6-10YR OLDS TRAINING GAMES

Posted by STLCoach - 18 Feb 2010 03:42

Blob tag
Objective:

This game encourages players to dribble with their heads up and keep good, close control.

Age group:

U6s to U10s.

Number of players:

Whole squad divided into two teams of four or five (if you have more than ten players, make four teams and play two games).

Set up:

Create a 30x30 yard playing area. All players except three have a ball.

Divide your squad into two teams (red and blue). One player from each team becomes the goalkeeper. The rest of the red team wait at their end of the playing area, half at one corner and half at the other. Arrange the blue team in the same way at the other end.

You stand on the half way line with a supply of footballs.

How to play:

All the players are inside the grid. The three without a ball form a 'blob' by holding hands. The blob moves freely in the grid and tries to kick any player's ball out of the grid. If a player's ball leaves the grid (either by being kicked out by the blob or because the player loses control of it) he/she joins the blob. The last player dribbling is the winner.

Tip:

Long chains are difficult for the players to control so when the chain gets to six players in length, break it into two smaller chains.

What to say:

"Stay away from the blob"-- that's the purpose of the game.

"Don't get trapped" -- move into space away from the blob.

"Keep control of the ball" -- don't kick it too far away.

"Work together" -- the blob must work as a team. They must stay together when kicking balls out of the grid.

Progression:

Change the size of the grid to make it easier for dribblers (a bigger grid) or harder (a smaller grid).

Have blobs break into two players per blob (harder for dribblers).

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