



SIMON SAYS

Emphasis:

This game focuses on dribbling and keeping close control for quick instructions. Also works on listening skills and turning for the younger player.

Game Info:

This is for ages U6 and U8. It is best run with at least 4 players but no more than 16 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones

Setup:

Outline a 20X30 grid with cones. Each of the players needs a ball.

Instructions:

Play Simon Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a GOTCHA.

See who gets the least number of GOTCHA's. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball... etc.

Also, try to throw in a trick or two like: kick the ball as far away as you can.

Progression:

- Without the ball
- With the ball
- Have players do actions like clapping in between their legs and skipping to increase body awareness.
- Have players give commands

Coaching Points:

- Focus on dribbling by moving the ball with the inside and outside of the foot
- Keep the ball close and under control.
- Heads up
- Focus on players listening skills.