you can add to this game you've just got to be creative!

Coaching points:

Small touches to keep close control of the soccer ball

Dribble with a head-up so you do not bump into anyone

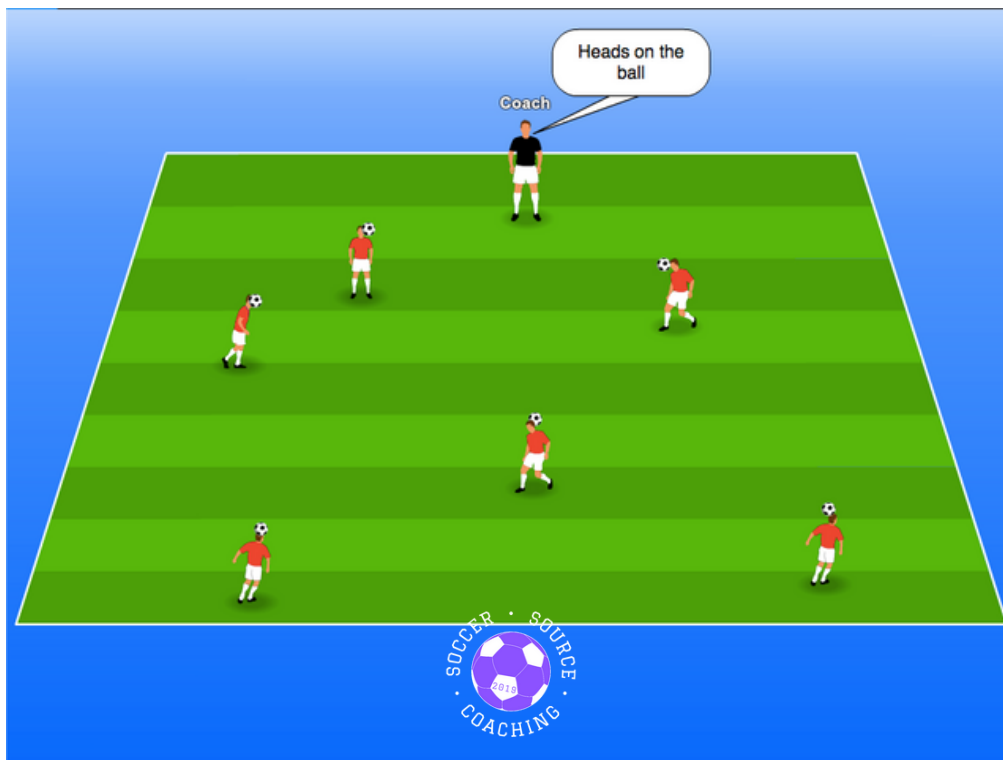
Try and find some space to constantly dribble into.

Questions that can lead to coaching points:

What kind of touches should you take? Why?

Why should you dribble with your head up?





## Body Parts kids soccer drill

### Set up:

10 x 10-yard area  
 create 3 3 x 3-yard areas within the large area  
 1 soccer ball per player

### Instructions:

This is a good soccer game that helps with their hand-eye coordination and other parts of their body. Make sure the players stay in your 10 x 10 area and they each have their soccer ball.

The players must dribble around the area and when you shout a body part players must stop the ball with that specific body part. The player who is first to do this will get 1 point.

You can progress this by making the body parts more challenging, shouting more than one body part, or shouting numerous body parts so they will have to communicate in pairs or as small groups to get the point.

