

Soccer

Skills, Drills, Challenges & Games



Dale H. Sarratt
SarrattsystemsPE.com

Introduction:

Welcome to soccer, also known as **foot striking skills**. Throughout the rest of world, other than USA, called football and regarded as the most popular team sport. Without a doubt soccer is one of the main sport units generally provided every year to schools. Soccer has gained in popularity with youngsters over the last few decades and at my school it seems most students play in a youth league program.

I ran my soccer unit in the fall when the weather is beautiful so that I could get the pupils outside. I was very fortunate to have one hour classes; this gave me ample time to get outside for activities on grass / sports turf. So the following information includes activities for both outside and inside.

Equipment:

Equipment is key when it comes to soccer. The size, material, texture and weight of the ball matters. The goal of the activity/game for inside or outside- all these factors need consideration. If using a soccer ball for outside play, they generally need to be a tad heavier; or inside, softer and lighter for safety. It's wise to take a moment and preview some recommendations to assist in the following activities.

- Grades K-2 for outside play-size 3 soccer balls. **Fun Gripper** ball from Great Lakes Sports # T00600 is a good safe ball to start with for outside play for this level and for inside, the 6" latex coated foam ball. You will need a lot them for games.
- Grades 3 grade size 4 indoor/outdoor type soccer ball for outdoor and for inside 7" latex coated foam ball.
- Grades 4 and 5 for outdoor size 4 or 5, and for the indoor ball latex coated foam 8 1/4". Also indoor/outdoor ball from **Rhino Soft-Eeze** is fantastic for both for indoor/out skills drills. **Great Lakes Sports** size 4 #RS3SET.
- I would recommend using one or two catalogue companies and investing in the exact high quality latex coated foam ball brand and sticking with these balls. I did this for decades. I knew where to go to build-up my supplies/when the balls wore out. This is important.
- **Pugg Pop-up Goals:** For outside, these things are amazing! I would recommend the larger ones. **Great Lakes** set of 6 #OS-P635 or GOPHER **QwikPro**GL73-242 rainbow set of 6.

The following activities are presented in a general loosely organized progressive format, from simple to complex, ending with upper level activities. Some of the beginning activities may seem overly basic, please keep in mind, not all PE teachers are familiar with soccer as a unit, as this was my case at the start of my career. I never kicked a soccer ball in my life before teaching. It took me years to get comfortable with some of these skills and activities, and decades to collect these activities and concepts. I now share them with you.

For the readers/teachers maybe one or two activities can assist your program. By no means are all the following activities expected to be in a several week soccer unit, but a few can be selected. Choose judiciously.

List and Links of Soccer Activities:

- [Scatter Dribbling Activities](#)
- [Clear-It Game](#)
- [Partner Passing and Footing Trapping Drill](#)
- [Individual and Partner Punting Drill](#)
- [Skill Lines](#)
- [Intensity Lines](#)
- [Dribble Across a Square Challenge](#)
- [Zig Zag Challenge Course](#)
- [Soccer Fast Break Challenge Course](#)
- [Sarratt Soccer Super Circuit](#)
- [Partner Throw-in and roll-in drills and skills](#)
- [COYBY-Clean Out Your Back Yard Game](#)
- [FCPS-Four Court Pin Soccer](#)
- [TPGS-Team Pin Goalie Soccer](#)
- [Six Team Goalie Soccer](#)
- [Four Goal Soccer](#)
- [Bonus Game-Multiple Mini Soccer Learning Leagues](#)

Scatter Dribbling Activities: (See diagram below)

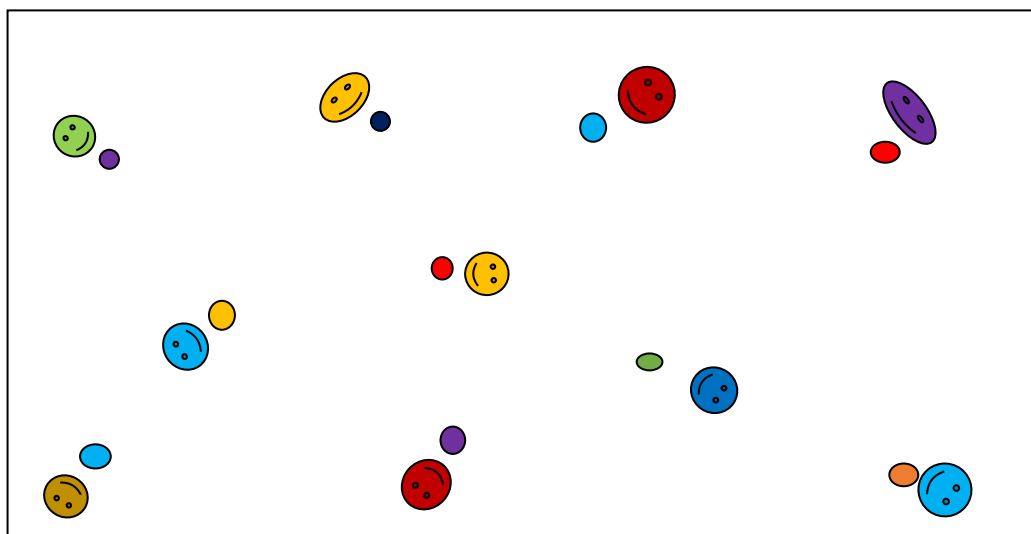
Below the first section are 10 mini soccer activities that flow from one to the other seamlessly. They are presented separately only for clarity.

Each student is with a his/her ball for very high time on task, played outside or inside, while practicing using various instep foot, good ball possession skills, in personal a *“bubble”* space, in the play area and good control by keeping the ball on the ground/floor.

For teaching style, use divergent, guided discovery, inquiry based, exploratory learning at first. Add more convergent student and/or teacher demos second, if and when needed for quality. Enjoy!



Scatter dribbling in space



○ **Scatter Dribbling & Foot Trap: (FT)**

“How do you stop the ball from getting away from you? What is this skill called? To control it? To manipulate it? Best to use balance...arms out. Eagles arms.” Scatter dribble and on **whistle** = **FT**, scatter dribble and then foot trap with other foot. Lots of practice and activities are needed. Lots of **dynamic balance** and ball skills and practice.

Scatter Dribbling



Foot Trap



Scatter Dribbling

Foot Trap

○ **Foot Trap Switches:**

Scatter dribble and on **double whistle**; FT switches. FT on each switch on each whistle. Twit twit- twit twit. Arms out for balance, head up, for balance and stability. Make turns, zig zag. Scatter dribble: faster but good control and safety. FT safer and better balance on each whistle, challenge the students! Right foot only, left foot only!

○ **Pull backs/drag backs:**

Placing the foot on top of the ball and rolling it backwards with control while turning backwards/changing directions. The art of dribbling can be done four ways, both feet, turning both directions. Experiment with both feet, turning both directions, through traffic. Students/soccer players can't practice this enough. More on this later in a truly amazing drill/challenge.

○ **Tunnel Tap: (K-1)**

½ of class spread legs, hold their ball up, place on top of his/her head, the others half gently dribble and tap the ball through their legs. The *goal* is not to shoot *goals*, but to gently tunnel tap the ball through and try not to touch the legs. Switch roles and repeat often. Cute little activity, just for the little ones. *Are we being gentle, kind and caring?* Lots of giggles.

