

## Soccer Warmup Games

**Dribble Freeze:** Have players dribble with specific foot, inside, outside, sole, change direction, freeze with foot on top of ball, freeze with various body parts (i.e. knee, elbow, ear.)

**Freeze Tag:** Players will dribble in a defined area, coaches will tag players who then freeze. Others can unfreeze them by kicking the soccer ball between their legs. You can also have players be able to “freeze” other teammates, rather than the coach.

**Catch the Coach:** Players dribble and attempt to catch coach, who is running around the field and changing directions. Once the player tags the coach, the game is over. Strong emphasis on players dribbling under control with their head up.

**Hit the Cones:** Scatter the cones around the field, and have each player dribble their ball and grab as many cones as possible in one minute.

**Red Light, Green Light:** Players caught moving after coach turns around and says “red light” must return to start. Player should freeze and have foot on top of the ball. Emphasize speed and control of soccer ball.

**Mousetrap:** Create 2 S-shaped lanes. Place balls at both ends. Mice must run through the maze, grab a ball and dribble it within the channel to the opposite end. Ball control amid confusion and traffic is goal.

**Relay Race:** Form 2 or 3 teams and have them dribble to cone and return back. Once they return to starting line, they will pass the ball to their teammate. Finished players will sit down at the end of the line. To increase difficulty, have players weave in between cones.

**Sharks and Minnows:** Use the width or length of the field, and have players dribble past the shark(s) to opposite side of the field. Any players that are tagged by the shark, will then turn into a shark in the next round. Remaining players attempt to return to start. Continue until all minnows are tagged by the sharks. Repeat with new shark.

**Shooting Gallery:** Have two lines on the end line near the goals. Place the balls at center field. Players start at both ends and on the whistle, players will retrieve a ball and score it in the goal that they came from. Emphasize dribbling with head up and in control, and accurate shooting form.

**Clean your Room!:** Create a circle with 2 or 3 players in center and the rest of the team on the outside. The goal is for the players inside to keep the circle (room) clear of balls. Coaches and players will continually feed balls back into the circle. Using both feet, players move quickly for one minute to kick the balls out of circle.