The player with the most points will be the winner

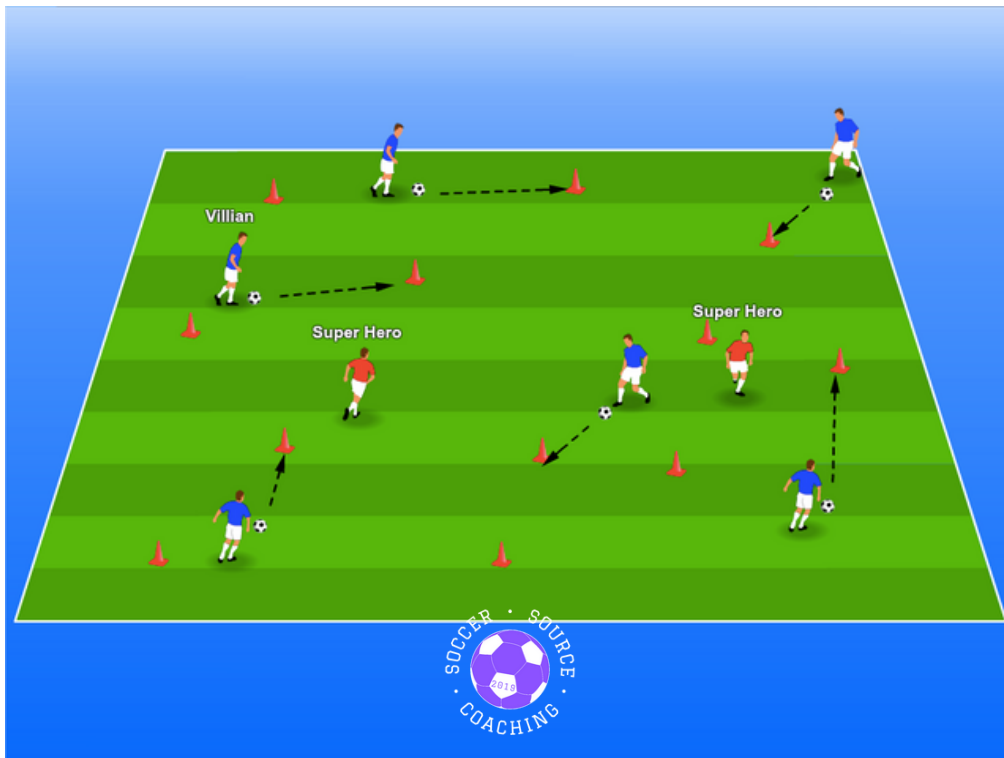
### Coaching points:

Dribble with your head up so you don't bump into anyone  
 Keep the soccer ball under close control so you can stop it quickly  
 Communicate and talk to your teammates to organize groups for getting points  
 Questions that can lead to coaching points:

What is good about dribbling with your head up?

Why do you want to keep the soccer ball close to you?

What should you do to help your teammates if you need to work as a group?



## Super Hero and super villain's kids' soccer game

### Set up:

10 x 10-yard area  
 1 ball per soccer player  
 12 tall cones  
 2 pinnies  
**Instructions:**

In your 10 x, 10-yard soccer area make sure all your players have a soccer ball and that there are 12 tall cones spread out across your area. Ask 2 of your players to put the pinnies on, these players will be the superheroes.

The rest of the players will become the supervillains and they will have soccer balls each. The supervillains must knock down as many of the buildings (tall cones) as they can, they will do this by passing their soccer ball at the tall cones.

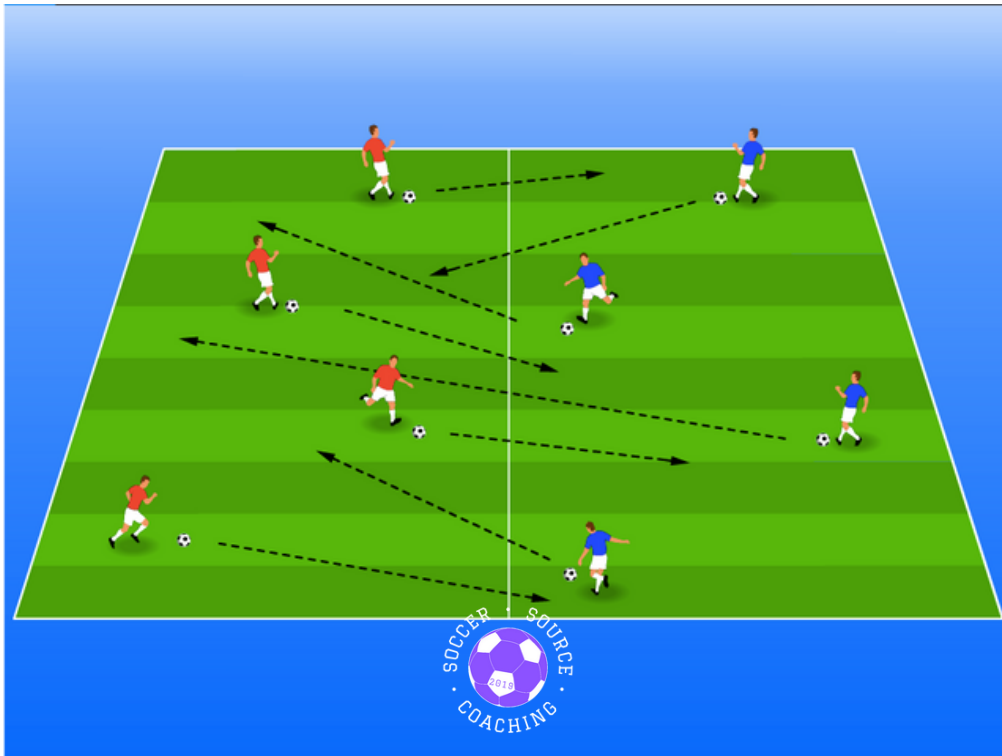
The superheroes must run around and pick the knocked-over tall cones as quickly as they can, they do not need a soccer ball to do this.