- **Busy Bee 1:** (Grade K-2)
Be a busy bee; “*work hard king and queen bees with your honey balls...*” “*Don’t get stung...*” Scatter dribble, if your ball touches another player, you must do 5 Jumping Jacks (JJ). Progress, if your ball touches another ball you both also do 5 JJ. *Honesty...*
- **Busy Bee 2:** (Grade K-2)
Same as above but if any student is being a **still bee** by letting their ball stop; 2 seconds, oh no, then they must also do 5 Jumping Jacks. Use your best judgement on this one, just keep it super fun. Goal is to keep the little ones moving. Super short action packed games.
- **Hey!** (K-2)
As the youngest players are scatter dribbling a little game will naturally break out; Mr./Mrs. Gym walks over and gently taps the students’ ball away, kids will spontaneously call out, “***Hey!***” hence, the name of the game, teachers will, politely say something like, “*Watch out, I got you!*” All the kids will get it! Game on! After a while, stop class, and explain they are **safe** if they are **foot trapping** ball. They have a five seconds safety FT. Game on!
Variation/progression: select several students to be it, the teacher’s helpers.
- **Stopping Soccer Game:** (Grades 1-3) (Gordon/Sarratt)
Played the same in the spatial awareness activity, but now with scatter dribble and using a drum. Who is the winner of the **Stopping Soccer Game?** The kids or the teacher? Challenge soccer players to dribble around and be fast stoppers. Not far away from ball and not out of control. If all the learners are able to stop **and** FT they win. Try not to be last... play again and again! Make it super fun and positive.
- **Big Space Soccer Game:** (Grades 2-5) (Gordan/Sarratt)
“*Who is the winner of the **big space soccer game** today?*” Again, played the same in spatial awareness activity, adapted to soccer, what player is able to spread out **and** foot trap his/her soccer ball in the field/court in the biggest space? On the stops signal, she/he is the winner of the game. Play lots of mini games for spatial awareness, stopping skills, ball control and foot skills. Game gives ample opportunity to practice spatial awareness, dribbling, FT, pull backs and good sporting skills. Just what we want!
- **Tap Away Game:** (Grades 1-5)
Each player dribbles his/her ball and defends it. But, they may gently tap away another player’s ball away. The ball must be a **rolling ball** not **air ball** and also must not go far (10 ft. or so) and stay in the play area. A **safety** is a FT and an opponent may not **Tap Away** the ball until the player has un-trapped the ball and started dribbling again. Players have

about five seconds to trap and be safe. Also a good time to introduce the **no puppy guarding rule**.

○ **Multi-moving Tap Away Game:** (Grades 2-5)

Start with 2 games going on at a time depending size of class. The size of the game will also depend on the age, space, size, and type of ball. When the player has his/her ball **Tapped Away** he/she now picks it up and “transfers” or “travels” to the other game area and plays. Set up side by side games. (See diagram below-Clear-It game)

Clear-It Game: (Grades 3-5) Outside only

Introduction: (see diagram below)

This is super fun competitive soccer lead-up game to practice basic ball skills. It is more advanced than Tap Away. It is best played outside on grass or sports turf. I learned the game from one of my 5th grade students, her coaches used it as a warm up game for the girls travel team practice sessions. I have adapted it for PE. Here we go!

Why are we playing this game?

- ✓ To practice being honest
- ✓ To practice soccer skills in a fun lead-up game
- ✓ To play safely and follow game rules
- ✓ Working on **tactical awareness/game sense** the offense/defense balance of play.
- ✓ **Question:** What is a **clear** in field and court sports?

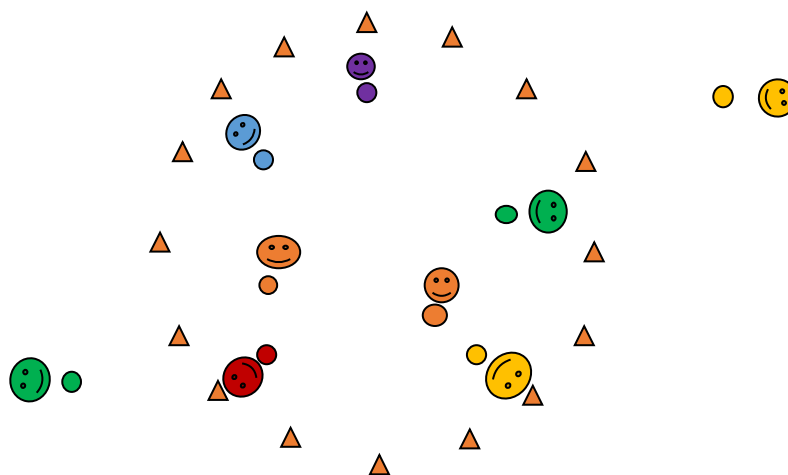
Equipment:

- Outdoor/indoor/outdoor soccer balls one/player.
- 16 Cones
- Rules and diagram/mini poster
- Flash/vocabulary cards

Organization: (see diagram below)

Sarratt system circle: In the morning before your classes, set up with large circle outside. The super-fast and exact way to do this is by **starting** with center cone, walk 20-22 steps each direction, 4 ways, mark each with a cone. Like a big + sign. Now, at an angle, 4 ways again 20-22 steps, and mark each with a cone. Now you have 8 cones down, half way there. Walk the perimeter of the circle, marking/setting 8 more cones, in between the 8 cones, for a total of 16 cones- it will be a fast perfect distance round circle every time!

Clear-It diagram and lead-up game



How we play Clear-It:

Game goal is for the player to remain in the game as long as possible while trying to **clear** as many opponents' soccer balls out of the circle as possible.

1. **Kind and good sporting words only.**
2. **Safe Rule:** Safe when foot trapping your ball. 5 seconds. (No puppy dogging)
3. **Possession rule:** Must be close to your ball to play other/clear another ball.
4. **Ball retrieval rule:** When your ball is cleared –out of the circle, you stop playing, and retrieve your ball. Back into the game/circle.
5. **Safety rules:** All dribbles and kicks are low on the grass/turf. All clears are low ground balls, not too hard or far, just out of the circle a tad. (Demo this) Do not push or shove others. Do not kick others. Play on feet, no slide tackling/kicking, etc.

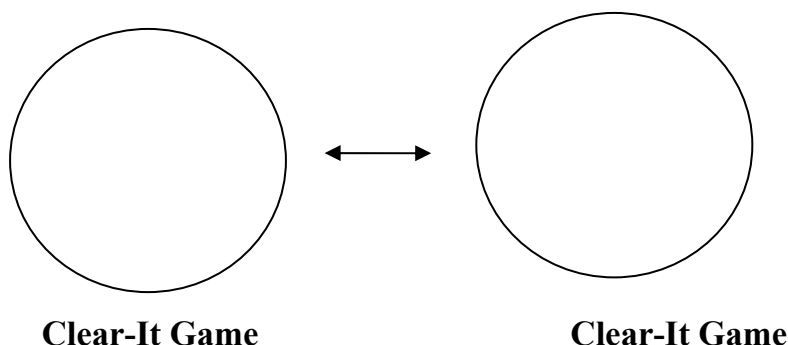
Variation/progression:

- When cleared out: add 5 foot trap switches then back in the game.
- When cleared out: add 5+ exercises then back in the game.
- **Clear-It 2 Transfer Game:**

A multi game and moving Clear-It Game.

