



Soccer Games



28 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

Bumper Cars

SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Passing Defence	4		Markers Balls Bibs/Pinnies

- Setup as shown. Have five 2m x 2m areas marked off as squares inside the playing area.
- This game has 2 defenders (red) and 9 attackers (blue)
- Defenders aim to steal and kick the balls out of the playing area. Once they have kicked all 4-5 out of the playing area, the game stops.
- Attackers can dribble in the playing area and pass to team mates inside the 2m x 2m 'pods'
- Attackers cannot go in the pods or 'hang' by them.
- Defenders cannot go in the pods or 'hang' by them.
- If an attacker passes to another player in the pod, that person dribbles or passes out of the pod and replaced by the passer.
- Dribblers can switch with a person in a pod at any time if they need a rest!



Keepy Off

SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Passing	4		Markers Balls Bibs/Pinnies

- Create groups of 4 students: 3 offensive players and 1 defensive player.
- Each group has 1 soccer ball.
- The offensive players will try to keep the ball away from the 1 defender. Use both dribbling and passing skills.
- If the defender steals the ball, return the ball to the group of 3 and continue play.
- Stop play every 1 to 2 minutes to change defenders.



MODIFY IT

- ★ Play with no defenders, students try to pass and move to complete set amount of passes
- ★ Place markers / poly spots on the ground. These will identify places the students could run to to create space

ASK STUDENTS

- ★ How can you make sure the

Defend the Castle

GROUP SIZE	COMPLEXITY	EQUIPMENT
4		Markers Balls Bibs/Pinnies

- Attackers and one defender
- Defenders aim to knock over the markers in the middle zone, and stop attackers from knocking over a marker.
- Attackers aim to shoot from the edge of the playing area and the ball carrier and must not go in the marked off middle area
- Stop play every 2 minutes



MODIFY IT

- ★ Add more targets
- ★ Add more defenders
- ★ Attackers can shoot from closer (easier)
- ★ Attackers shoot from further (harder)

ASK STUDENTS

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Introduction

Welcome to Powerhouse PE - Soccer Games!

Inside this resource, you'll get 28 fun activities you can use with Kindergarten through 8th Grade. Each activity is explained with simple instructions, equipment lists, diagrams and modifications.

Skill Focus

Each activity will have a skill focus, based on one of the fundamental skills of soccer.

Group Size

All of these activities are designed to work with smaller or larger groups. A group size is provided, but this is just the minimum number of students you will need for the game to work. For larger groups, you can increase the number of players in the game, or create multiple stations with smaller groups.

Complexity

Each activity is rated on a Complexity scale indicating how difficult the skills are to perform.

Green - recommended for Kindergarten and up (or with modifications for older children)

Yellow - recommended for 3rd grade and up (with modifications for younger or older children)

Red - recommended for 5th grade and up (with modifications for younger or older children)

Modifications

We've also included modifications to make the games easier or harder, for different age levels.

Ask Students

Some games also include review questions you can ask your students - allowing you to reinforce key coaching points, rules or skills.

Keep Your Yard Clean

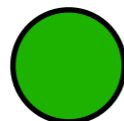
SKILL FOCUS

Trapping
Passing

GROUP SIZE

6-8

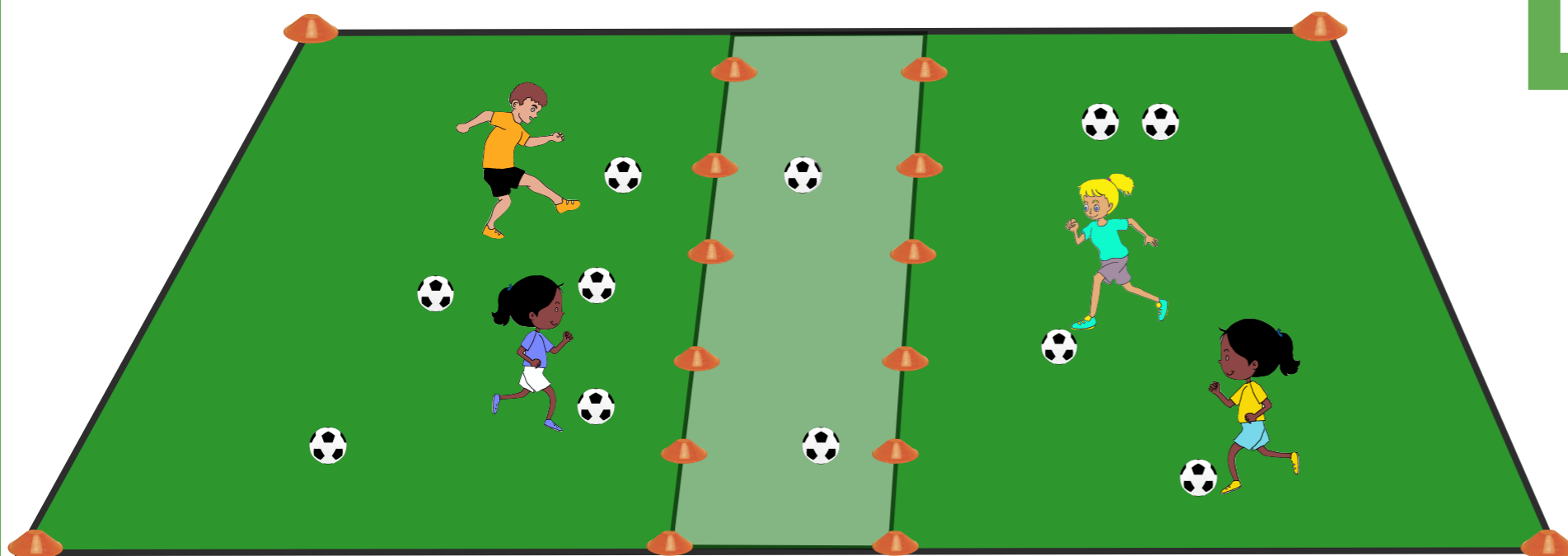
COMPLEXITY



EQUIPMENT

Cones
Balls
Bibs/Pinnies

- Split into two groups (maximum of 6 players per side)
- Two teams start with an even amount of Soccer balls or soft balls
- On teachers command, students attempt to kick all the balls out of the 'yard' and into the opposing teams 'yard'
- The greyed out area is the 'neutral zone' and only the coach can retrieve the ball. If a ball goes out of bounds, students can retrieve and bring back in
- Play for 2 mins. Winning team is the team that has the least amount of balls in their yard.



MODIFY IT

- ★ Students can throw or roll the ball over
- ★ Students can kick with either foot
- ★ If one team is dominating, have more players in opposing team

ASK STUDENTS

- ★ What strategies did you use when playing this game?

Free Dribble

SKILL FOCUS

Dribbling

GROUP SIZE

8+

COMPLEXITY



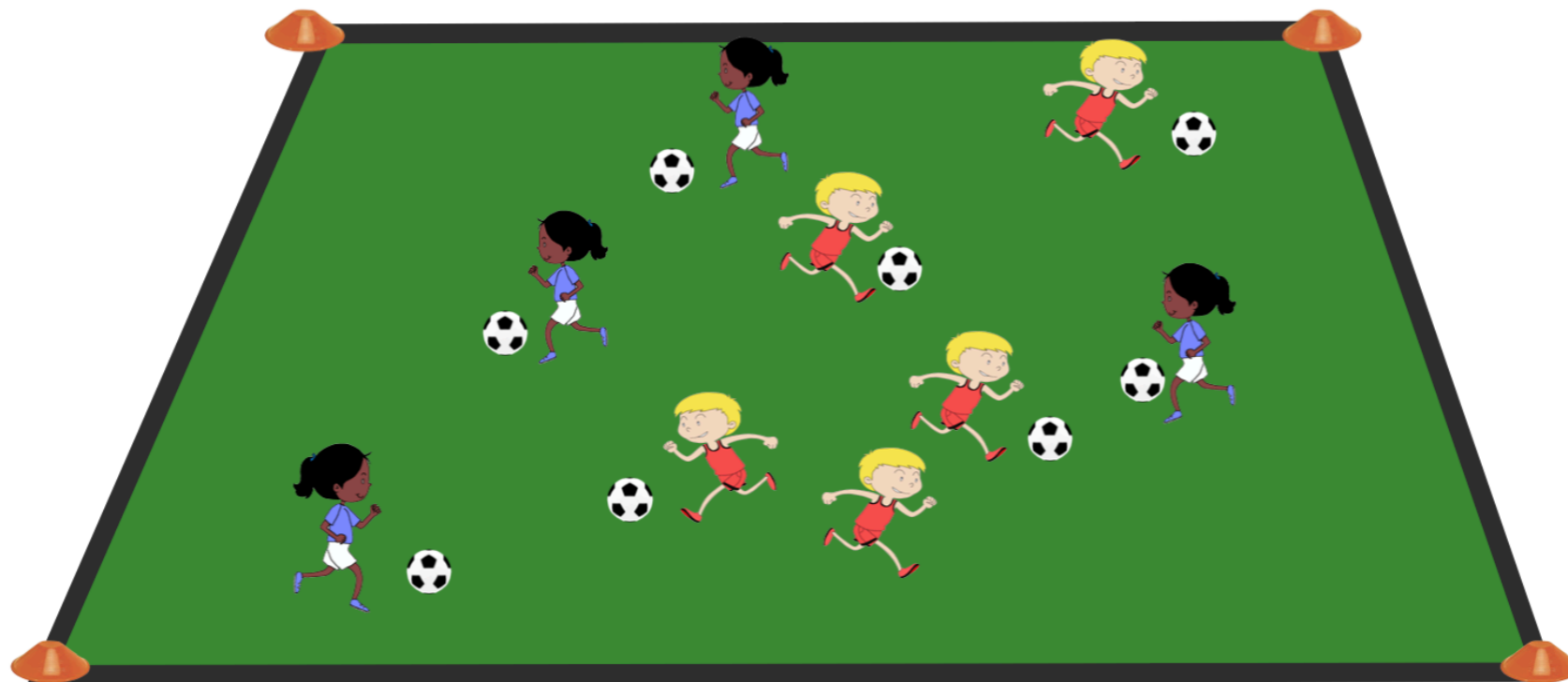
EQUIPMENT

Cones
Balls

- Set up the playing area as shown below
- Each student has a ball
- Dribble the ball around the playing area without touching a cone, another ball, or another player.
- On signal 'Change', exchange your ball with another player and continue dribbling

MODIFY IT

- Use only the inside of either foot
- Use only the outside of either foot
- Use the inside or outside of either foot
- Dribble slowly, dribble quickly
- Dribble the ball in different patterns: zig zag, circular, rectangular



Forcefields

SKILL FOCUS

Dribbling

GROUP SIZE

8+

COMPLEXITY



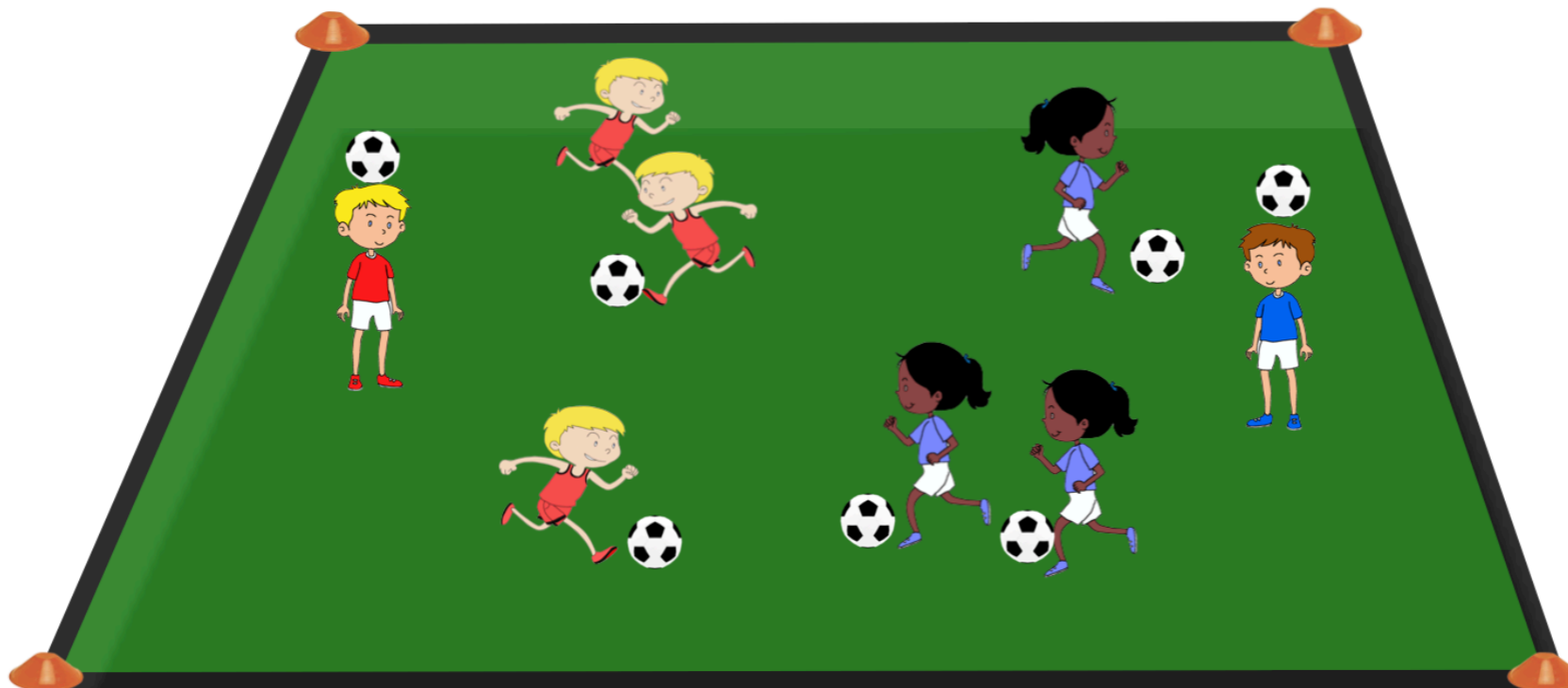
EQUIPMENT

Cones
Balls

- Set up the playing area as shown below
- Each student has a ball
- Dribble your ball (forcefield) around the playing area
- If you or your forcefield touch another player or forcefield, you stand like a 'statue' holding the ball above your head and can only be released until another player knock your ball down with their hand