If there are more tall cones knocked over than standing, the supervillains will be the winners and if there are more standing tall cones than knocked over tall cones then the superheroes will be the winners.

### Coaching points:

Dribble with your head up and find a cone in space to knockdown  
 Pass using the inside of your foot  
 Take small touches to keep control of the soccer while dribbling  
**Questions that can lead to coaching points:**

Why should you dribble with your head up?  
 What part of the foot should you pass the ball with?  
 What kind of touches should you take when dribbling with the soccer ball?



## Tidy your room soccer game

### Set up:

10 x 10-yard area divided in half

1 ball per soccer player

### Instructions:

This is a great soccer game that encourages your players to work together as a team. Once you have made your soccer area divided in half, split your players up into 2 equal teams with a soccer ball per player.

The 2 halves of the soccer area are each of the teams' bedrooms that they must clean, to clean the bedroom players must kick their soccer balls across to the other team's half.

The team that has the least amount of soccer balls in their section by the end of the timer.

To help prevent players from getting hurt with the soccer ball ask teams to keep the ball below waist height, if a team does kick a ball over waist height they will get an additional soccer ball added to their side at the end of the round.

### Coaching points:

Pass using the inside of your foot.

Have a look where no one is standing on the other team pass into that space

Questions that can lead to coaching points:

What part of the foot should you use to pass the soccer ball with?

Why should you look up before you pass the soccer ball?



## Doctor Doctor kids soccer game

### Set up:

10 x 10-yard area with 2 smaller 2 x 2-yard areas in opposite corners

1 ball per soccer player

2 different colored pinnies (enough for both teams)

### Instructions:

Out of all the soccer drills for kids this one probably going to be the hardest to explain and understand for the players but once players get over this hurdle this will be one of their favorite soccer games to play!

Once you have set up your area divide your players into 2 teams with 1 doctor on each team.

The doctors' hospital will be the 2 smaller areas in opposite corners (they do not need a soccer ball). The doctors do not need a soccer ball. This is the doctors' safe zone, the doctor cannot get hit with a ball in this area.

All the other players on the 2 separate teams will have a soccer ball. When someone is hit with a soccer ball below the knee that player will kneel and call for the doctor, the doctor will run out of the area and tag them so they can carry on playing again.

The winner will be decided either when the whole of one team is down or if the doctor is hit below the knee while they are out of their area.