- Create 2 circles side by side with good space in between. The size of the games/circles will depend on the age of the players and size/type of ball.
- ½ of the players in each circle to start.
- When a player gets **cleared-out** he/she **transfers** to the other game and plays. All players continuously switch back and forth between mini games.

Diagram of two Clear-It games



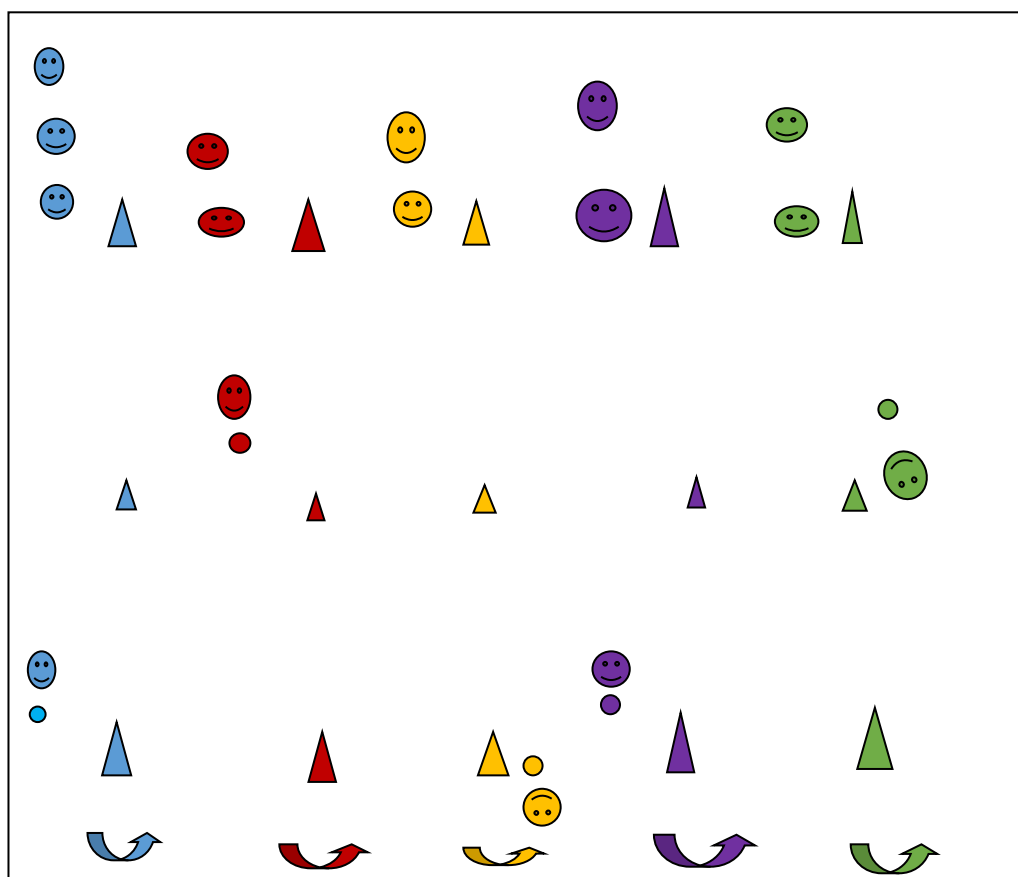
Skill Lines/Exercise Lines with Soccer Ball(s): (Grades 3-5)

We addressed in **Fitness Routines** that **Exercise Lines** transforms into **Skill Lines**, this is an example. Soccer Skill Lines is a combination routine of dribbling, FT, roll backs, passing and group cooperation. If performed indoors, mini goal shooting against the far wall is possible.

Start with one ball per group. Dribble down, slow down, and go around the far turning cone, halfway back, FT, short pass and back of line. Use small cones for the $\frac{1}{2}$ way line.

- At the middle cone, a quality pass to next player in line is expected, not a wild kick, and kicker reports to end of line. Students in the front of the line should also be challenged to receive and FT the ball for a couple of seconds to learn ball control. The receiver must be prepared to move to get the ball.
- Once each group manages one ball, they graduate to two balls per group and things get more busy and exciting. This also requires better soccer skills, more teamwork and problem solving. **Pro Tip:** if the group has 3 or less players, one ball is better, two balls don't work. If the group has 4 or more players, 2 balls work fine.

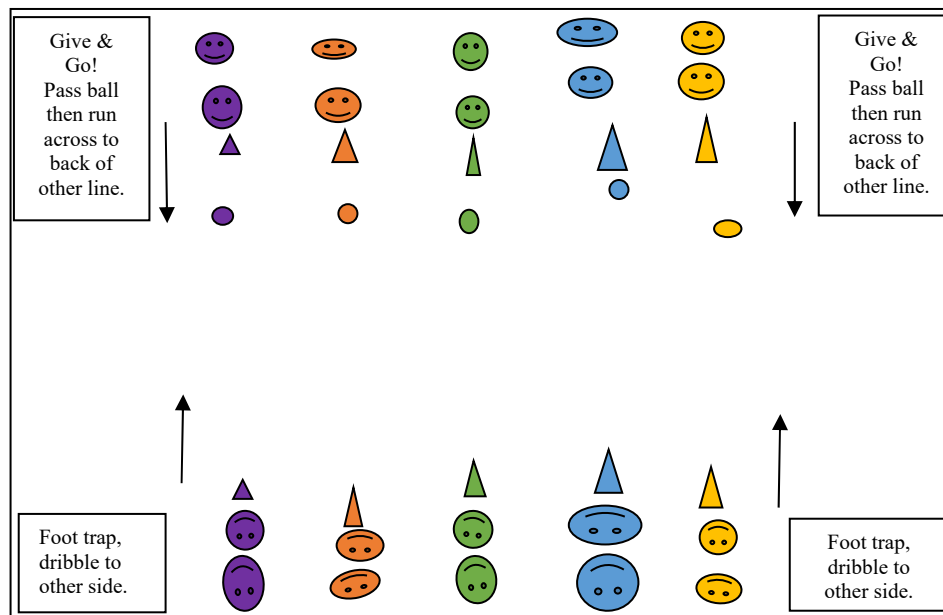
Soccer Skill Lines



Start with one ball, then two balls per group.

Intensity Lines: (Give and go lines.) (Grades 4-5)

Intensity Lines convey intensity of quality dribbling, passing, foot traps, and teamwork. This is an excellent sports drill, transported to PE and make no mistake, kids love being coached and challenged.



- **Give and Go Side:** This is the pass and jog side. The goal is a *quality pass* to the opposite side so that his/her partner is able to make a clean trap in stride. Think accuracy in the pass, then hustle to the other side.
- **Trap and Dribble Side:** This is *aggressive receiving side*, and possibly while moving, not standing still side. The ball pass may not come perfectly to the player, she/he must be on her/his toes and ready to move to trap it. Once trapped, she/he dribbles across and leaves, traps the ball in front of cone for next player in line (to pass).
- There is beauty, rhythm and artistry to the drill when done well.
- If inside: (see sample diagram above) make two large posters and tape to the walls for each side indicating the:
 - Give and Go Side/Pass & Run>>>
 - Trap and Dribble/Switch Sides >>>
 - **Pro Tip:** Hang posters on the sides to help teacher/students understand the drill/challenge.

Variation/progressions:

- Dribble around both sides cones. To left/right. Change pattern. Pass with #1 and #2 foot. DI
- Encourage speed with control.