MODIFY IT

- Use only the inside of either foot
- Use only the outside of either foot
- Use the inside or outside of either foot
- Dribble slowly, dribble quickly
- Dribble the ball in different patterns: zig zag, circular, rectangular



Pirates

SKILL FOCUS

Dribbling
Defending

GROUP SIZE

10+

COMPLEXITY



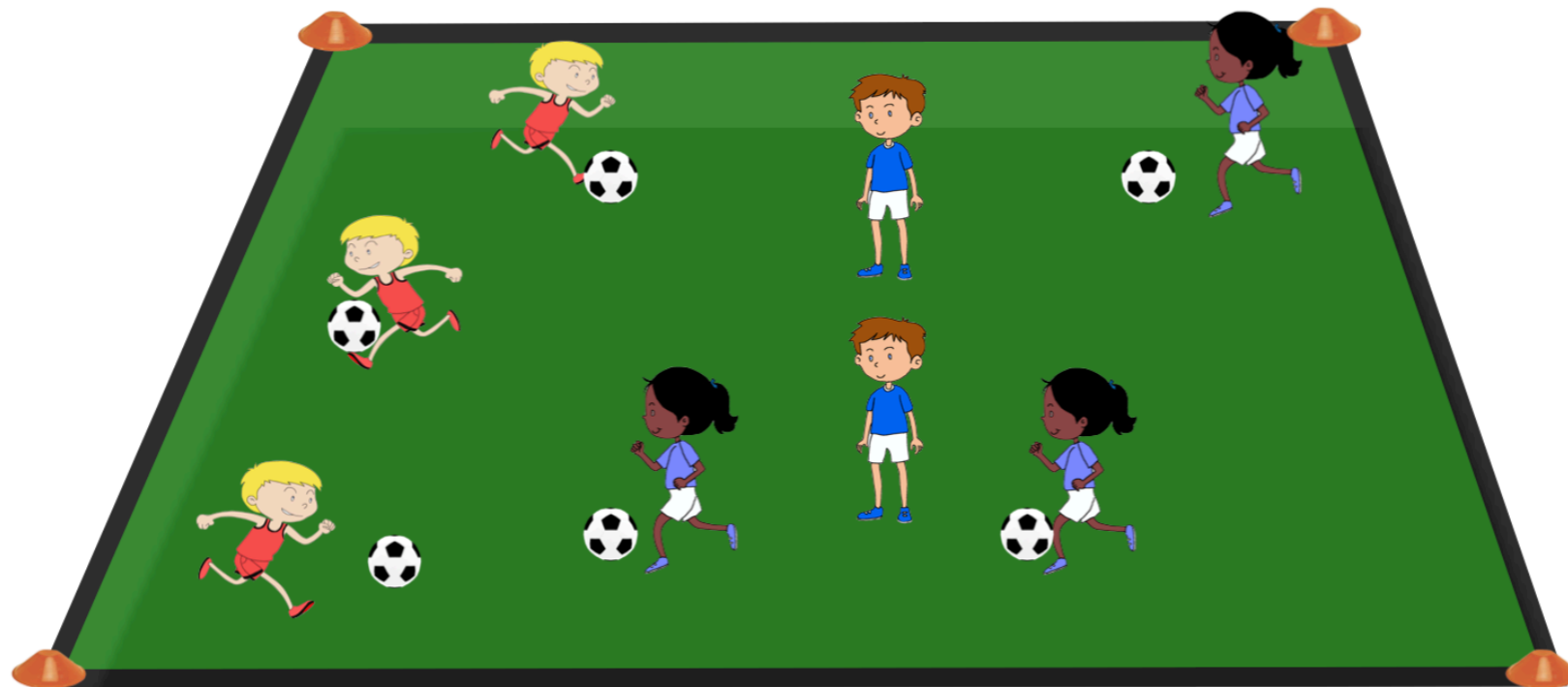
EQUIPMENT

Cones
Balls

- Set up the playing area as shown below
- Designate 1/3 of the class to be 'pirates'
- Pirates start in the middle of the playing area and without a ball
- Every other student has a ball and is a 'Captain'
- On coaches signal, pirates attempt to steal a ball from a Captain
- A person that doesn't have a ball becomes a new pirate

MODIFY IT

- Change the ratio of Pirates to Captains
- Use a larger or smaller playing area
- Add a time limit before designating new Pirates



Dribble and Shoot

SKILL FOCUS

Dribbling, Shooting

GROUP SIZE

4+

COMPLEXITY



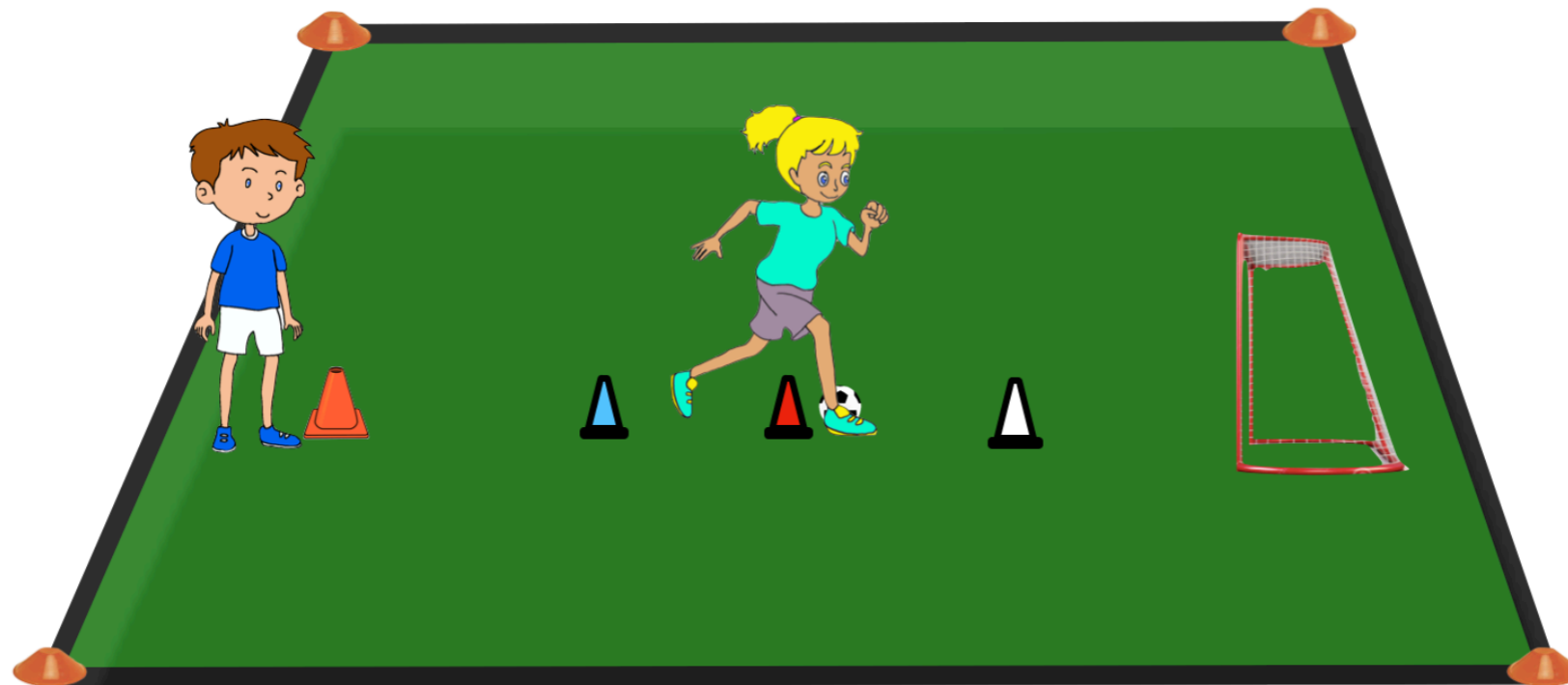
EQUIPMENT

Cones
Balls, Goal

- Set up the playing area as shown below. Each player has a ball
- You can run this game as an individual activity or relay race
- Dribble as quickly as you can zig zag style through the Cones and around the goal
- Dribble to a colored Cone and have a shot
- Each cone has a set point value. The further away the more points you receive (teacher decides)

MODIFY IT

- Adjust the distance between the shooting cones and the goal
- Use a smaller or larger goal
- Add a student or teacher as a goalkeeper
- Add extra points for shooting the ball into a corner of the goal



Dribble Relays

SKILL FOCUS

Dribbling

GROUP SIZE

8+

COMPLEXITY



EQUIPMENT

Cones
Balls

- Setup playing area as shown. Split group into 2 or more teams.
- Maximum number of 4 in a group
- Students use dribbling skill to dribble around the Cone and back
- For fun compete against other groups to see who can finish first

MODIFY IT

- Use only the inside of either foot
- Use only the outside of either foot
- Use the inside or outside of either foot



Speed Dribbling

SKILL FOCUS

Dribbling

GROUP SIZE

10+

COMPLEXITY



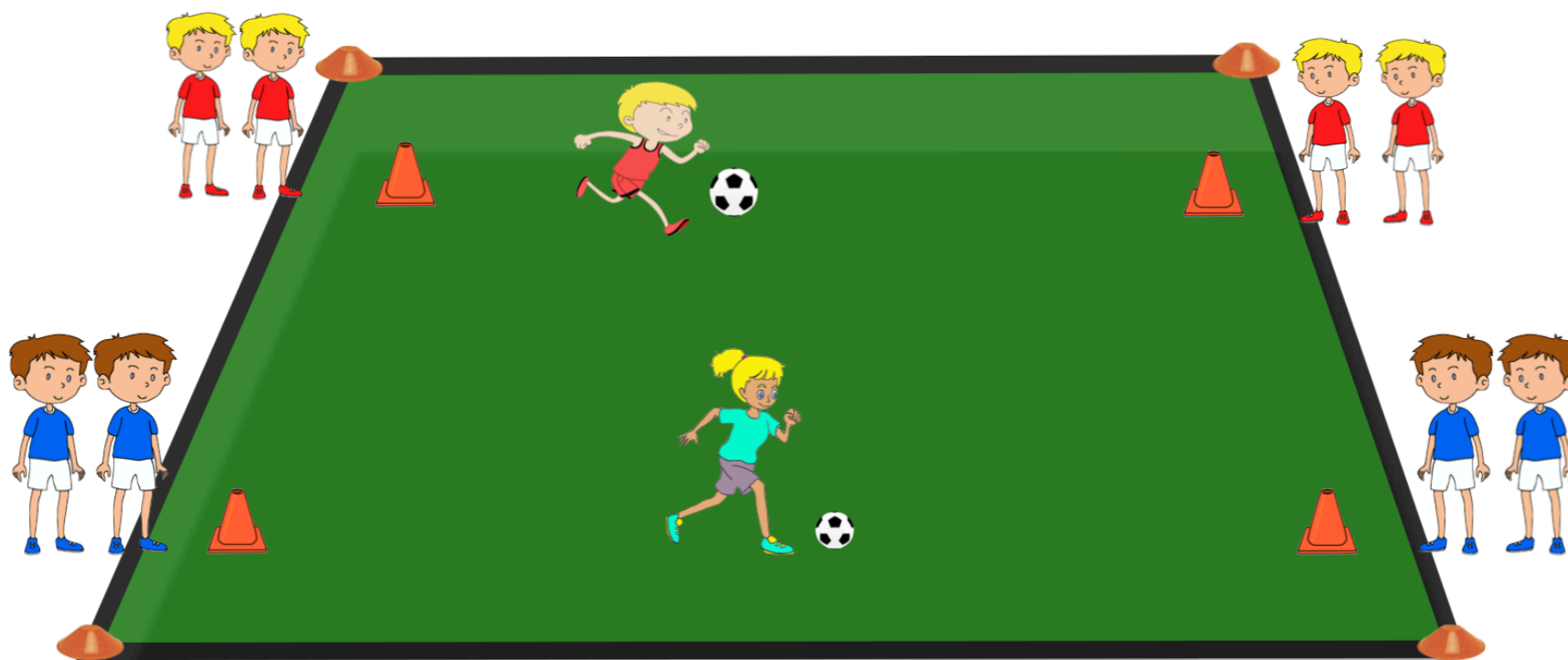
EQUIPMENT

Cones
Balls

- Setup playing area as shown. Split students into 2 or more teams.
- Each team splits up, with half the team on one side of the playing area and half the team on the other side
- The aim is to dribble under control but with speed.
- Dribble all the way to the next person in line (no passing) Trap the ball, next to the Cone
- Make it competitive by having races to see which group can finish first

MODIFY IT

- Adjust the distance between the 2 cones
- Have students make a pass from halfway