### Coaching points:

Small touches to keep the soccer ball close to you

Change direction and speed to get away from the other team

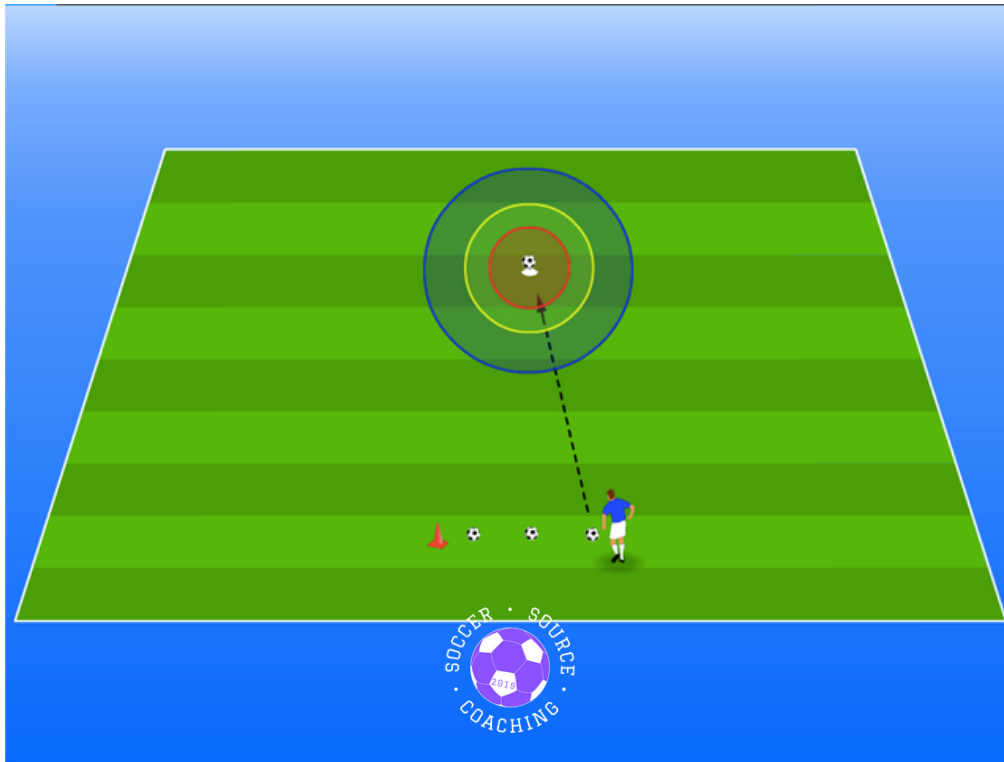
Pass using the inside of your foot.

Questions that can lead to coaching points:

What kind of touches should you take to keep the ball close to you?

How can you make it hard for the other team to get you out?

What part of the foot should you try and use to pass the ball?



## Target practice soccer game

### Set up:

- 6-yard, 4-yard, and 2 yards, diameter circle
- one soccer ball to go in the middle of the smallest circle on top of a cone
- 1 soccer ball per player
- 1 cone was placed 10 yards back from the biggest circle

### Instructions:

This soccer game is a really fun weight help players understand the weight of the pass and how strong they need to pass it to go the desired distance that they want it to.

You can choose to divide your players into teams or they can play individually. Each team or player will take 3 turns each trying to get as many points as possible passing from the cone 10 yards away from the circles.

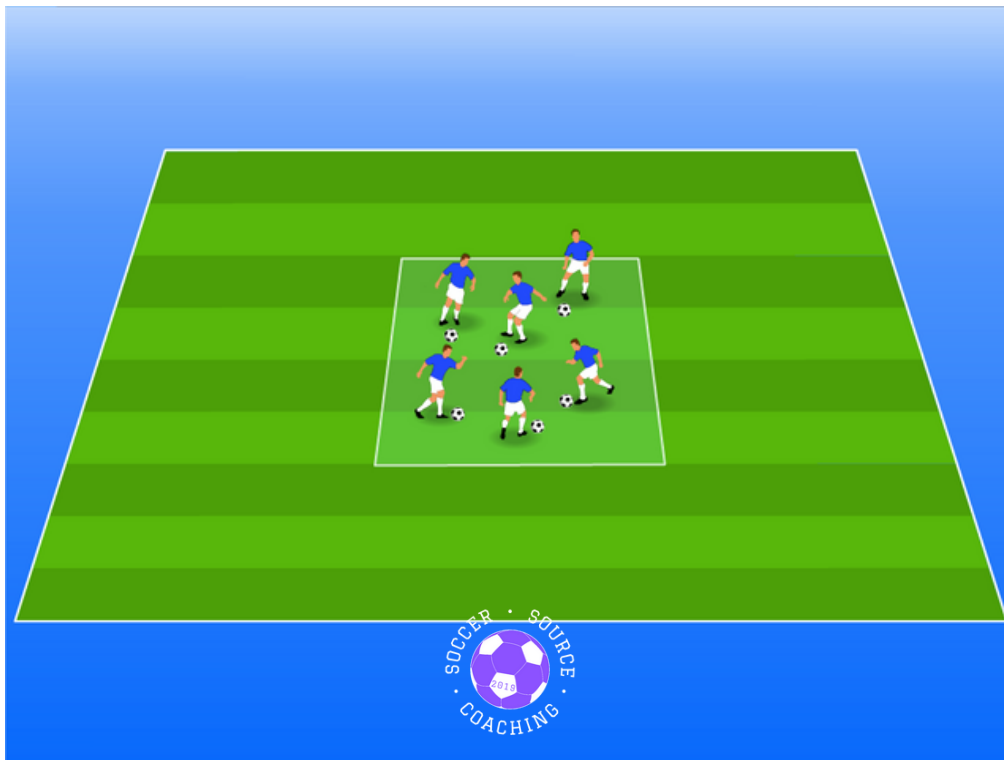
If the players' soccer ball stops in the biggest ring they will get 1 point, the 4-yard ring will be 2 points and the 2-yard circle 3 points. If the player can knock the soccer ball off the cone they will get 5 points.

