

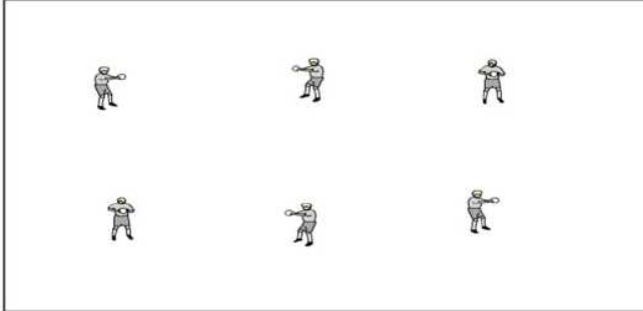


Fullerton Rangers Youth Soccer Club

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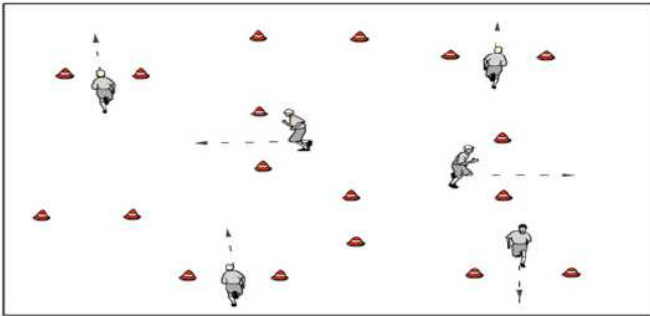
UNDER-7 WARM-UP

1 Ballnastics



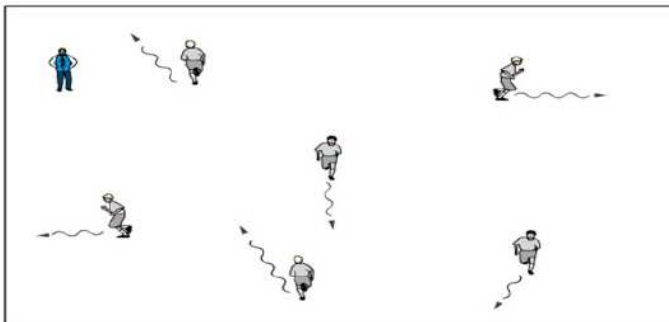
Organization: Ballnastics exercises should be performed individually with or without a ball. **Ballnastics examples:** **Movement Education:** Running forwards and backwards, hopping, bouncing, skipping, crab crawling or bear crawling through and around the balls. **Ball Movements:** Figure eight around legs, round the waist, throw and catch, thigh and catch. **Toe taps on the ball:** On top or side to side (play a game to see how many you can do in 10 seconds). Roll the ball around with the balls of your feet, jump back and forth over the ball.

2 Multi Goal Game



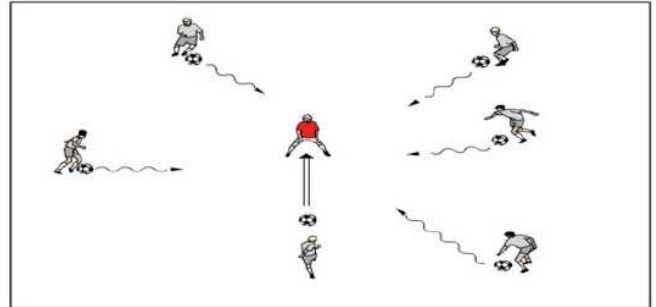
Organization: The coach places cones throughout the training area in pairs 3-4 yards apart. Make sure that there are at least 3-4 more goals than the number of players participating. The coach then challenges the players (for a set period of time 15-30 seconds) to get as many goals as possible by moving through the cones in various ways e.g. running forward, running backwards, ball stuffed up shirt, ball above the head, bouncing the ball, hopping, skipping, dribbling.

3 Identifiers



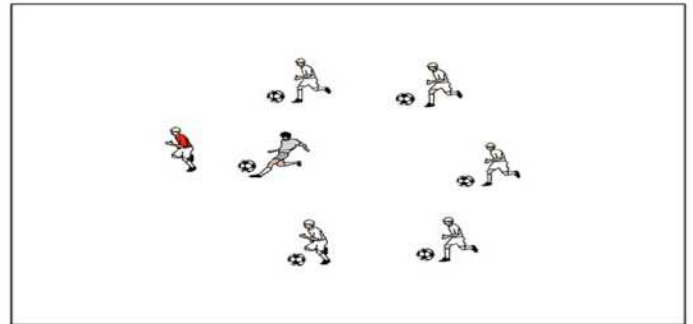
Organization: Players move around the training area in various ways — jogging forwards, backwards, hopping, skipping, running fast, slow etc. At random the coach calls out an identifier of a group of players or player, who then try to tag as many of the other players in a set period of time. **Identifiers examples:** t-shirt color, blond hair, sock color, names etc. You can play this game with or without a ball.

4 Tunnel Soccer



Organization: Each player has a ball. The coach moves around the field with the players and from time to time stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot the ball through the tunnel whenever he stops. After a set period of time the coach moves again. The player who scores the most goals wins the game.

5 Ouch



Organization: Each player has a ball. The coach moves about the field with the players. Each player dribbles with their ball and tries to hit the coach with the ball. Whenever the coach gets hit he/she yells "ouch". The player that causes the most ouches wins the game.

6 Ball Retrieve



Organization: The coach kneels in the middle of the training area with the players around him in a circle, with their ball in their hands. The coach takes one ball at a time and throws it away. The players must retrieve the ball and bring it back to the coach as quickly as possible. The coach then adds various conditions on how the players can return the ball e.g. balanced in one hand, with right or left hand, rolling the ball along the ground, ball between the knees, bouncing the ball, dribbling etc.



BY RAFAEL GUZMAN - DIRECTOR OF TRAINING
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