Partner Passes

SKILL FOCUS

Passing, Receiving

GROUP SIZE

2+

COMPLEXITY



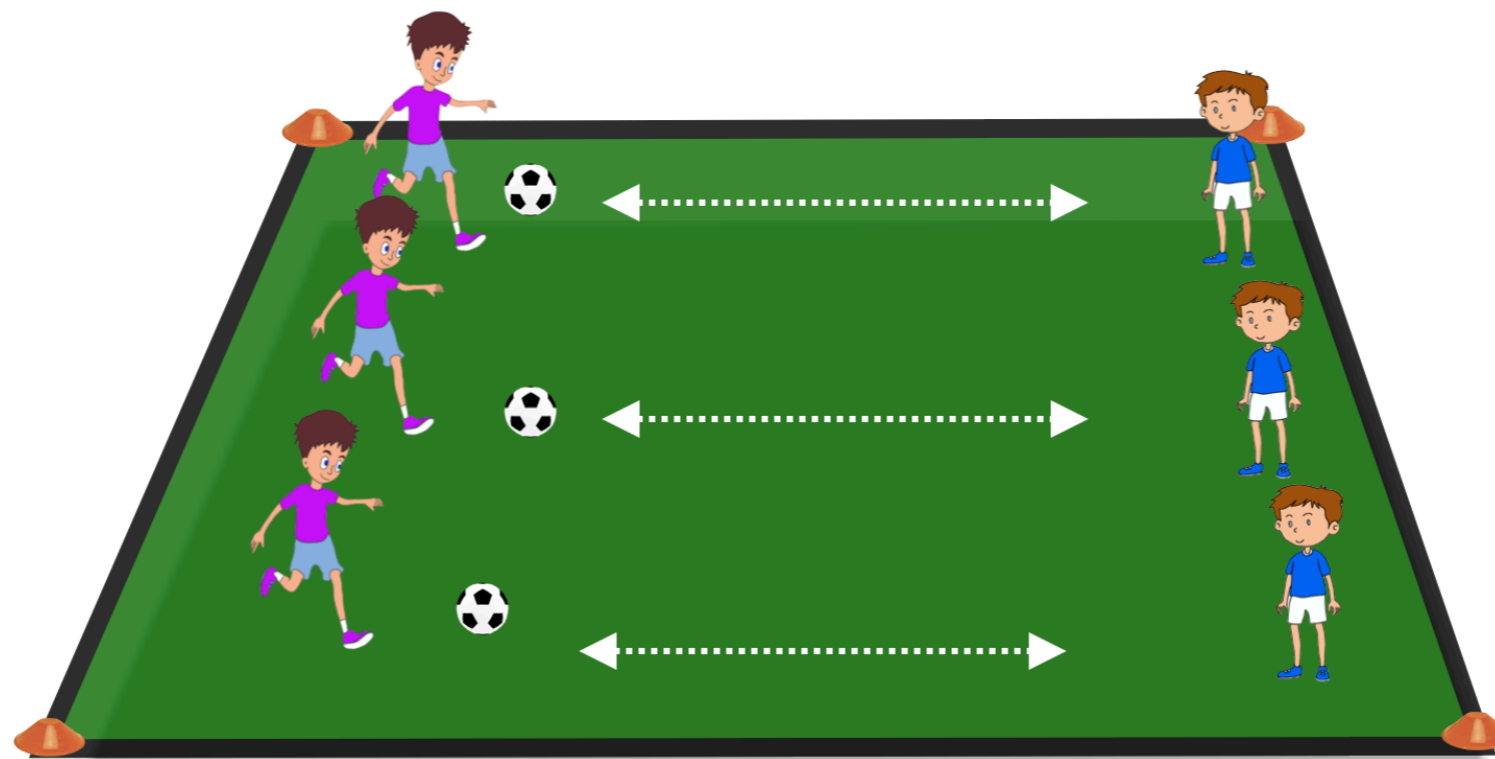
EQUIPMENT

Cones
Balls

- Set up the playing area as shown below.
- Students partner up and pass back and forth with their partner
- Students aim for accuracy
- At first have students trap the ball before passing
- Progress to no trapping if students can easily execute the skill with accuracy

MODIFY IT

- At first have students trap the ball before passing
- Progress to no trapping if students can easily execute the skill with accuracy



Triangle Passing

SKILL FOCUS

Passing, Receiving

GROUP SIZE

3+

COMPLEXITY



EQUIPMENT

Cones
Balls

- Set up the playing area as shown below.
- Students form groups of 3. 1 ball per group
- Aim is to pass the ball around in a triangular fashion with accuracy

MODIFY IT

- At first have students trap the ball before passing
- Progress to no trapping if students can easily execute the skill with accuracy



Keepy Off

SKILL FOCUS

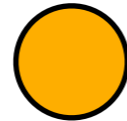
GROUP SIZE

COMPLEXITY

EQUIPMENT

Passing

4

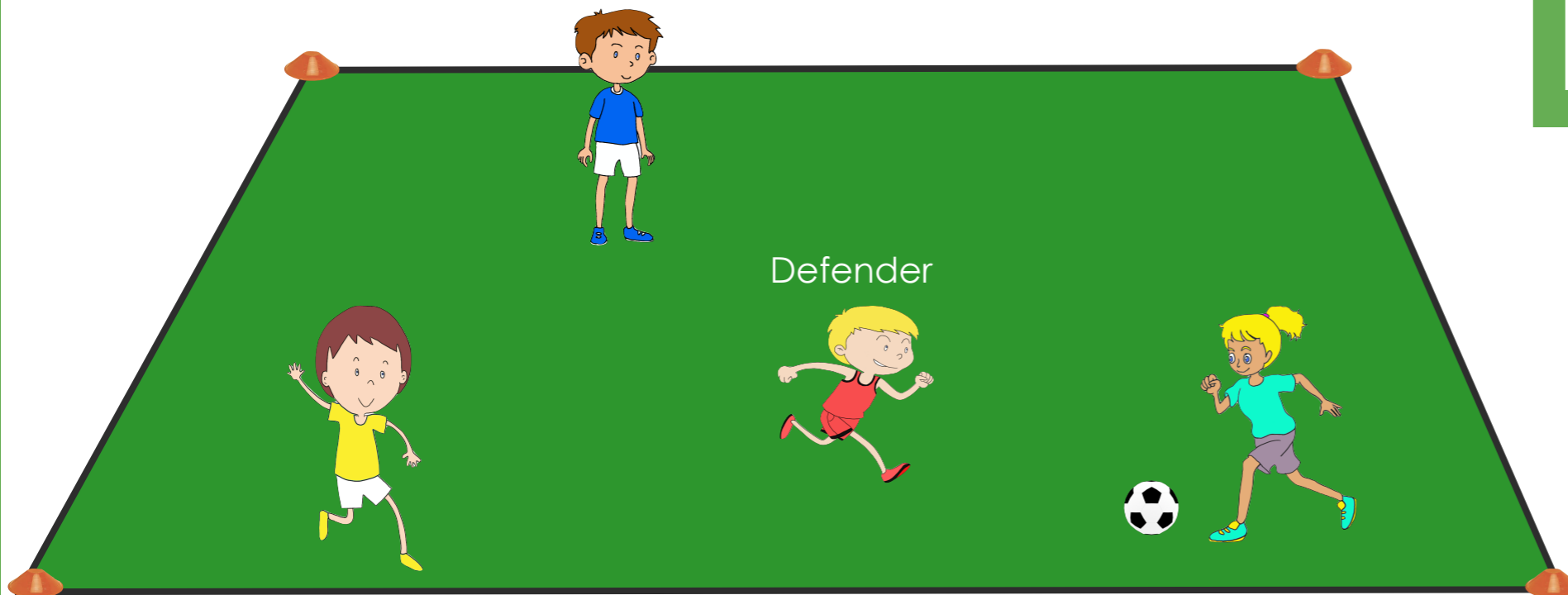


Cones
Balls
Bibs/Pinnies

- Create groups of 4 students: 3 offensive players and 1 defensive player.
- Each group has 1 soccer ball.
- The offensive players will try to keep the ball away from the 1 defender. Use both dribbling and passing skills.
- If the defender steals the ball, return the ball to the group of 3 and continue play.
- Stop play every 1 to 2 minutes to change defenders.

MODIFY IT

- ★ Play with no defenders, students try to pass and move to complete set amount of passes
- ★ Place Cones / poly spots on the ground. These will identify places the students could run to to create space



ASK STUDENTS

- ★ How can you make sure the defender doesn't intercept the ball?
- ★ If you do not have the ball as an attacker what can you do?

Free Agent

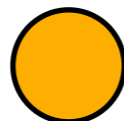
SKILL FOCUS

Passing

GROUP SIZE

7

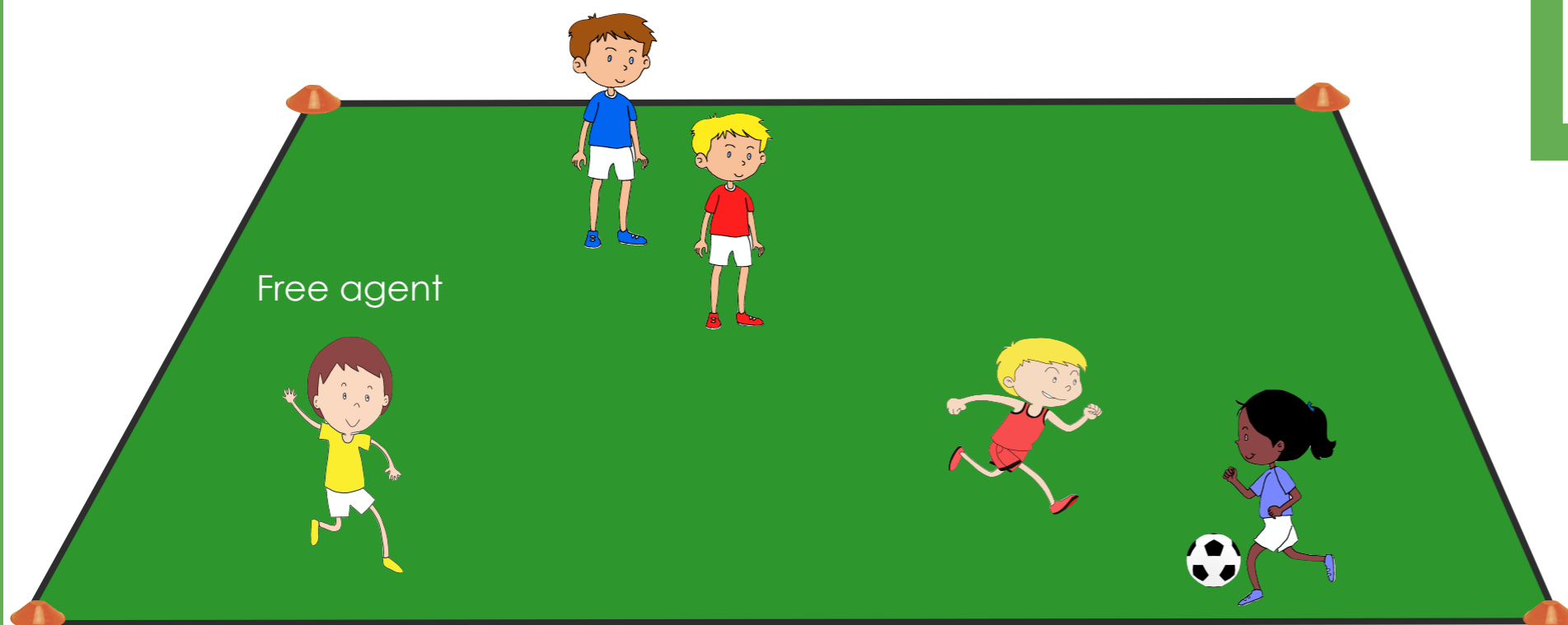
COMPLEXITY



EQUIPMENT

Cones
Balls
Bibs/Pinnies

- Create groups of 7 students (or any odd amount)
- Team play 3 vs 3 small sided games of soccer, basketball hockey etc
- The player that is left over is called the 'free agent'. This player plays for which ever team has the ball on offence. They do not play Defense they simply keep switching according to whoever has the ball
- Rotate the free agent every few minutes



MODIFY IT

- ★ Play with no goals and have the offensive team aim to make 5 successful pass
- ★ This game can be used for any invasion minor game
- ★ Increase the size of the playing area
- ★ Add goals
- ★ Increase or decrease the amount of players per team

ASK STUDENTS

- ★ How can you make sure the defender doesn't intercept the ball?
- ★ If you do not have the ball as an attacker what can you do?