### Coaching points:

Pass with the inside of your foot

Questions that can lead to coaching points:

What part of the foot should you use to pass the soccer ball with?



## Knockout soccer game for kids

### Set up:

6 x 6-yard area  
1 soccer ball per player  
Instructions:

This is a really fun and intense soccer game, this encourages players to focus on protecting their soccer ball but also to keep their head up and see opportunities to steal someone else's soccer ball.

Set up your area and make sure every player has a soccer ball. The smaller the area the more intense it will be for the players.

The players in the area aim to kick other players' soccer balls out of the area while protecting their own. The last player left in the middle is the winner.

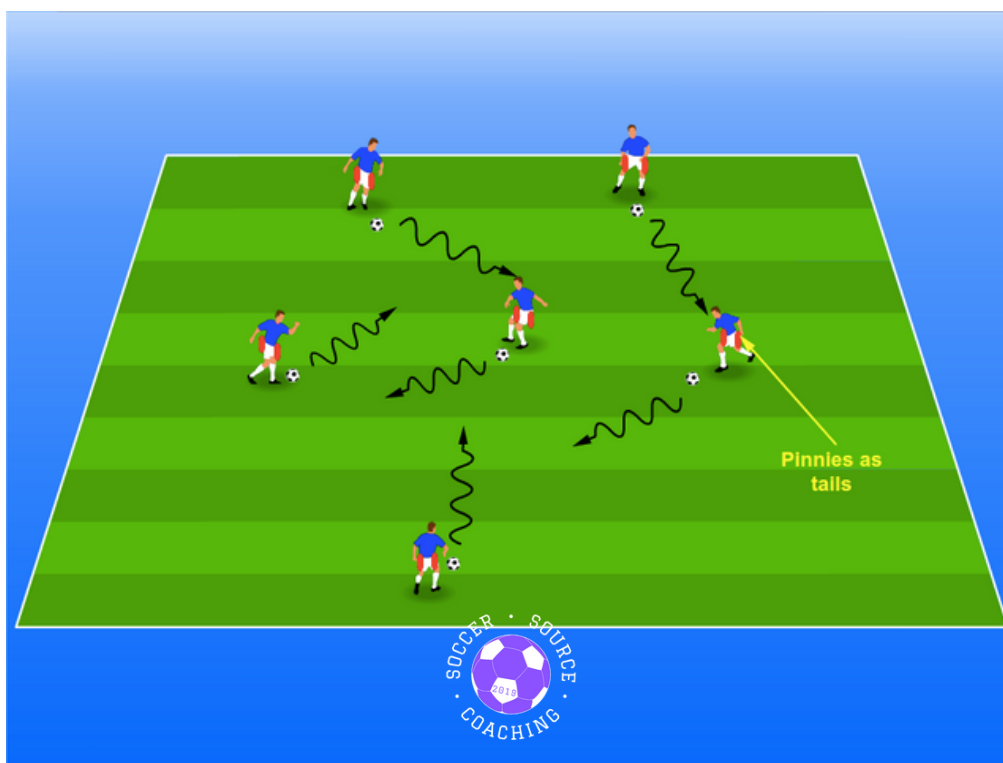
You can also play a different variation where players can come back into the area.

This works by giving players a point for every soccer ball they kick out. If a player's soccer ball gets kicked out create a simple challenge that is appropriate for the skill left they are at, for example, 10 toes taps or juggles.

### Coaching points:

Dribble with your head up  
Small touches so it is easier to control the ball and change direction  
Protect your soccer ball by putting your body between yourself and the defender  
Questions that can lead to coaching points:

Why should you dribble with your head up?  
What type of touches should you take to keep the ball close to you?  
How can you protect your soccer ball to stop it from getting kicked out?