Dribble Across a Square Drill/Challenge: (SoccerHelp.com/Sarratt)
(Grades 2-5) (Keep it very simple for grades 2-3)

Introduction:

I learned about this drill challenge while undertaking research on my soccer unit. The origin is SoccerHelp.com and I modified it for PE. The core is SoccerHelp.com, and I thank them for the information and amazing website. Let me be clear, I know no other dribbling drill or challenge in soccer like this, nothing! It is the next level dribble drill and will improve your students so effectively. It is worth the extra teaching effort and set-up time. It is an outside activity only, I've tried it inside, and it doesn't work well.

Dribbling Across a Square



Dribbling Across a Square

Why are playing Dribble Across a Square?

- ✓ To practice dribbling skills
- ✓ To practice foot traps
- ✓ To practice roll backs
- ✓ To practice spatial awareness
- ✓ To practice fitness/endurance

Equipment:

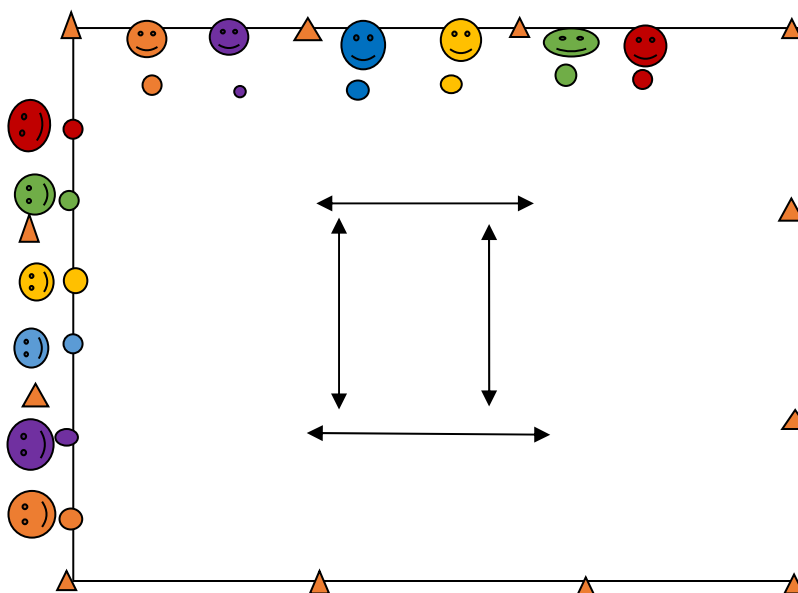
- Each student with a ball-outside soccer ball.
- 12-20 cones to mark the field.
- Diagrams, list of challenges, rules on mini posters.
- Vocabulary/flash cards.

Organization: (See diagram below)

Set-up a fairly large sized square field pattern outside depending on age/grade.

Only experience will let you know the distance appropriate for your students.

Even the same grade at different schools, the distance changes.

**How we play Dribble Across a Square?**

Goal is having our student dribble the ball over using his/her best quality skill possible and perform foot trap on the end/stop line and stop; not let the ball roll away from the drill. It is critical from the start, students understand that this is not a two team race or game, it is a personal ball control challenge. For clarity, I would not hesitate to use a rubric/assessment tool before starting the activity.

Fitness Routine: Please note, this is very tiring and classifies as the daily fitness / endurance routine. As you recall in the Fitness closure section, there are multiple methods to achieving fitness; this a good example. Also, as you see below, pacing, with rest breaks are needed.

- **Sample Sequence & Progression**

- Briefly explain the challenge, then off they go!

One at a time and foot trap (FT):

- One side over and foot trap (FT)
- The other side over and FT
- Repeat and check for control/safety/spacing, etc. Kicking too far? Are they staying in a straight line/lane?
- **Roll backs/drag backs:**
- First side over, (roll back) and back FT
- Second over, (roll back) and back and FT
- Repeat
- First side: three lengths & FT
- Second side: three lengths & FT
- **Both sides go:** at the same time weaving in & out using spatial awareness skills and foot skills. Can you go clean? Not touching and bumping? How well can the class do? Being cooperative? Zig and zag through each other?
- One time!
- Two times!
- Three times!
- Four Times!

Closure and assessment:

- How did the students do moving down and stopping, FT, the ball?
- How did the students do moving down, and performing a quick roll back, turn and change of direction?
- How did the students perform when they were required to, weave/zig zag through each other? How was the respectfulness?

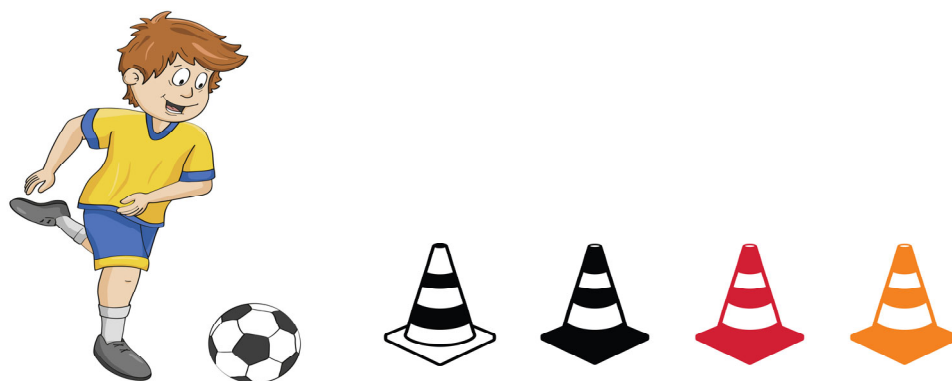
Zig Zag Challenge Course: (3-5) (See diagram below)

The following four activities can be completed separately or taught as **part, part whole system** to make a wonderful outside final skill activity. I used this for decades as part my soccer unit.

Zig Zag Course is a fun challenge course to test dribbling/foot skills. Students do not stand in line and are constantly on the go working on skills and fitness. See below for ways to gamify it.

