

## Warm Up Games

Familiar childhood games such as Freeze Tag, Simon Says, Mr. Wolf, and What Time Is It? and Follow the Leader are good games to start a practice.

**Freeze Tag-** Create a boundary with cones in either a circle or square shape. Each player is given a ball and dribbles the ball inside the marked area. Buddies/volunteers/coaches try to kick the ball away from the player. If the player loses their ball, another player must either crawl between the "frozen" player's legs or touch the player on the arm to unfreeze them. Unfrozen player may then retrieve the ball and continue dribbling, trying to avoid the buddy.

**Simon Says-** same format as the original game but using soccer balls. Simon can call for players to throw the ball in, or kick the ball in a goal or dribble the ball.

**Mr. Wolf, What Time Is It?** - Each player should have a soccer ball. Coach and buddies stands between 20 to 30 yards from players who are in a line, standing shoulder to shoulder. Players ask the coach in loud voices, "Mr. Wolf, what time is it?. The coach answers it \_\_\_ o'clock (1-12). Players dribble the ball while taking the corresponding number of steps. This continues until the coach answers "its lunch time". At this point the players try to reach a safe zone beyond the coaches/buddies while the coach tries to take the ball away from the player. If the player loses his ball, he becomes a wolf.

**Red light/Green light-** All players have a ball and dribble in a limited space (or towards the coach). When coach says "red light", players must stop ball and put foot on top of ball. When coach says "yellow light", player must dribble very slowly. When coach says "green light", player dribbles fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball, etc.)

**Body Part Dribble** – In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, and elbow) during one stoppage or call out two body parts at once (i.e. both hands and both feet).

**Show Me** – As players are playing Body Part Dribble coach will take opportunity to have each player show the group a skill. The entire group will then take a few seconds to try to copy this skill.

**Planets** – Set up cones into multiple squares or triangles that serve as planets (or cities). All players must follow coach's order and dribble into the planet he calls out. Coach can have all players follow same directions or break up teams so they

start at different planets and then have them dribble through the solar system in clockwise or counterclockwise fashion. Coach can have groups dribble in opposite direction through the solar system.

**Gates** – Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini-goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score and when playing a second time, ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, set up a rule to protect against this.

**Team Gates** – Break the group into two teams and have them again dribble through gates but only gates of the same color as their team. Make this a team competition by keeping score for each team. *Version 2:* If players appear comfortable, challenge them by asking them to do this in pairs. *Version 3:* Limit balls to three and have teams compete to get the ball and score on goals of their own color.

**4 vs. 4 To Six Small Goals** – In a 30 X 35 yard grid, each team can score on any of the three goals at others teams end. *Version 2:* Remove 4 of the goals and play a typical game.