Defend the Castle

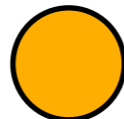
SKILL FOCUS

Passing, Shooting
Defense

GROUP SIZE

4

COMPLEXITY



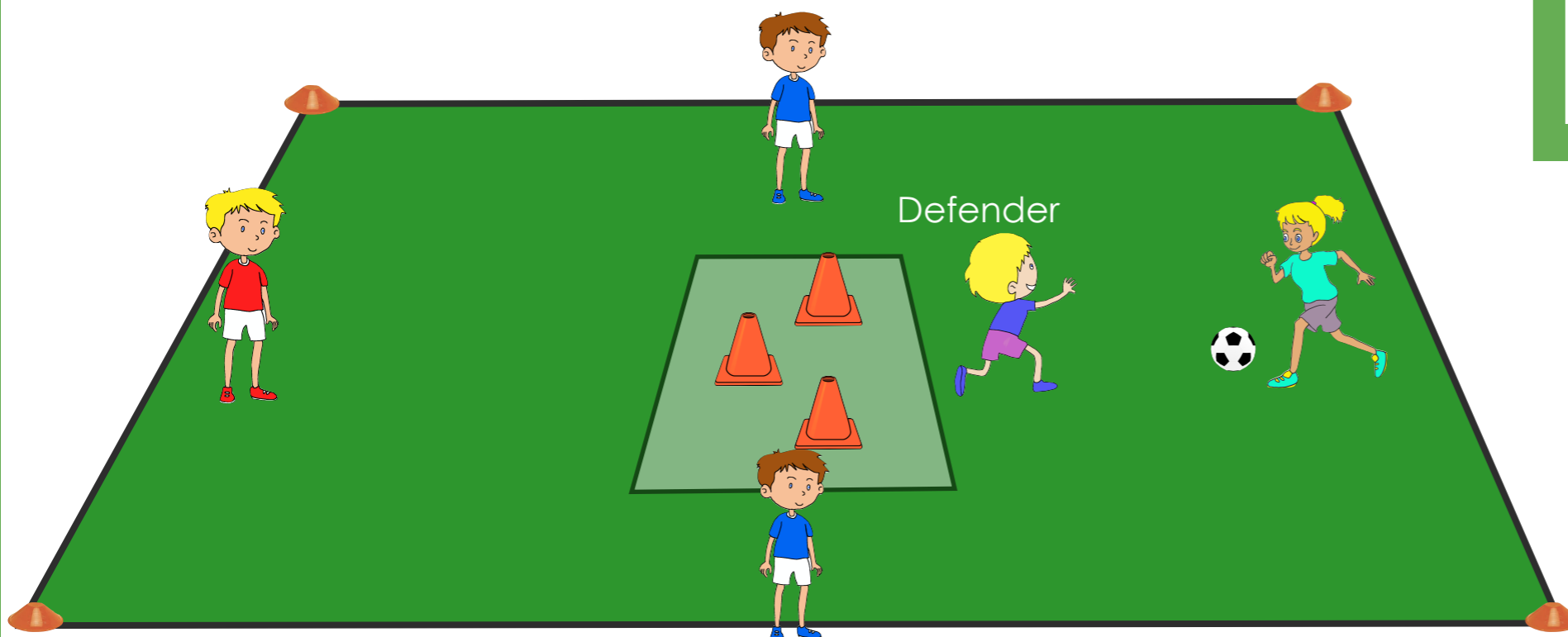
EQUIPMENT

Cones
Balls
Bibs/Pinnies

- Create groups of 5. 4 attackers and one defender
- Attackers aim is to knock over the Cones in the middle zone.
- Defenders admit to try and stop attackers from knocking over a Cone.
- Passers can move around the edge of the playing area
- Defender cannot crowd the ball carrier and must not go in the marked off middle area
- Switch defender every 2 minutes

MODIFY IT

- ★ Add more targets
- ★ Add more defenders
- ★ Attackers can shoot from closer (easier)
- ★ Attackers shoot from further (harder)



ASK STUDENTS

- ★ How can you make sure the defender doesn't intercept the ball?
- ★ When is a good time to have a shot at the target?

Bumper Cars

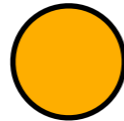
SKILL FOCUS

Passing
Defense

GROUP SIZE

4

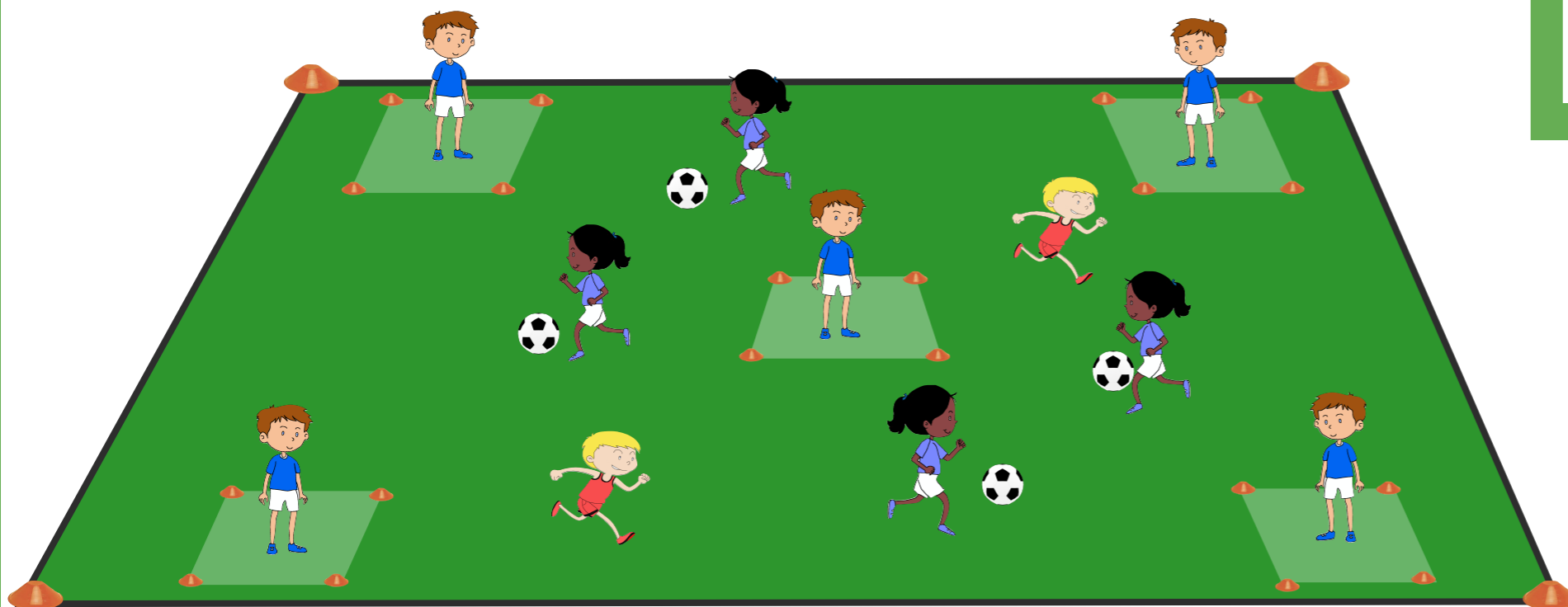
COMPLEXITY



EQUIPMENT

Cones
Balls
Bibs/Pinnies

- Setup as shown. Have five 2m x 2m areas marked off as squares inside the playing area.
- This game has 2 defenders (red) and 9 attackers (blue)
- Defenders aim to steal and kick the balls out of the playing area. Once they have kicked all 4-5 out of the playing area, the game stops.
- Attackers can dribble in the playing area and pass to team mates inside the 2m x 2m 'pods'
- Defenders cannot go in the pods or 'hang' by them.
- If an attacker passes to another player in the pod, that person dribbles or passes out of the pod and replaced by the the passer.
- Dribblers can switch with a person in a pod at any time if they need a rest



MODIFY IT

- ★ Shorten the playing area to make it harder, increase the playing area to make it easier
- ★ Add more attackers and less balls so there is more of a focus on passing the ball

ASK STUDENTS

- ★ How can you avoid losing your ball to a defender?
- ★ Why is accurate passing important in this game?

Pool Table

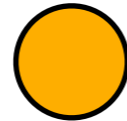
SKILL FOCUS

Dribbling
Passing

GROUP SIZE

4 vs 4

COMPLEXITY



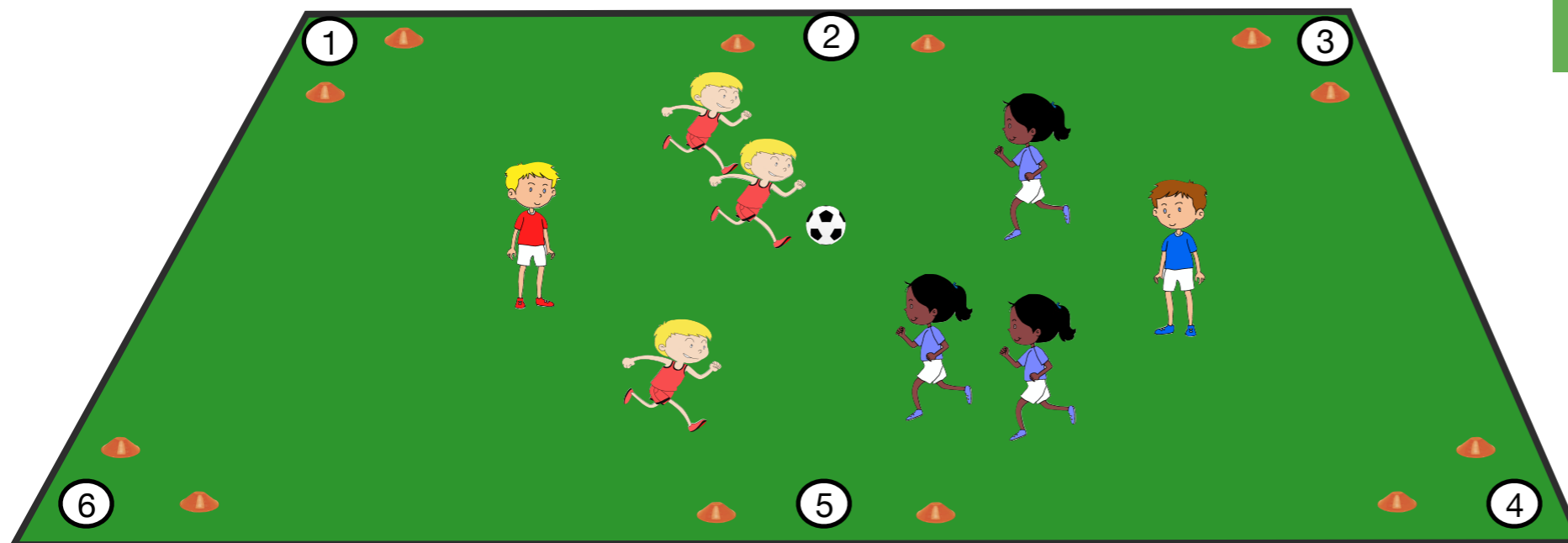
EQUIPMENT

Cones
Balls
Bibs/Pinnies

- Setup area with 6 goals (using Cones) as 'pockets'
- To even numbered teams free play trying to pass or score through one of the 'pockets'. The defensive team tries to stop this and gain possession
- If a team scores (pots) a goal they start again with possession until they either miss or the defensive team gains possession.
- The first team to 8 wins

MODIFY IT

- ★ Shorten the playing area to make it harder, increase the playing area to make it easier
- ★ Add more attackers and less balls so there is more of a focus on passing the ball



ASK STUDENTS

- ★ How can you avoid losing your ball to a defender?
- ★ Why is accurate passing important in this game?

Zig Zag Dribble

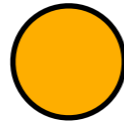
SKILL FOCUS

Dribbling

GROUP SIZE

4+

COMPLEXITY



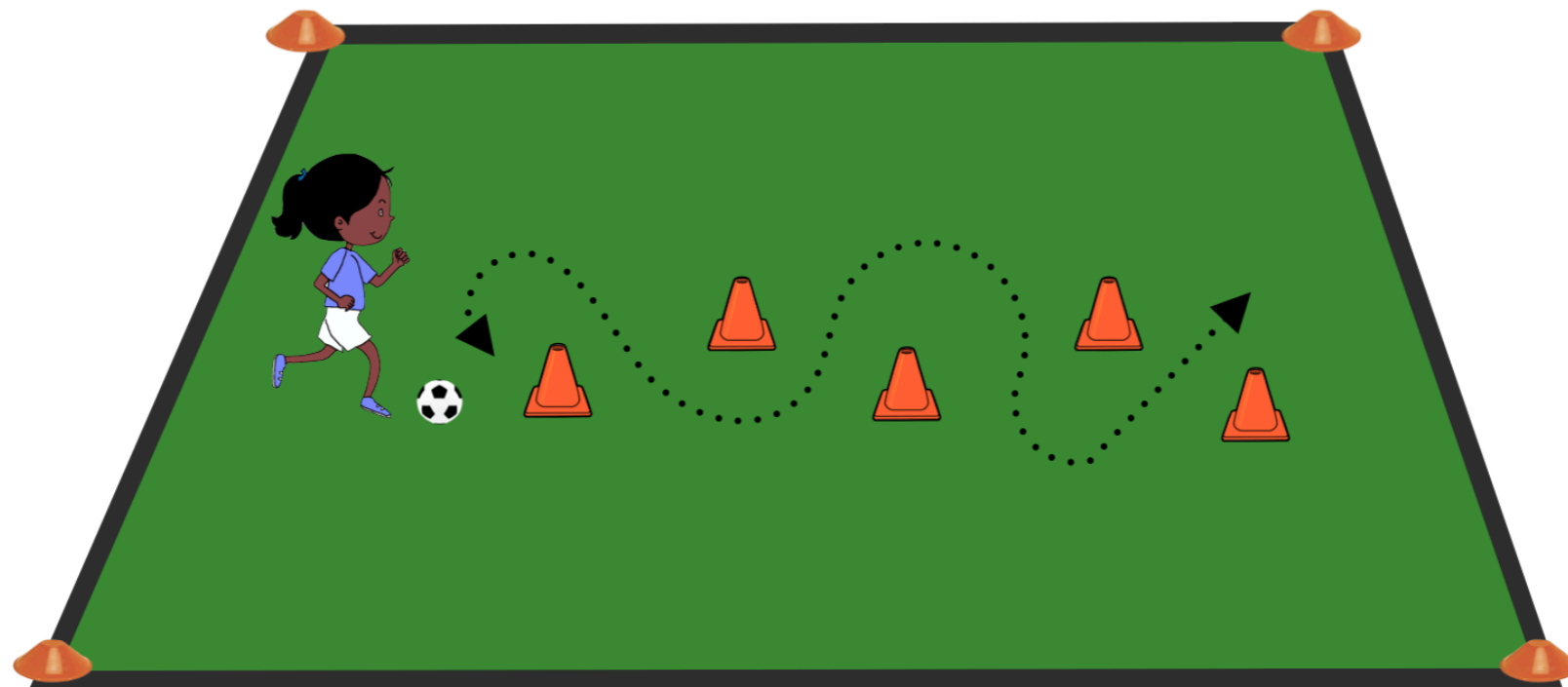
EQUIPMENT

Cones
Balls

- Set up a course of cones roughly 6-8 feet apart in a zig zag pattern
- Students race by dribbling the ball around the cones and back.

