

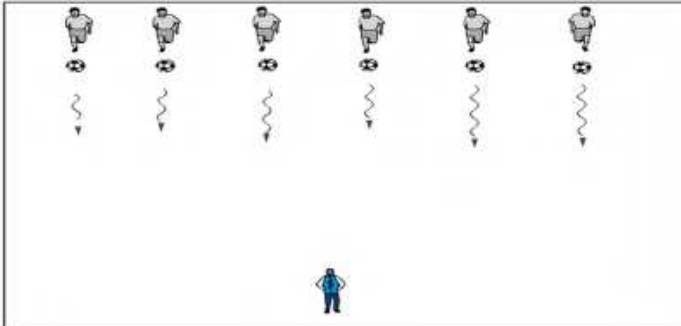


Fullerton Rangers Youth Soccer Club

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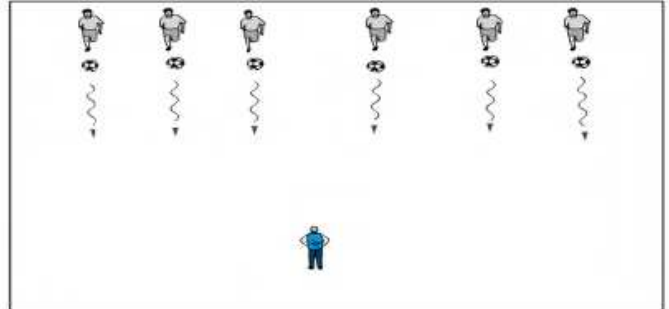
UNDER-7 - FUN GAMES

1. What time is it Mr. Wolf?



Organization: Each player has a ball and stands on one side of the grid opposite the coach/wolf. The coach/wolf has their back to the players. The players ask Mr. Wolf "What time is it, Mr. Wolf?" If Mr. Wolf says "8 o'clock," the players dribble 8 steps forward, 8 o'clock, 8 steps forward, etc. If Mr. Wolf says "Its dinner time," the Wolf attempts to tag the players before they can get back to the starting line. If a player gets tagged they become a wolf.

4. Red Light/Green Light



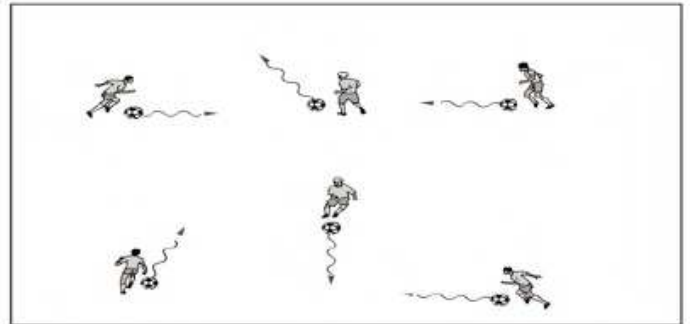
Organization: All players gather on a line. The object is to dribble their ball from one line to the other line. The coach calls out either green light or red light. Players dribble their ball and go when green light is called and stop when red light is called. If a ball is not stopped and controlled immediately, the player is sent back even with the last player, but not all of the way back. Progress to the coach holding either a green or red cone, or t-shirt. The coach now doesn't say anything, simply holds up a color and the players have to look up and react.

2. Shark Pool



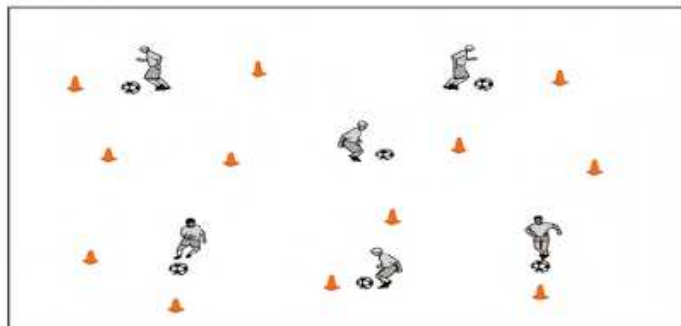
Organization: Half of the players (sharks) sit on the ground without balls. Each of the other players has a ball and they stand on one side of the training area. The players with a ball dribble from one end of the grid to the other. Each crossing scores one point. If a player loses a ball to a shark, the two players immediately switch roles. Sharks must stay sitting but can stretch and bend to try and steal a ball. See who can score the most points in a set time period.

5. Body Parts



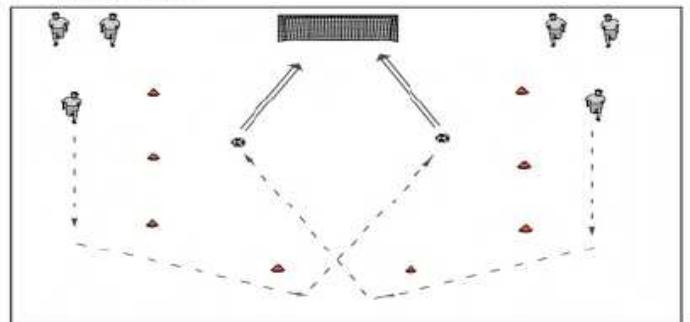
Organization: All players have a ball dribbling inside the training area. When the coach calls out a body part the players must control the ball with their feet and then put that body part on the ball. Last player to put that body part on the ball does three toe taps.

3. Bingo



Organization: A number of cones are distributed throughout the training area. One player and the coach are the "replacers." Each player has a ball. The players with the balls try to knock down as many cones as possible with their balls. The "replacers" (all players take turns in this role) set up the cones as fast as they are knocked down. When a player knocks down a cone they yell bingo. The player who scores the most bingos wins the game.

6. Disney Game



Organization: Two teams of equal numbers stand at either side of a goal. Give each player a Disney character name and make sure there is a matching character on the other side. The coach places two balls in the playing area and then calls out a Disney character. The two players run around the cones into the playing area and the first one to score wins one point. Progression: Place one ball in the training area and create a 1v1 situation.



BY RAFAEL GUZMAN - DIRECTOR OF TRAINING
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