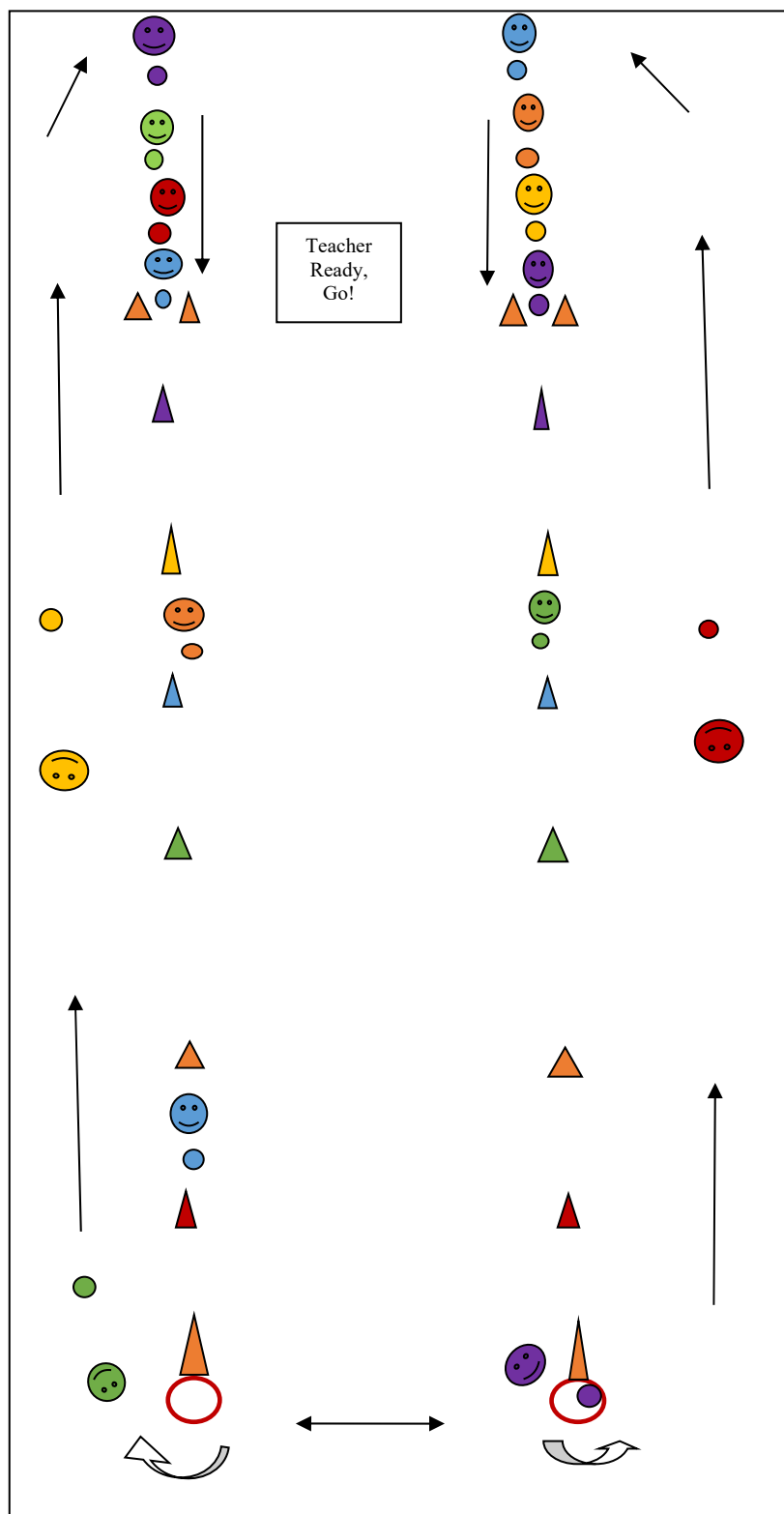
Set up zig zag cones about 5 steps apart and use two small cones per line as starting gate. 6-12 cones work well in straight line for each side, again, about 5-6 steps between cones is ideal. Experience is the best judgement on setting up the Zig Zag Course. Cones closer together=skill, further away=speed. Use a hula hoop and an extra-large cone at the end for the finish. Student FT for 3 second hold to complete and show control. Pupils comes back, outside, on either side and can find a new partner to challenge.

Zig Zag Dribbling



Zig Zag Dribbling

Basic Zig Zag Challenge Course

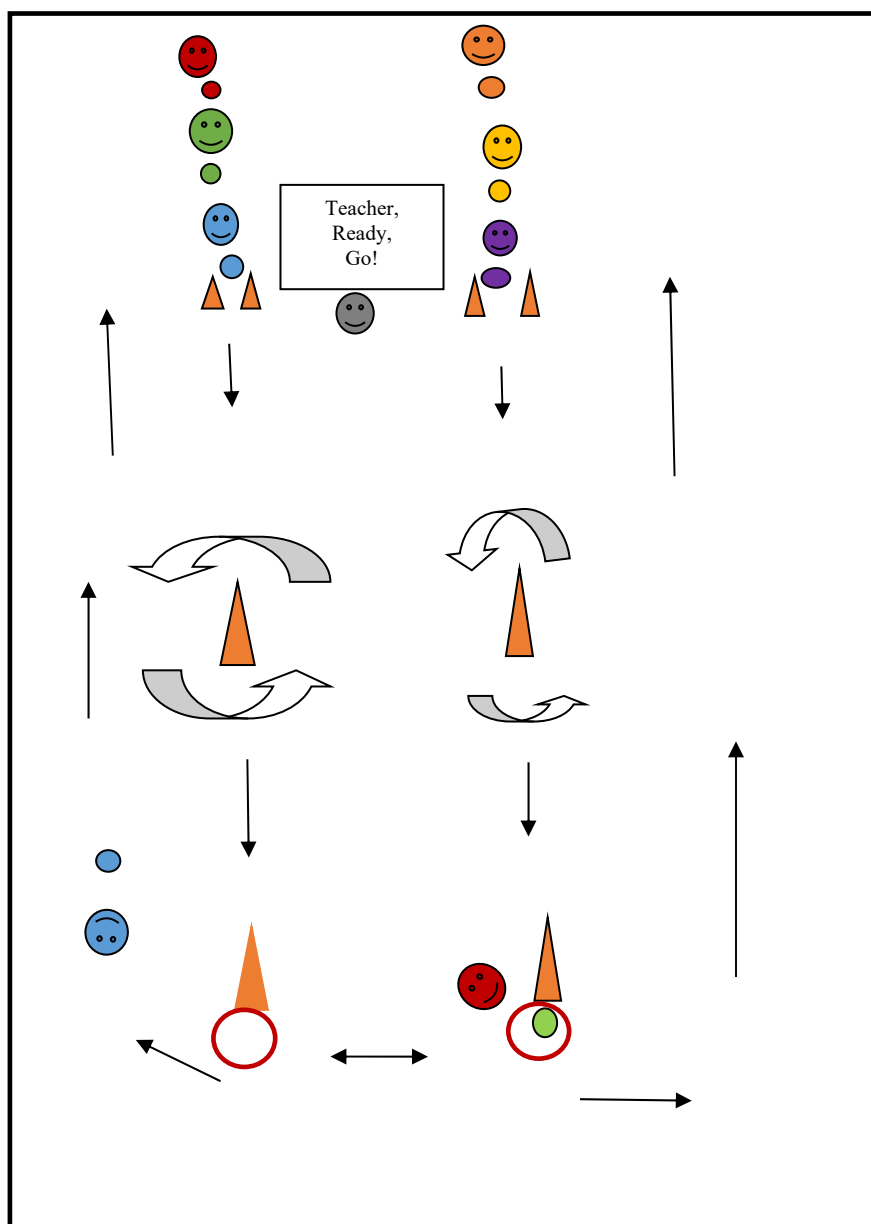


Basic Zig Zag Challenge Course

Fast Break Course: (Grades 3-5/Sarratt)

Fast Break, tests acceleration, deceleration, and foot control. Start with two lines, buddies challenge each other. Dribble down half way around *slowly* circle the extra-large middle turning cone, continue down the course and FT into the HH for 3 seconds. Walk, rest by returning outside the course/on the sides. A difficult and fun challenge course.

Soccer Fast Break



Soccer Fast Break

Zag Zag Challenge Course, Cooperative Passing and FT: (Grades 3-5)

Combo activity. Partners line up side by side at the ZZ course and go through the process together-challenging and cooperatively drilling each other. After the ZZ course, exit to one side of the course (into the field) and perform 5 (or more depending on grade process of unit, etc.) passes & FT, then get back in line to perform the ZZ again repeating the process.

This creates a big loop, Zag Zag Course; exit to the side, partner passes and FT, back in line. Students are able to switch to new partners when in line. Works wonderful, kids become **independent players**. Challenging and cooperating at the same time.