MODIFY IT

- Easier: increase the space between each cone
- Harder: decrease the space between each cone
- Student must make a pass back to the front of the line instead of dribbling back



Dribble Knockout

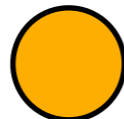
SKILL FOCUS

Dribbling

GROUP SIZE

8+

COMPLEXITY



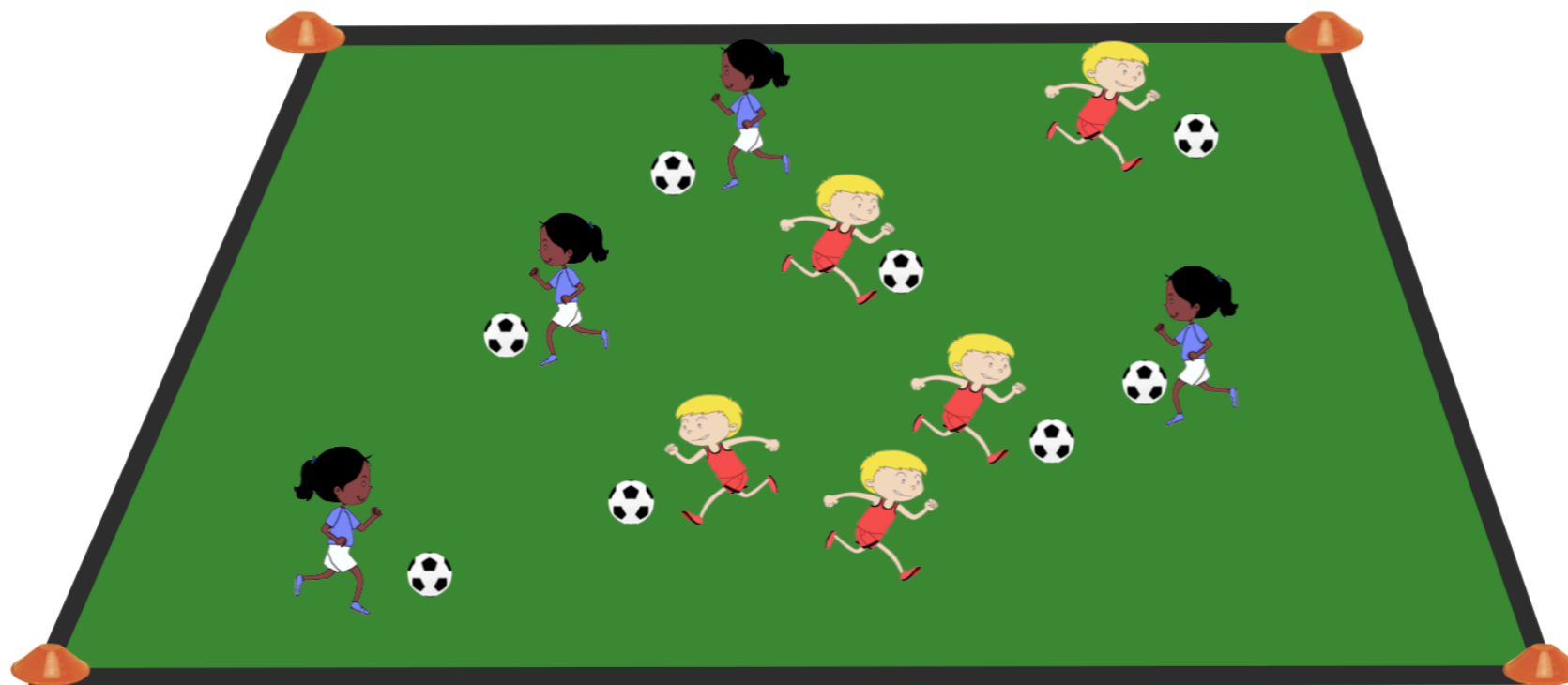
EQUIPMENT

Cones
Balls

- Set up the playing area as shown below.
- Each player has a ball
- The aim of the game is to keep control of your ball, whilst trying to knock other players balls out of the playing area
- If your ball is knocked out you dribble one lap around the playing area and come back into the game
- No slide tackles or wild kicks at the ball

MODIFY IT

- Change the activity needed in order to rejoin the game (ie. 10 toe touches on the ball, 10 pushups, 10 sit-ups etc.)
- Shorten or lengthen the area to suit



Through the Gates

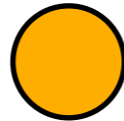
SKILL FOCUS

Dribbling, Passing

GROUP SIZE

8+

COMPLEXITY



EQUIPMENT

Cones
Balls

- Setup the playing area as shown below. Each player has a ball
- The aim is to dribble through as many 'gates' as possible
- Play each round for one minute
- Partner up and every time you go through a 'gate' you must pass to your partner who is waiting at the previous gate.
- If the pass is inaccurate the kicker must collect and dribble to their team mate

MODIFY IT

- Easier: Increase the width of the gates
- Harder: decrease the width of the gates
- Have students use only their left foot or right foot
- Vary the size of the gates and make the narrower ones worth extra points



Flip Cone Dribble

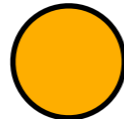
SKILL FOCUS

Dribbling

GROUP SIZE

8+

COMPLEXITY



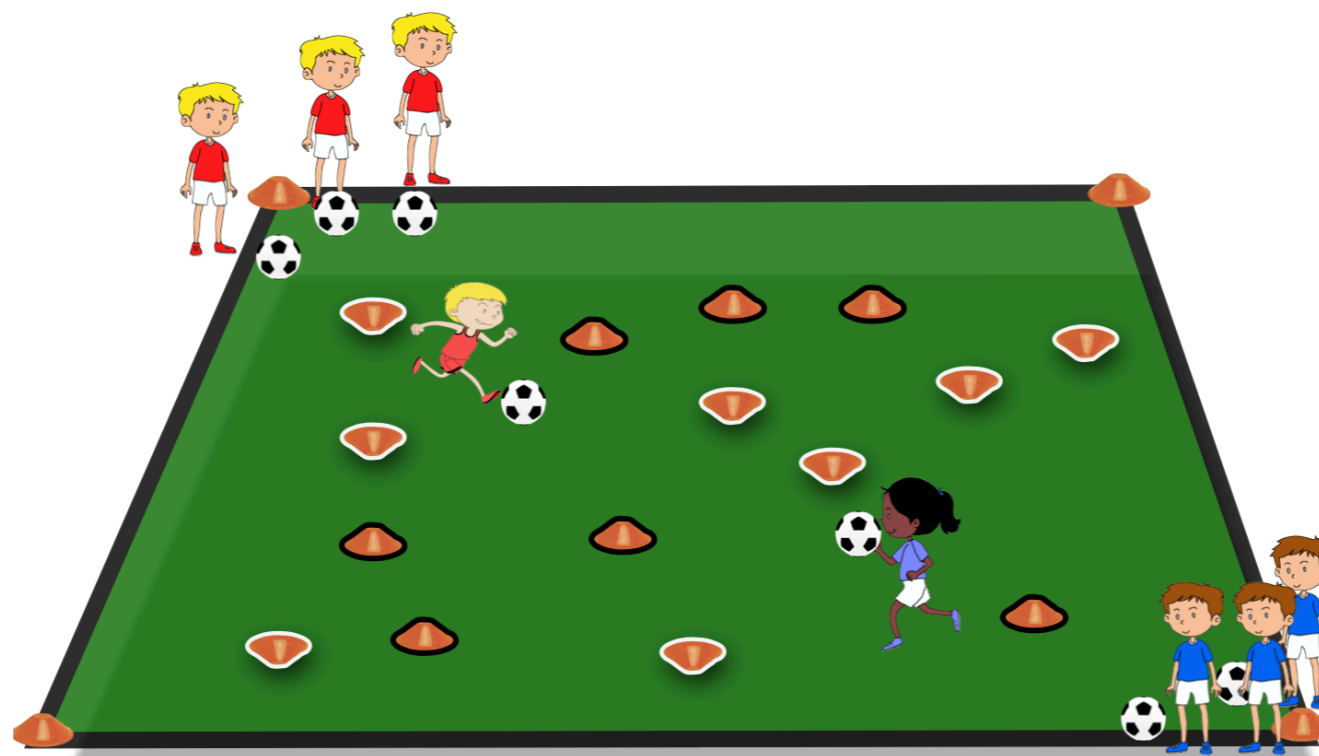
EQUIPMENT

Cones
Balls

- Set up playing area as shown below.
- Start with 2-4 teams all lined up in a corner each. Each team has 1 ball.
- Choose two teams to be 'volcanoes' and two teams to be tornadoes. Tornadoes = upside down Cone. Volcanoes = normal Cones
- On teachers command, first player dribbles their ball into the playing area, traps the ball and flips a cone to their teams side with their hand. They then dribble back and the next person goes through.
- Play for 1-2 mins. Win by flipping more to your side than the other team.

MODIFY IT

- Easier: introduce the game by playing without the soccer dribbling element - just have students run out and flip the cones before returning
- Harder: students must perform 10 toe-taps before flipping a cone



Shadow Dribbling

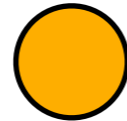
SKILL FOCUS

Dribbling

GROUP SIZE

8+

COMPLEXITY



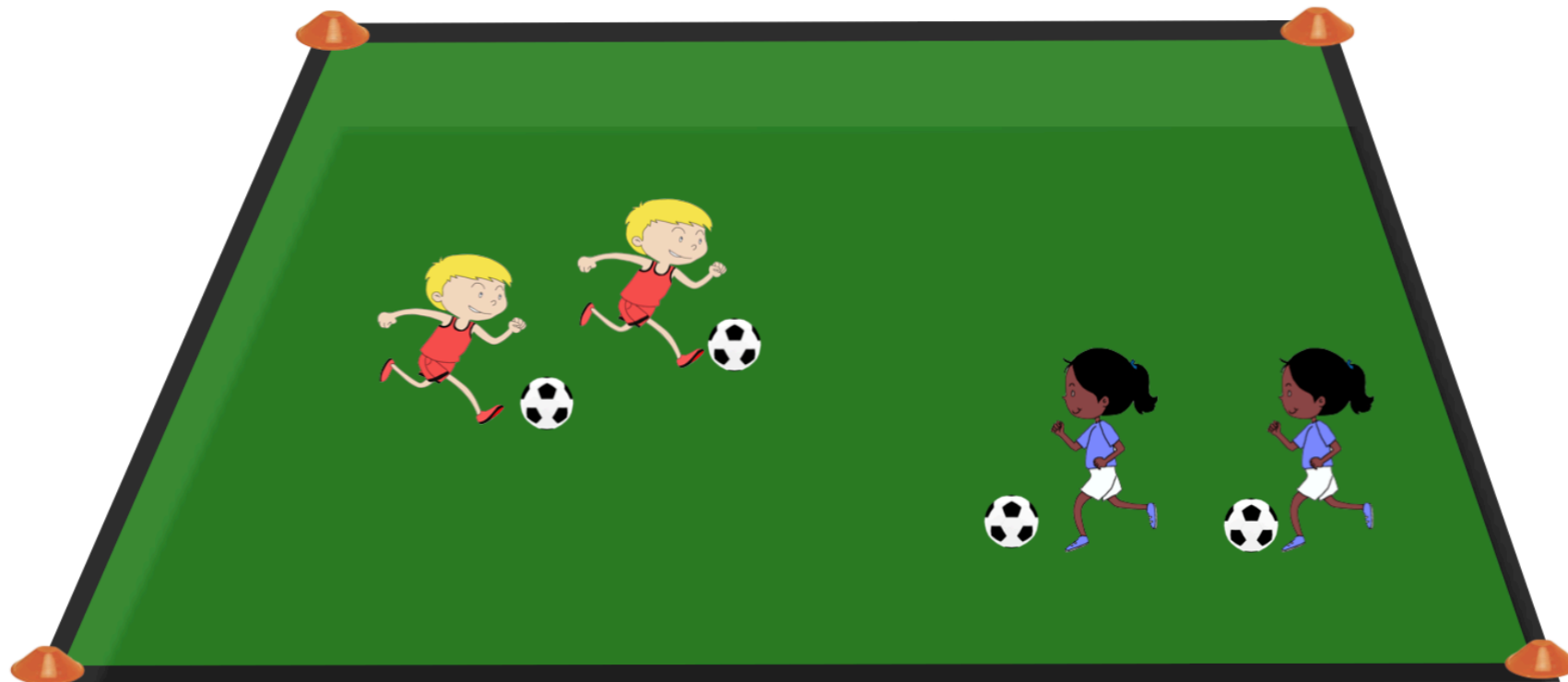
EQUIPMENT

Cones
Balls

- Setup playing area as shown. Each player has a ball and a partner
- The aim is to 'shadow' your partner who is the lead dribbler around the playing area.
- Players must mimic the leader dribblers patterns and whatever trick they perform
- Keep a safe distance apart where possible
- Switch over after one minute

MODIFY IT

- Introduce the activity by playing a round of Simon Says first
- Add an extra shadow by including a third student in each group



