

## Micro Soccer Games

Note: All of the following games should be played with the 30x20 yard or similar sized field.

### Game 1 – SHARK AND MINNOWS

All players are "minnows" except 1 or 2 players (or the coach), who are the "sharks". All minnows begin play by dribbling within the designated area (coach emphasizes small touches, keep the ball close to your body) and away from the sharks. Anytime a shark touches a minnow's ball, or a minnow loses his or her ball out of the designated area, the minnow is out and leaves the designated area and waits for the next game. The last minnow or minnows alive in the designated area win and get to be sharks in the next game.

### Game 2 – PARKING CAR GARAGE

The designated area becomes a "parking car garage". All players are "cars" in the garage with three speeds: slow, medium or fast. The coach is the "cop" who can catch the cars. The coach chases the cars and catches them, unless they can stop and "park" by putting their foot on top of the ball. Players caught go to "jail" outside the garage. Last car in the garage wins.

### Game 3 – BLOB

Players begin by dribbling within the designated area. The coach begins as the "blob" and moves around the area. When a player has his or her ball stolen or touched by the blob, that player joins hands with the blob and the blob chases the next player. The blob cannot touch or steal the ball of a player unless all hands of the blob are together. Last player to be "blobbed" wins.

### Game 4 – KING/QUEEN OF THE COURT (OR KNOCK OUT OR TOP DOG)

Players begin by dribbling within the designated area. On command from the coach, players try to retain possession of their own ball while kicking other players' balls out of the area. Players go out of the area when their ball is kicked out. The last player in the area is "King or Queen of the Court" or "Top Dog".

### Game 5 – ESCAPE FROM WALLA WALLA (OR ALCATRAZ)

All players line up on one end line of the designated area and are "prisoners", except two "sheriffs" (the coach and one other player). The goal of the prisoners is to escape from Walla Walla (prison) before being caught by the sheriffs. The sheriffs catch a prisoner by touching his or her ball. When a prisoner is caught, he or she must freeze in place until the end of the game. Play continues back and forth across the field until the last prisoner remains free. The last prisoner free is the winner.

### Game 6 – BUFFALO STAMPEDE

A variation on the "Escape from Walla Walla" theme. All players are "buffalo", except two "buffalo hunters" (the coach and one other player). All buffaloes line up on one end line of the designated area and the buffalo hunters are in the middle of the field. When the coach yells "buffalo roam" the buffaloes start moving across the field to the other side. The buffalo hunters chase the buffaloes and try to touch their ball. When a buffalo's ball is touched, the buffalo becomes "buffalo doo-doo" and must freeze. The buffalo doo-doo can catch other free buffaloes, but only from a frozen position. During the roaming, the coach can yell "buffalo stampede", and the buffalo must all run to the other side instead of roam. Or the coach can yell "buffalo turn", and the buffalo must all turn and run back to their starting line, no matter where they are in the area.

### Game 7 – MAD BOMBER

A variation on the "Buffalo Stampede" theme. One player is chosen as the "mad bomber". All other players dribble within the designated area. On command, the mad bomber begins bombing the players' balls by throwing their ball (from head height) at the players' ball. (Coach must make clear that the mad bombers are only to bomb the players' balls and not the players themselves.) The players whose balls are bombed get their ball and become "stationery artillery" and, from a sitting or kneeling position, help the mad bomber bomb the remaining players' balls.

### Game 8 – GHOSTS

Set up a small box in the middle of the designated area. The coach and player are "ghosts" and start inside the box without balls. All other players begin by dribbling balls within the designated area. On command, the ghosts begin coming out of the box and balls taking from players and bringing them into the box. A player is not out until his or her ball is stolen and brought completely within the box, so players can challenge the ghosts until their ball is in the box. Last player wins and becomes ghost in the next game.

### Game 9 – INVADE THE MOON

The designated area is "the moon". Set up two small boxes in the area as "space stations". All players are "astronauts", except 1 player who is a "moonie". The astronauts begin by dribbling around the moon, shielding their balls from the moonie. To keep from getting caught by the moonie, the astronauts can go to one of the space stations, but only one player can be on a space station at a time. The last astronaut wins.

### Game 10 – TRAFFIC JAM

Set up a "lane" approximately 10 feet wide with disc cones. Players must dribble toward each other through the lane without running into each other or touching balls. Encourage the players to go through the lane faster and faster. This game encourages ball control and field awareness.