## Grab the tails soccer game

### Set up:

1 soccer ball per player

2 pinnies per player

10 x 10-yard area

Instructions:

Create your area and give every player a soccer ball and 2 pinnies.

The players will tuck the pinnies into their shorts so they are hanging out similar to a tail.

When the coach says go the player must try and steal as many tails as they can.

The game will stop when nobody has any tails left in and the winner will be the player with the most tails.

With this game it is really important that encourage players to dribble and run with their head up constantly looking around, this is because players may run into each other if they are solely focused on pulling the pinnie from the player.

### Coaching points:

Dribble into space

Small touches with quick changes of direction

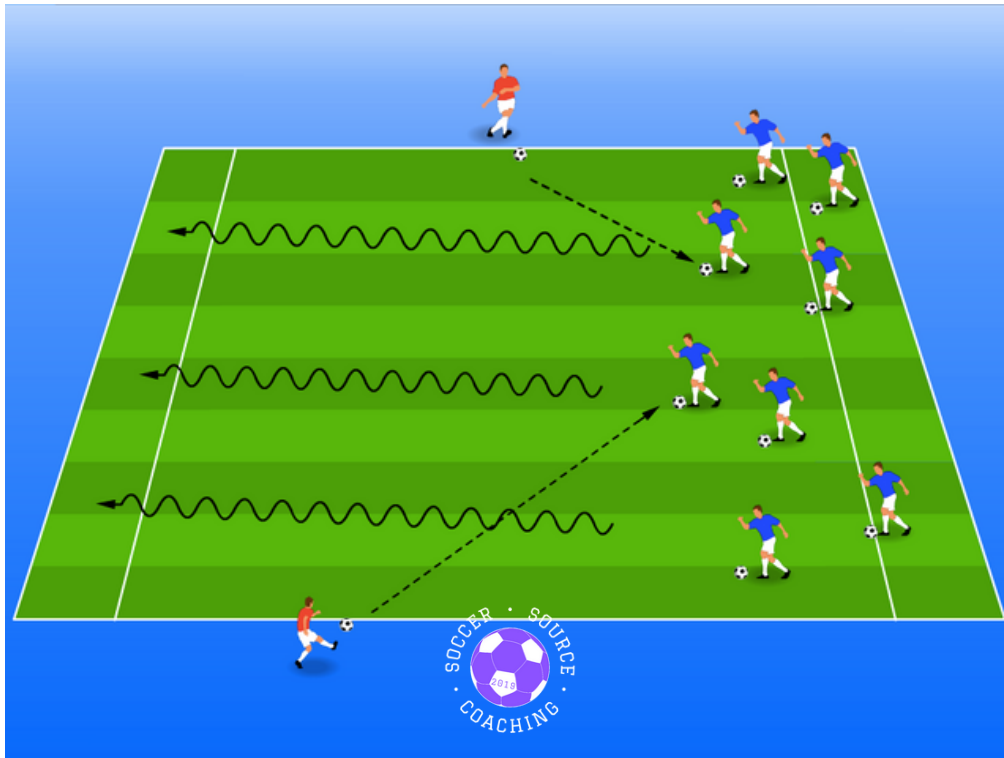
Dribble with your head up

Questions that can lead to coaching points:

Should you dribble into an area with lots of players or no players? Why?

How can we can away from players trying to your pinnie?

Where should you be looking when you are dribbling?



## Tanks and soldiers soccer game

**Set up:**

**1 soccer ball per player**

**10 x 10-yard area**

**Instructions:**

This game is another favorite for young soccer players

Set up your area and line all of your players on edge of one side of the area with a soccer ball, these players will be the soldiers.

Similar to sharks and surfers the soldiers must get from one safe side of the area to another side of the area (which will be the side opposite them).

However, instead of having a shark in the middle trying to steal the soccer ball, there will be players on the outside (the tanks)

The tanks will be the players on the side trying to pass their soccer ball hitting the soldiers' soccer ball as they go from one side to the other.

If a soldier gets hit they will collect their soccer ball and join the tanks on the side until there is only one soldier left.

**Coaching points:**

**Pass using the inside of your foot**

**Change your direction and speed to make it hard for the tanks to hit you**

**Find space to dribble through**

**Questions that can lead to coaching points:**

**What part of the foot should you use to pass the ball with?**

**How can you make it hard for the tanks to hit you?**

**What should you be looking for when dribbling?**