Reaction Dribbling

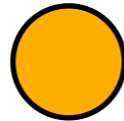
SKILL FOCUS

Dribbling

GROUP SIZE

4+

COMPLEXITY



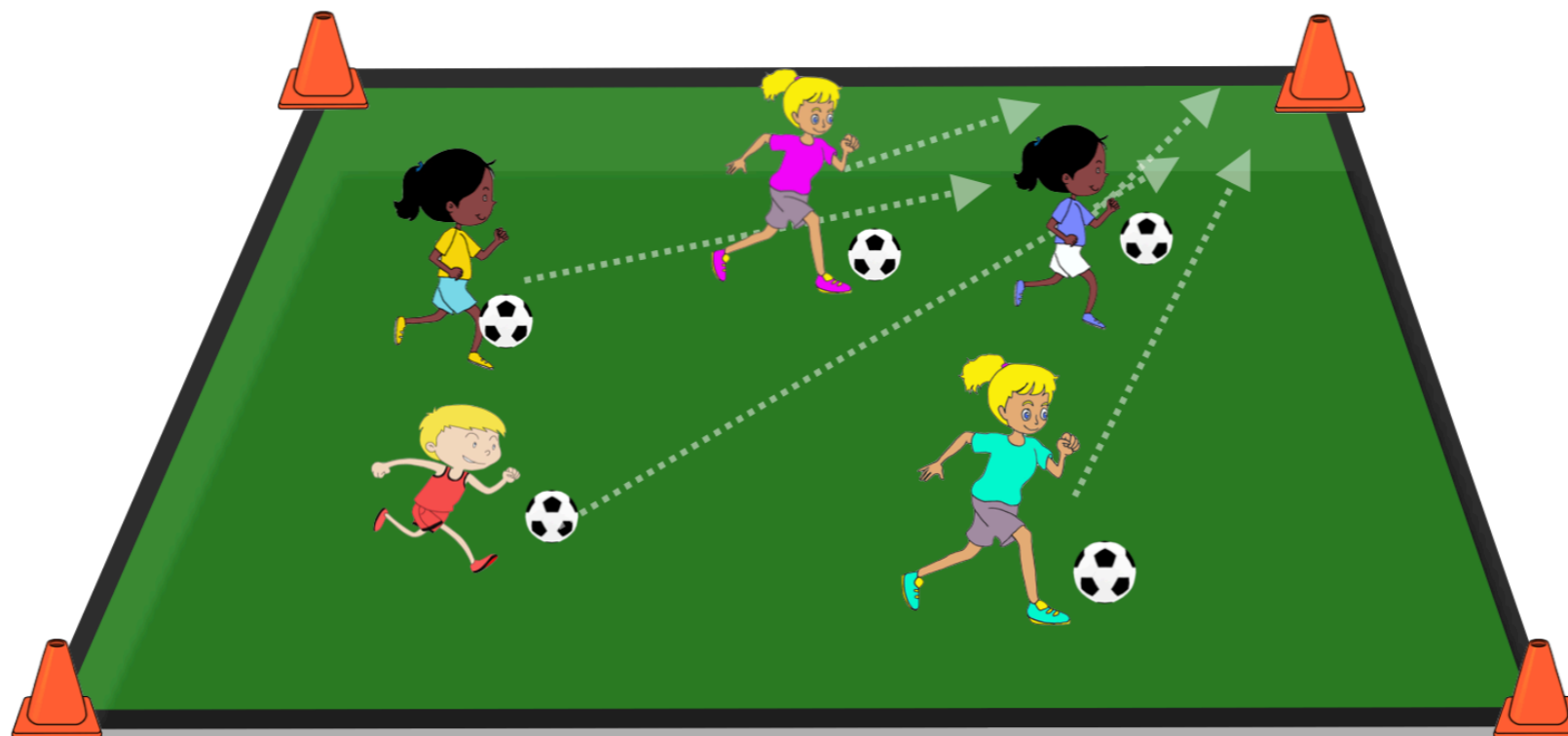
EQUIPMENT

Cones
Balls

- Create approx a 20m x 20 grid with 1 large Cone, pole or flag in each corner
- Players free dribble inside the playing area
- The coach calls out a players name and that player quickly chooses to dribble around one of the corner Cones (tip: choose a person close to one of the Cones)
- All the other players follow the chosen student.
- The aim is to not be the last person back

MODIFY IT

- Call out multiple students in each round. Other players can choose which to follow
- Last student to arrive at the cone must do a lap around the playing area before rejoining the game



Soccer Marbles

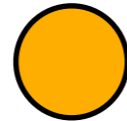
SKILL FOCUS

Passing

GROUP SIZE

2+

COMPLEXITY



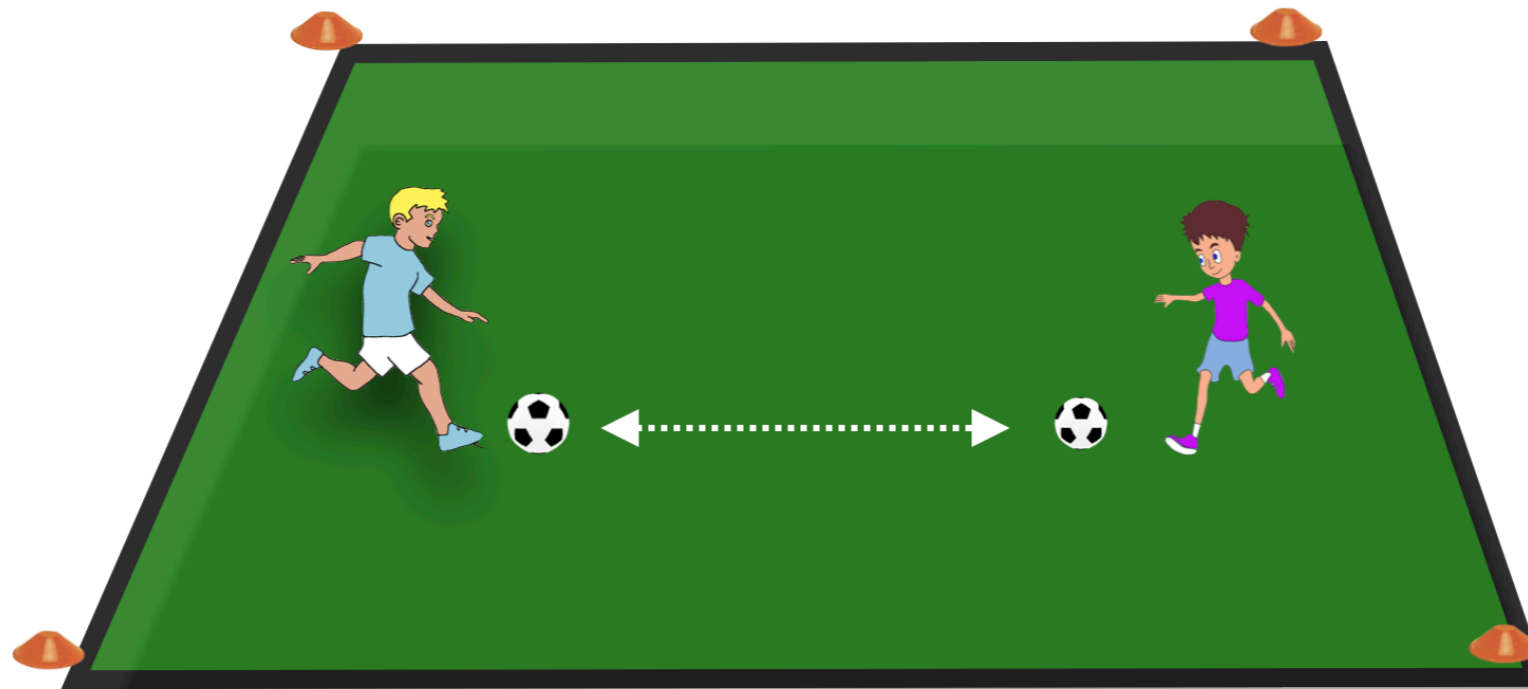
EQUIPMENT

Cones
Balls

- Players form pairs and have a ball each
- Players take turns to make contact with their partners ball
- The player with the most amount of 'ball hits' in a row win
- Play against the whole group and the pair with the highest amount of 'ball hits' win

MODIFY IT

- Adjust the distance between partners
- Have students pass with the left foot or right foot
- Have students chip the ball over an obstacle



Circle Chase

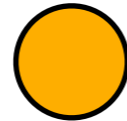
SKILL FOCUS

Passing, Receiving

GROUP SIZE

8+

COMPLEXITY



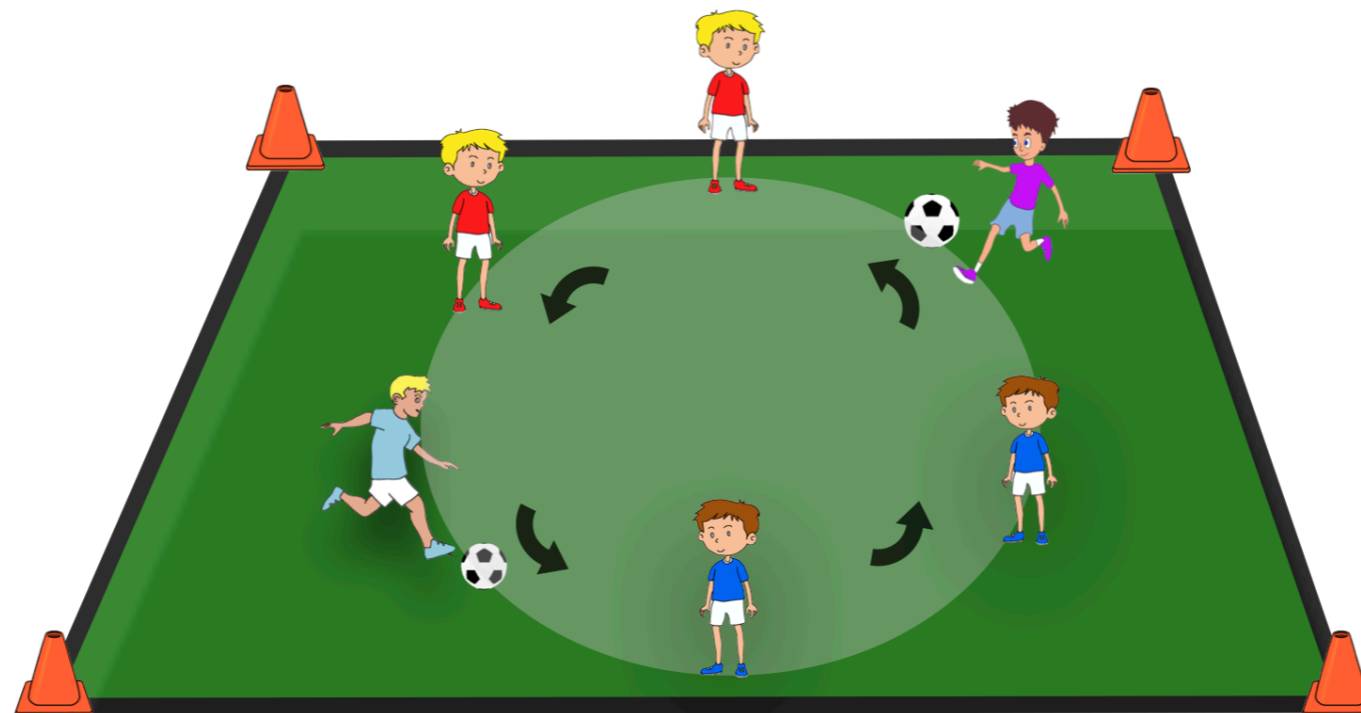
EQUIPMENT

Cones
Balls

- Create a circle with approx 8-10 students. Make sure the circle is wide enough so students are approx 2-4 metres apart
- Have two players on opposite sides of the circle start with the ball
- Players pass the ball around the circle (without skipping a person) and try to overtake the ball in front
- Teacher calls 'change' and players must change the direction of the pass

MODIFY IT

- Increase or decrease distance between each student
- Easier: start with 1 ball
- Harder: add in a 3rd ball