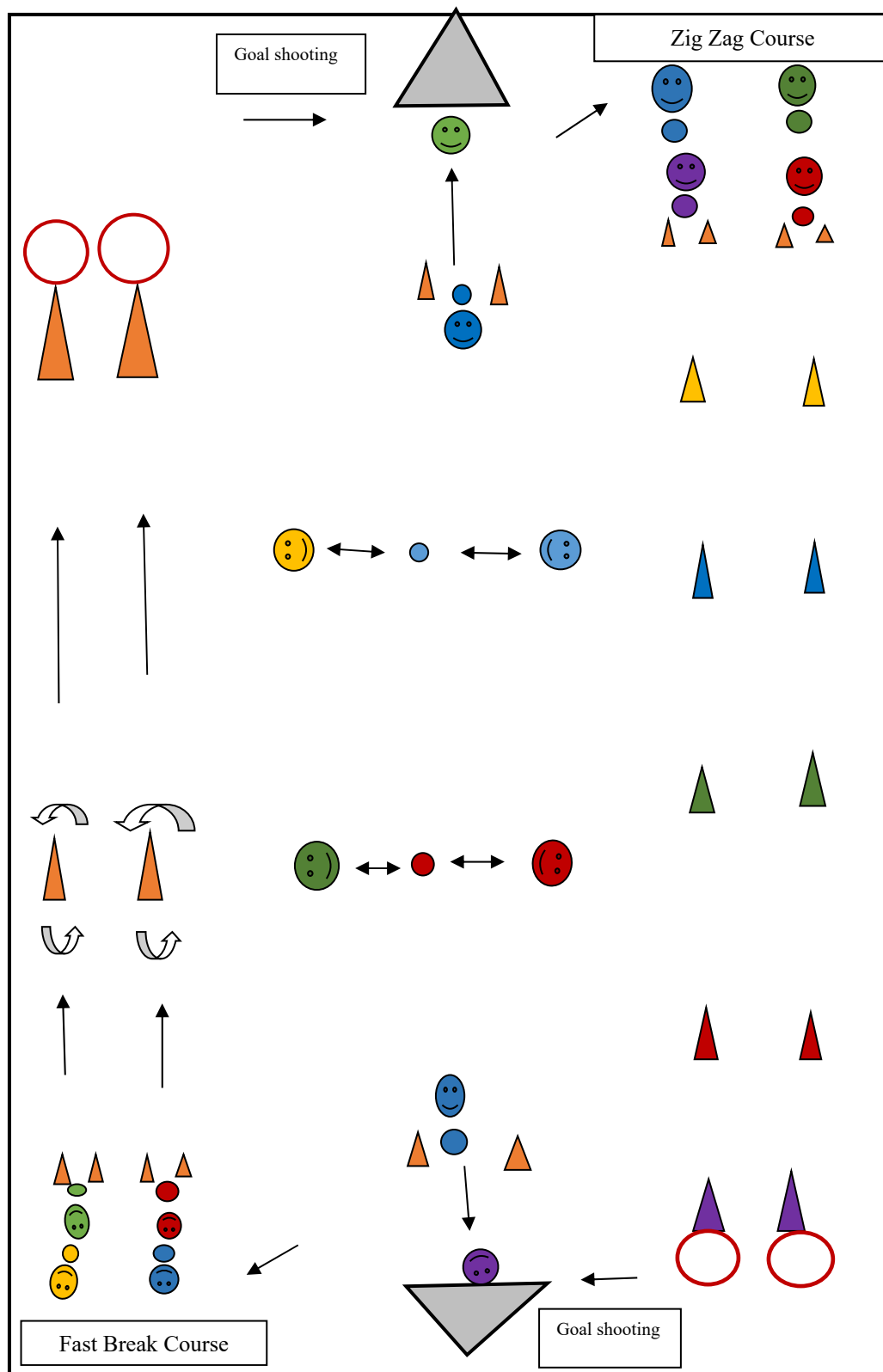
Sarratt Soccer Super Circuit: Grades 3-5 (See diagram below)

The Sarratt Soccer Super Circuit combines the zig zag dribbling, partner passing, and fast break, and now goal shooting/defending (if goals are available, like Pugg goals or larger ones) into one big cooperative/competitive skill/fitness loop. To further challenge the students, add goal shooting/goalie on one or two ends. One partner shoots a shot or two, the other partner is the goalie. Switch. Kids love it!



Adding goal shooting & defending

Sarratt Soccer Super Circuit



Sarratt Soccer Super Circuit

Partner Throw-ins and Roll-ins:

With a large foam or soccer ball partners practice basic skill needed for ball handling.

- Throw-in are two hand over heads, similar to the overhead basketball pass.
- Under roll-ins, are used by goalies, similar to a bowling skill.

Soccer Games and Special Activities

Clean Out Your Backyard Game (COYBY): (Grades K-2)

Introduction:

COYBY is quite possibly one of the most misunderstood and poorly taught games in PE. I've seen this in almost every school I have visited and worked at. Hopefully a couple ideas can change the trend. A few years ago while doing research on game play, I called **Dr. Neil F. Williams** (PE Hall of Shame). I discussed my style of COYBY that teaches line control (boundaries), honesty, and **impulse control**, all critical and primary mental/emotional skills for youngsters to learn to become competent game players. It is first, knowing the rules, honesty/impulse control lesson next, then soccer skills follow beautifully. I explained to Williams why soccer (not throwing) COYBY is actually an appropriate game and is critical in the progression of a soccer unit for very young players. Kids need countless ball strikes and foot traps, however, within the confines of impulse control. He, at first disagreed, then agreed only if these concepts are applied, and of course not with throwing. (We have way too many better activities / challenges / games for T & C.)

Why are we playing COYBY?