Star Wars

SKILL FOCUS

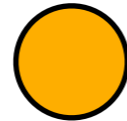
GROUP SIZE

COMPLEXITY

EQUIPMENT

Dribbling

8+

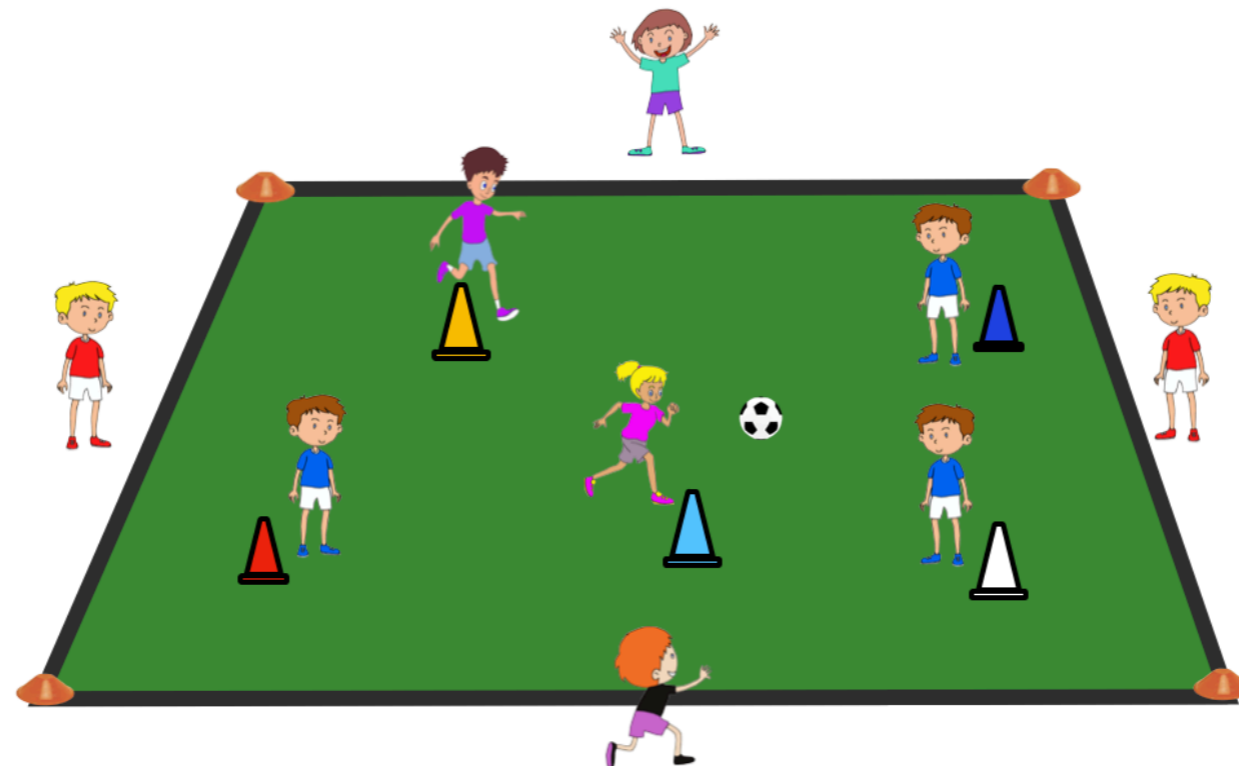


Cones
Balls

- Start with a group of 8-10 students inside a 20m x 20m playing area
- Have 4 students on the outside of each side of the square as interchange players
- Students each have a tall Cone ('planet') they have to defend
- Students aim to knock over their opponents planet using a pass (ball along the floor)
- Students may run to collect a ball that is in open space but must be aware that their cone can be knocked over with a pass if so
- If a cone is knocked over that students change over with an interchange player

MODIFY IT

- Adjust the number of balls in play at once
- Use different size "planets" to make the targets harder or easier to hit



Piggy in the Middle

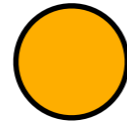
SKILL FOCUS

Dribbling

GROUP SIZE

5+

COMPLEXITY



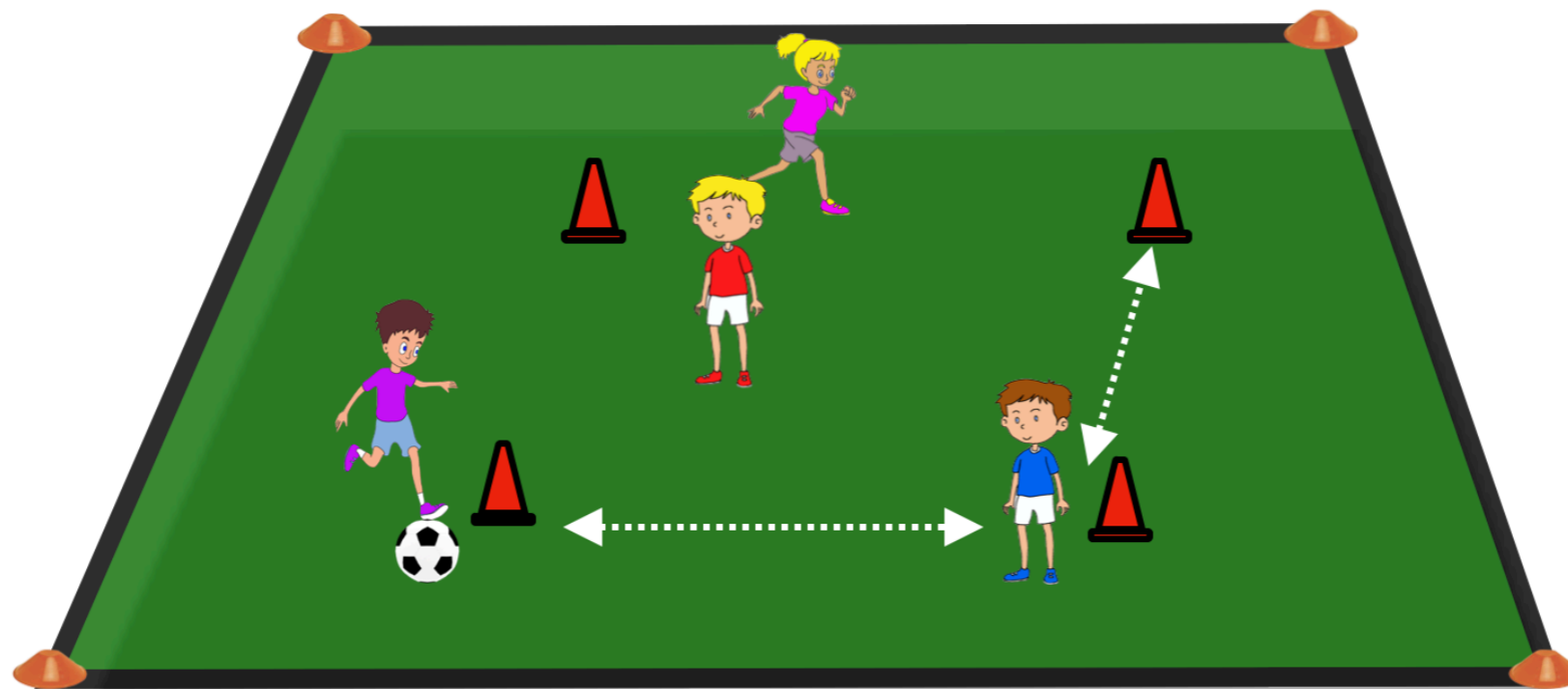
EQUIPMENT

Cones
Balls

- Set up the playing area as shown below. Split students in to groups of 4
- Have 3 attacker and one defender (Piggy) who defends in the middle of the square
- Piggy can only intercept, not steal from an attacker who has possession
- Attacker start at a corner cone (with one left over spare) and can move between cones but only one attacker can stand at each cone. If two attackers are at a cone, one must move to a spare
- Attackers aim to make 5-10 passes without the piggy intercepting the ball

MODIFY IT

- Add extra Piggies
- Increase the distance between cones to make it more difficult for the Piggy to intercept



Split the Defender

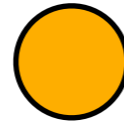
SKILL FOCUS

Dribbling

GROUP SIZE

5+

COMPLEXITY



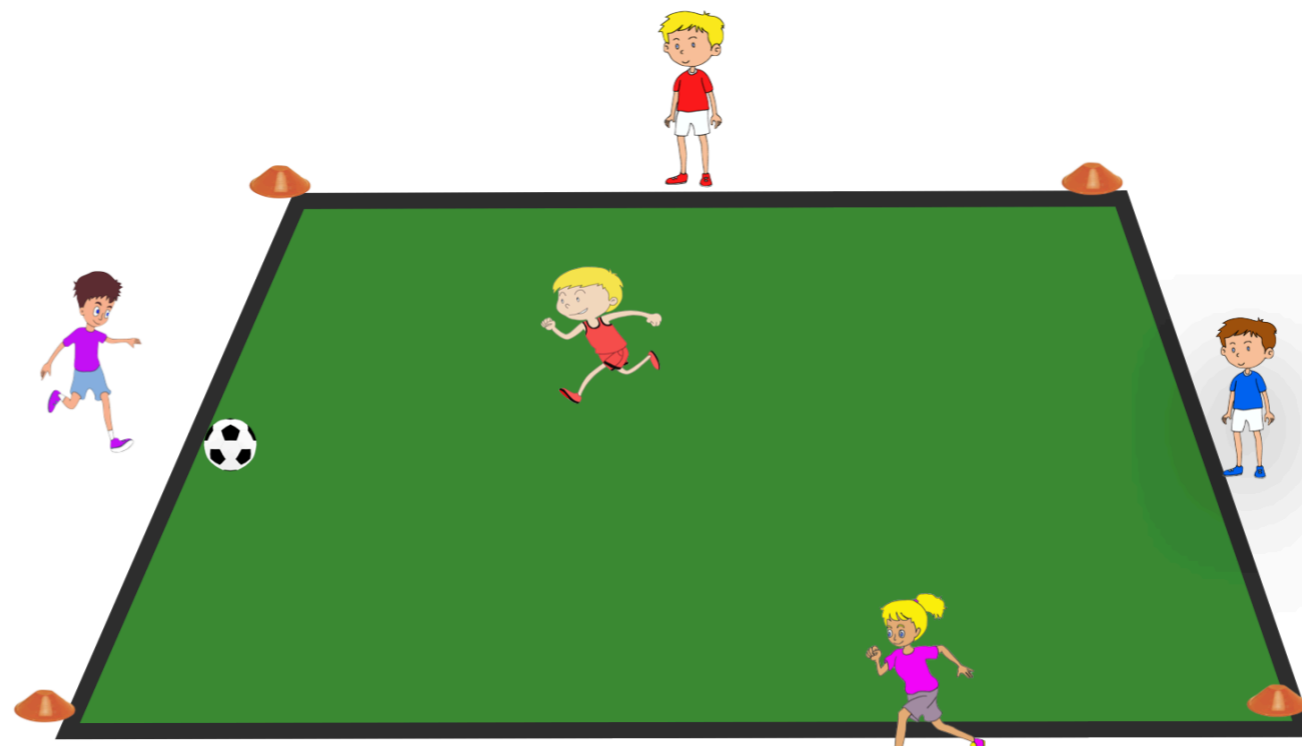
EQUIPMENT

Cones
Balls

- Setup 10 x 10m grid. 4 passer and one defender
- Passers can move up and down their line
- Defender cannot 'steal' the ball, intercept only
- Attackers aim to complete as many passes across the zone and possible without the defender intercepting the ball
- Attackers cannot pass back to the player who passed to them.

MODIFY IT

- Add extra defenders inside the grid
- Increase the size of the grid to make it more difficult for the Piggy to intercept
- Players must either trap the ball first, or pass it immediately on the first touch



Circle Passes

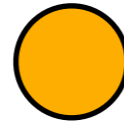
SKILL FOCUS

Dribbling

GROUP SIZE

4+

COMPLEXITY



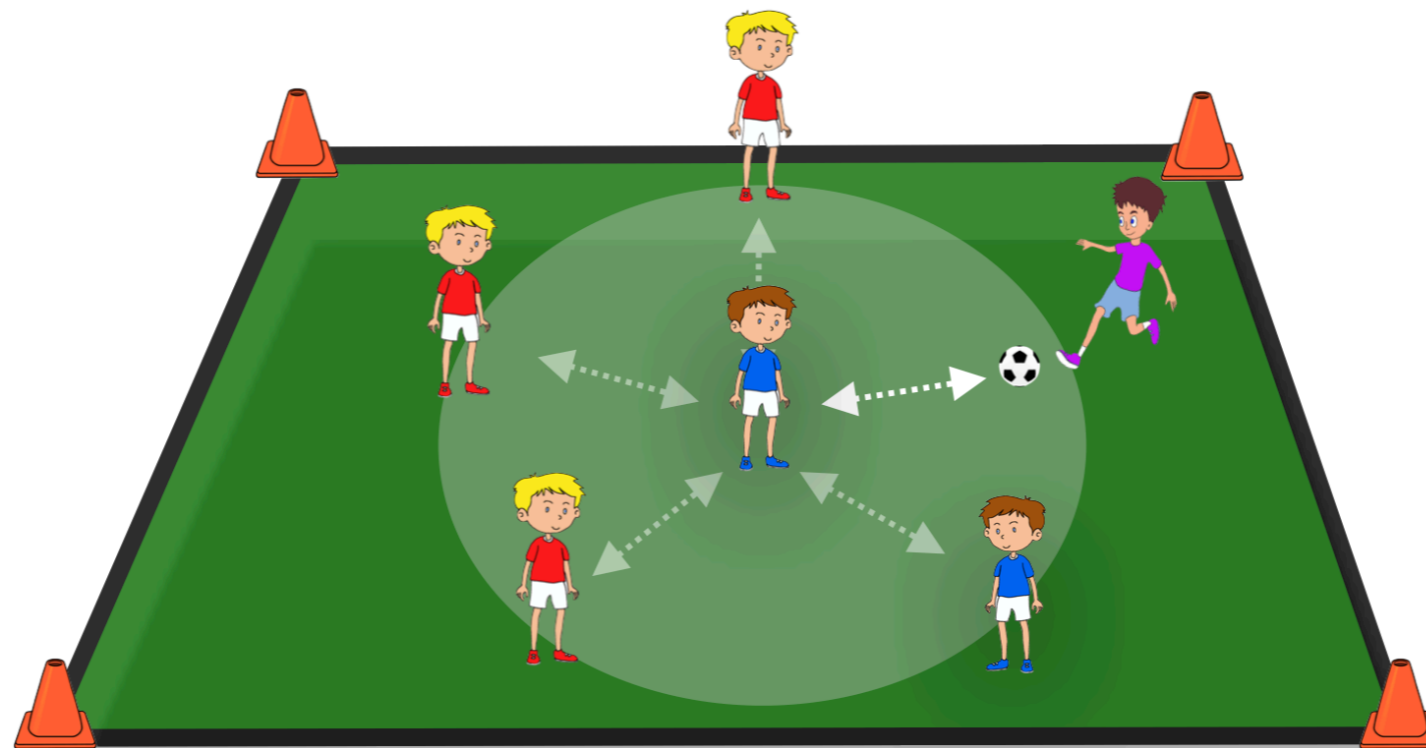
EQUIPMENT

Cones
Balls

- Set up the playing area as shown below.
- Split students into groups of 6
- Have one person in the middle who passes around the circle to each player
- Focus should be on quick trap and accurate passes
- Switch so everyone get a go in the middle
- If you have multiple groups, race between the groups to see who can get around the circle first