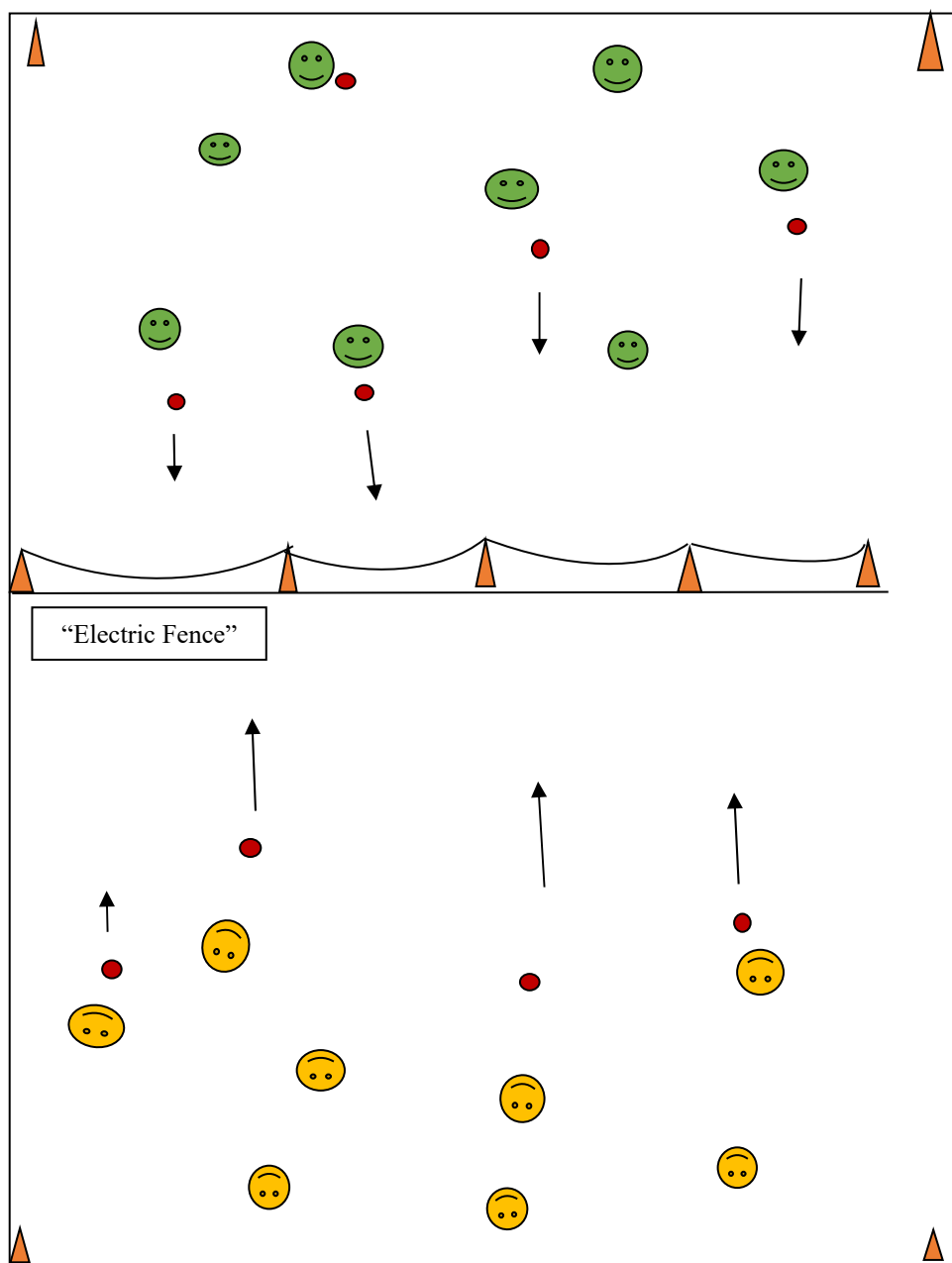
- ✓ To learn the basic rules of the game
- ✓ To learn to be an honesty player/practice being an honesty player
- ✓ To learn how to control our impulses as a primary/foundation while playing a game
- ✓ To practice kicking and foot trapping in game
- ✓ To learn how to gracefully win and lose a game

Equipment:

- Super soft 6' Gatorskin type balls. The amount of balls matter, too few and the game is slower, too many the game is too "busy." A good number to start with it 50% of the amount of players.
- Medium sized cones for the **electric fence** and No No Land.
- Jump ropes for the **electric fence**.
- Rules poster, diagram, flash cards and mini clip board/scoreboard.

Organization: (see sample diagram below)

Soccer COYBY



Soccer COYBY

- Soccer COYBY is mostly (recommended) an indoor game due to the fact that 6” softi ball don’t perform well outside. Any wind, or tall grass and these balls don’t just don’t perform well, and they are needed for safety.
- Set-up a court size appropriate for the age and ability of the youngsters. Often playing sideways, half court, in the gym is the best choice.
- **Pro Tip:** Using cones for the “electric fence” is a must, and often missing by teachers. Placing jump rope in them is a good trick.

How we play Soccer CYOBY:

- Begin with a little story, *“that your next door neighbor placed a bunch a stuff in your back yard! How rude! Then you placed a bunch a stuff in his back yard!”* You both kept repeating the theme and be dramatic. If fact, you both kept going until the police came and told you stop and freeze! What did you both do? Stop!
- Introduce and demonstrate basic rules of play.
- As discussed in the introduction section, the key is emphasizing honesty, and impulse control as the foundation of the game with very young students. For example, set-up the “electric fence” with cones and use jump ropes. Demo what happens if you touch it, ouch! This helps keep students on their side of the court. (Line/boundary/ impulse control skills.)
- Start with basic play.
- Can they kick and FT and stay on their feet? (Not fall down?)
- On their side of the court? Not touch the electric fence?
- Whistle: Stop and freeze! Drop and sit. Not roll a ball. Impulse/honesty!
- The team that has the least amount of balls in their court wins the game.
- Introduce (TA), **tactical awareness:** to two main jobs/roles of game play in sports to the youngsters.
 - **Offense:** kicking the ball to open space, foot trapping and clearing the balls out court. Where to kick the balls? To the opponents open space, where they are not standing.
 - **Defense:** where to stand to get the balls and foot trap them?
- Add **penalty points** to the game. This amends the focus and fosters impulse control/honesty. By keeping score, playing for fun, and to win, children will use a mindset of better honesty and impulse control.
- **Rules and procedure of Soccer COYBY:**
 - Play in your own court (Electric Fence)
 - Stop, drop and sit on the whistle. Do not kick, roll or throw a ball after the whistle.
 - Do not use your hands, play using feet. Protecting face okay.
 - Kick ball low and soft. (Keep the ball in the court)
 - Play on feet, no falling down.
- **Penalty Points (PP):**
 - Off sides = 1 PP
 - Hands ball = 1 PP
 - Rolling or kicking after a whistle = 3 PP
 - Reckless play (dangerous) = 5 PP & Penalty Box

Variations and progressions:

- After a few games, or once students start showing good honesty / impulse control, following rules. Reinforce **tactical awareness** skills (TA) thinking skills. Teamwork skills, yes even young students enjoy being “coached” and challenged, encouraged and playing hard!
 - Where players should stand/position to foot trap the ball?
 - Where they should kick the ball? Open space. How hard?

Teaching Tips:

- Start with impulse control, learning and knowing very basic rules and following rules and your classes will be safe, so under control. Then youngsters can focus on all the other skills and the direction in which you choose to lead them. It is a magical formula.
- It’s okay to announce game scores, but it must be done in a gentle, subtle manner, not overtly. I’ve always felt scoring is another tool that assists honesty and impulse control when handled appropriately.

Four Court Pin Soccer: (Grades 1 & 2) (Sarratt)

Introduction:

From COYBY we progress to FCPS a game that is a tad more challenging and more complex. We make four teams and courts, add about 7 pins to the back corner of each court.

Players have three roles now, COYBY (balls in court), defend the court and pins and attack the other three team’s pins. Three ways to score. Lowest score wins highest score loses. Points are bad. Reverse scoring theory. See rules and procedure below. Ideal game for grades 1-2.

Why are we playing Four Court Pin Soccer?