MODIFY IT

- Adjust the size of the circle to create longer or shorter passes
- Players must either trap the ball first, or pass it immediately on the first touch



Soccer Tennis

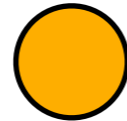
SKILL FOCUS

Dribbling

GROUP SIZE

2+

COMPLEXITY



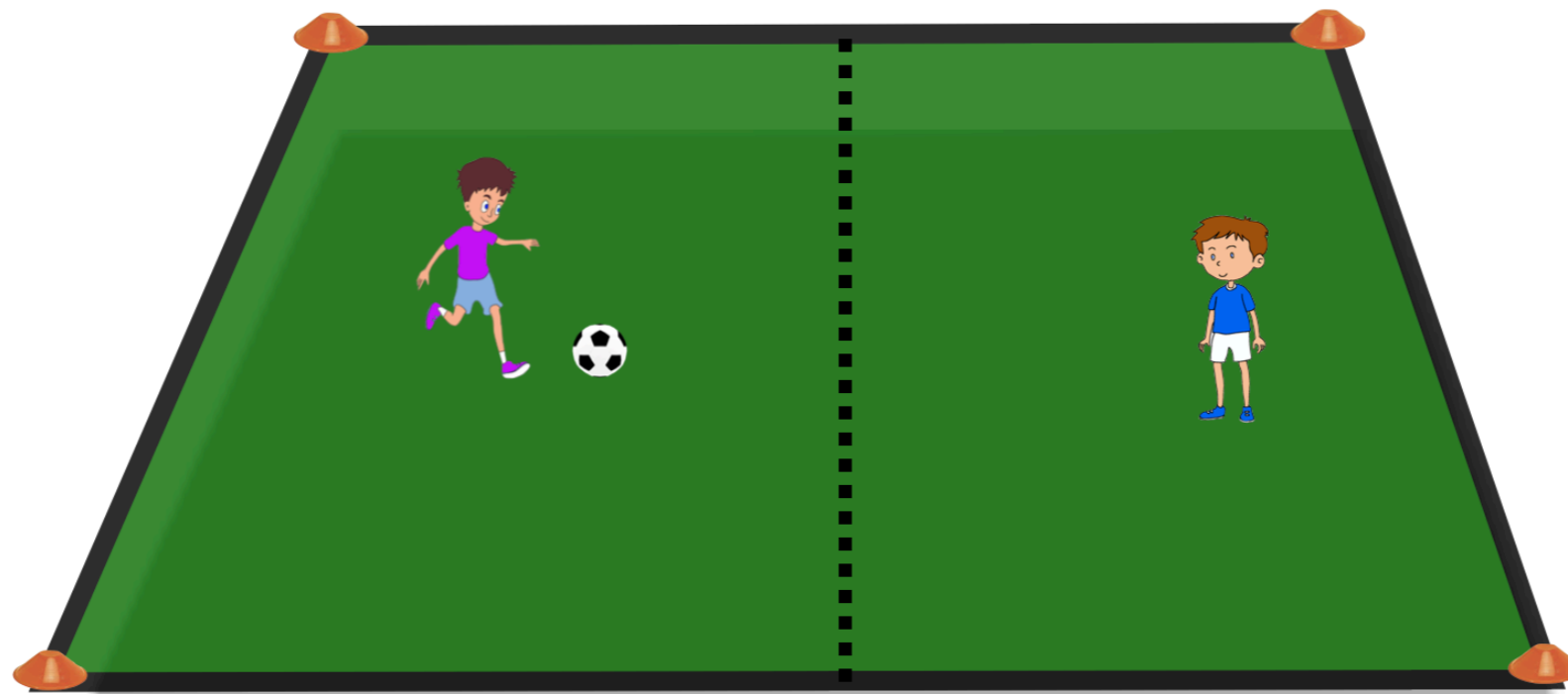
EQUIPMENT

Cones
Balls

- Set up the playing area as shown below. Students partner up and try and pass a soccer back and forth across the 'net' (use Cones)
- Students should start close and try and 'one time' the ball back and forth
- As students move further back encourage players to tap and pass back
- If students can one time the ball back and forth that is also allowed
- Play a game between groups to see who can get the most passes in one minute

MODIFY IT

- Play singles, doubles, or triples by adding more players to each side
- Use cones as the net so students have to chip the ball over the "net" to the other side



Through Ball Passing

SKILL FOCUS

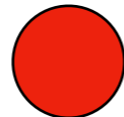
GROUP SIZE

COMPLEXITY

EQUIPMENT

Dribbling

4+

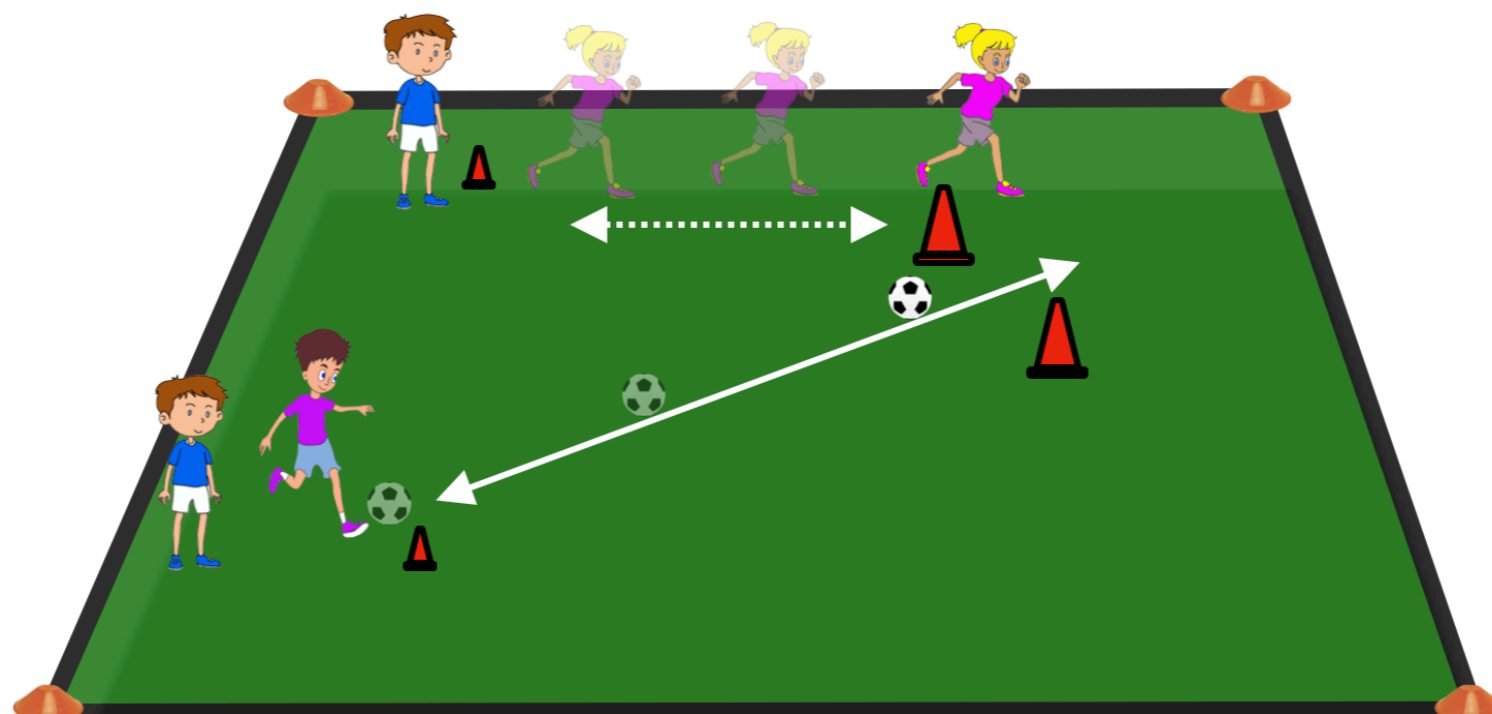


Cones
Balls

- Set up the playing area as shown below. Split students in to groups of 4 - 6
- Have two lines 'Passers and 'Receivers'
- Passers aim to pass the ball between two cones to the receiver who makes a well timed run
- Receiver collects the ball and dribbles the ball around to the passers line
- The passer who passed the ball heads Roberto the receivers line

MODIFY IT

- Have the receiver take a shot on goal after receiving the pass
- Adjust the length of the pass to make it easier or harder
- Add in a defender on the passer or receiver



Zig Zag Pass and Follow

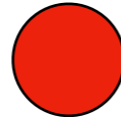
SKILL FOCUS

Dribbling

GROUP SIZE

5+

COMPLEXITY



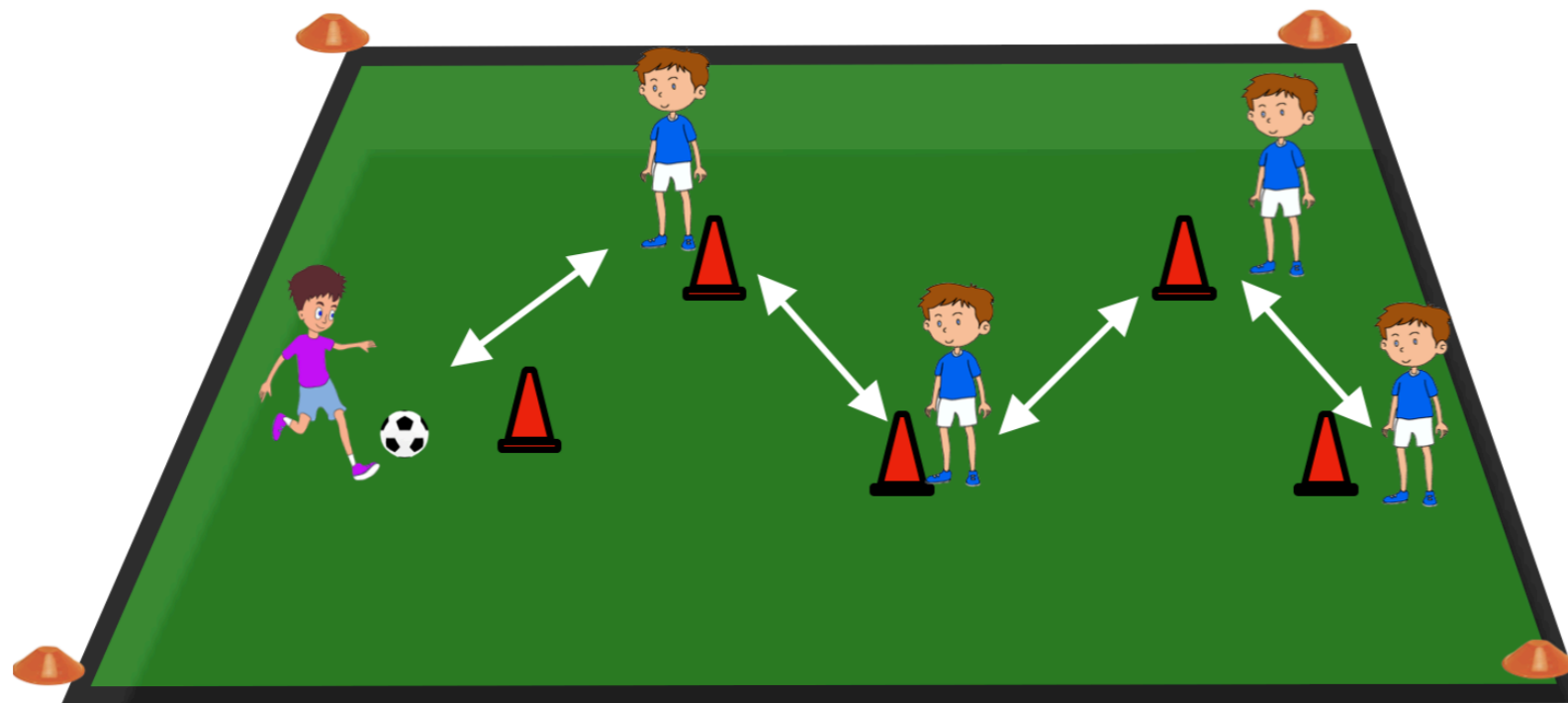
EQUIPMENT

Cones
Balls

- Players pass the ball in a zig zag pattern down the line
- Players follow their pass to the next cone after they kick the ball
- When the last person in the line gets the ball they dribble to the starting Cone
- Race: Make it competitive by having groups race each other to finish. When the leader gets back to the starting Cone, the group sit down. First team to finish is the winner

MODIFY IT

- Adjust the distance between cones to make longer or shorter passes
- Have students pass with their left or right foot



Give and Go

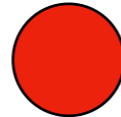
SKILL FOCUS

Passing, Receiving

GROUP SIZE

4+

COMPLEXITY



EQUIPMENT

Cones
Balls

- Setup as shown with one leader (designated by the red shirt player)
- Every student has a ball
- First in line passes to the ball to the leader (1)
- Player sprints to the far cone and collects a pass from the coach (3)
- Once collected the ball from the leader the player sprint dribbles between the end cones (3 to 4) and rejoins the line.
- Change leader after everyone has had a go.

MODIFY IT

- Adjust the distance between cones to make longer or shorter passes
- Have students pass with their left or right foot