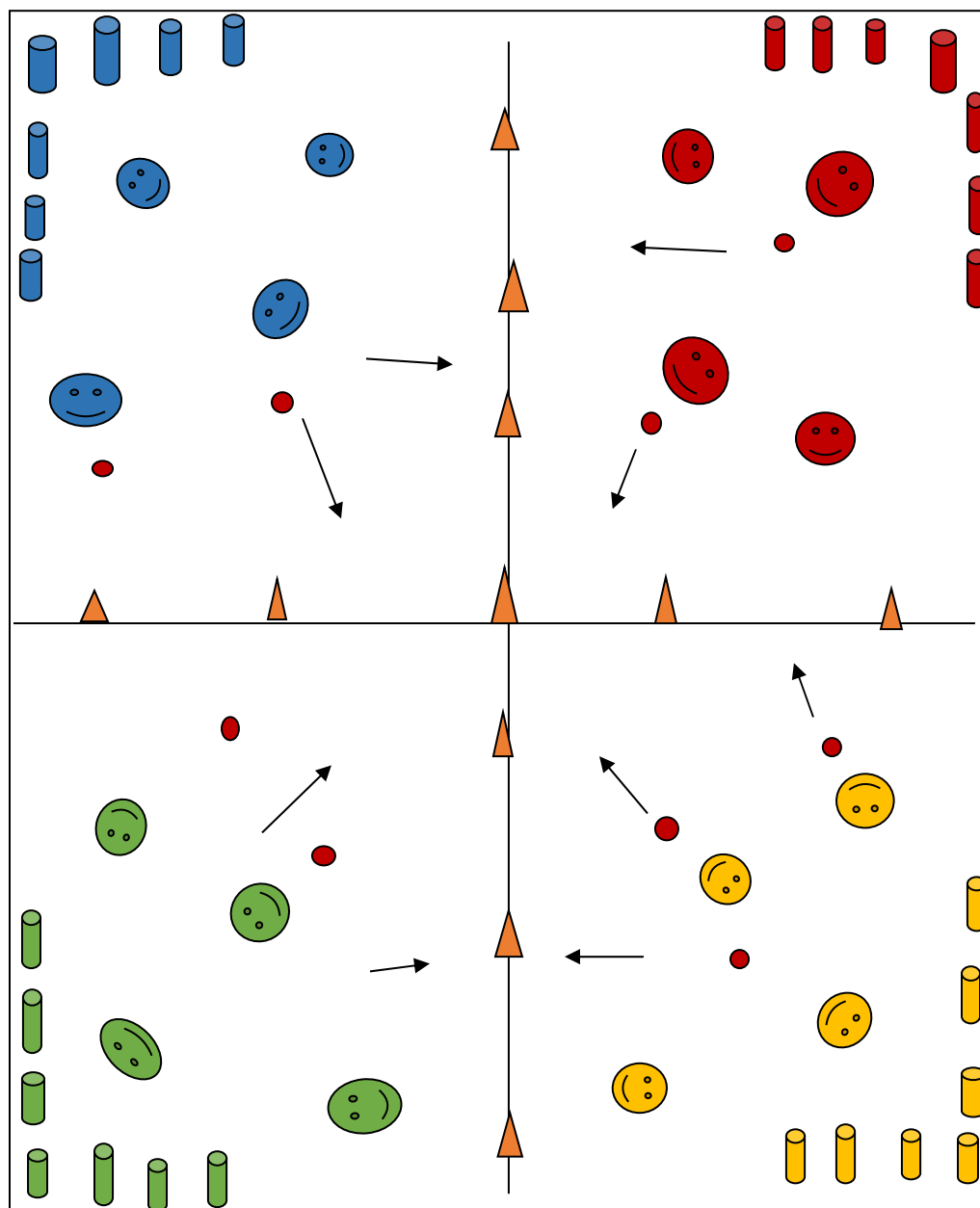
- ✓ To learn the basic rules of the game
- ✓ To learn to be an honesty player/practice being an honesty player
- ✓ To learn how to control our impulses as a primary/foundation while playing a game (not get a penalty point!)
- ✓ To practice kicking and foot trapping in game
- ✓ To learn how to gracefully win and lose a game
- ✓ To use TA, tactical awareness in the game
- ✓ To use teamwork in a game

Equipment:

- Super soft 6' Gatorskin type balls. The amount of balls matter, too few and the game is slower, too many the game is too “busy.” A good number to start with is 50% of the amount of players.
- Medium sized cones for the two “*electric fences*” and No No Land.
- Four sets of pins/Pringle cans, about 7 per team works very well. Place in the back corner of each court.
- Rules poster, diagram, and mini clip board.
- Four team score board with rules and penalty points, dry wipe marker.

Organization: (see diagram below)

Four Court Pin Soccer



Four Court Pin Soccer

Tape an X mark for each pin to stand on for each team prior to the game. It is best to use same color of the pin. Blue/blue, red/red, green/green, yellow/yellow.

How we play Four Court Pin Soccer:

- Introduce and demonstrate basic rules of play.
- As discussed with COYBY, the key is emphasizing honesty and impulse control as the foundation of the game with very young students. For example, set-up a double “electric fence” with cones and use jump ropes if you wish. Demo what happens if you touch it, ouch! This helps keep students on their side of the court. (Line/boundary / impulse control skills.)
- Start with basic play. Regular COYBY 4 team. The team that has the least amount of balls in their court wins the game.
- Gamify, add pins/Pringle cans to the game. Progress the game. This changes the game and scoring. Students will now focus on defending and kicking balls toward a target-three team pins/cans.
- Add penalty points to the game. Progress the game, again. This amends the focus and fosters additional impulse control/honesty. By keeping score, playing for fun, and to win, children will use a mindset of better honesty and impulse control.
- By now students should be well on their way to playing penalty free, independent, and impulse controlled, honoring the game and rules. If not a class meeting and review is needed. Stopping the game may be in order.
- **Rules and Procedure of Four Court Pin Soccer:**
 - Play in your own court (Electric Fence)
 - Stop, drop and sit on the whistle. Do not kick, roll or throw a ball after the whistle.
 - Do not use your hands. (Protecting face okay.)
 - Once a pin is knocked down, it stays down (don’t reset)
 - Kick ball low and soft. (Keeps the ball in the court)
 - Guard your pins and territory: defense
 - Play on feet, no falling down.
- **Penalty Points (PP):**
 - Off sides = 1 PP
 - Hands ball = 1 PP
 - Rolling or kicking after a whistle = 3 PP
 - Reckless play (dangerous) = 5 PP & Penalty Box
- **Scoring:** reverse score theory
 - Lowest score wins, highest score loses.
 - 1 point per ball in court
 - 2 points per pin down
- **Consecutive Scoring Theory:** adding points, game to game.
 - Students/teams can make a game plan, according to the scores.

Variations / progressions:

Use scoring each game and announce each round, make it fun and motivating. Progress to consecutive scoring for each round on the score card to motivate the students. Students will know which teams to “shoot” at! Highly motivates the class, game and students! The game is super fun!

Teaching tips:

Once the students are playing the game. It’s going to be a blast! Kids are defending their pins, clearing and shooting at the three other team pins. Have them set-up the pins quickly and they make want to have a quick little **(SPP) Secret Play Plan**. Each team can huddle up and make a quick play plan. Kids adore this thinking/teamwork/relation action.

- **Team Pin Goalie Soccer (Grade 3) (Sarratt)**

Introduction:

This is the one, if not, the last game I invented prior to retirement. It falls nicely in the middle of the progression and sequence of skills, challenges and games for 3rd graders. When younger students are playing a more simple game and 4th and 5th graders are involved in more challenging activities **Team Pin Goalie Soccer-TPGS** fits the bill just perfectly. I just wish I invented it 30 years ago!

Students get to experience two main roles of soccer; being a **court player** out on the field, being offensive trying to score points or being a **goalie** defending their team pins. This game helps learners comprehend the two main roles of sporting players. Offense and defense.

Our most difficult decision is, how many teams we need per class!

Why are we playing Team Pin Goalie Soccer?

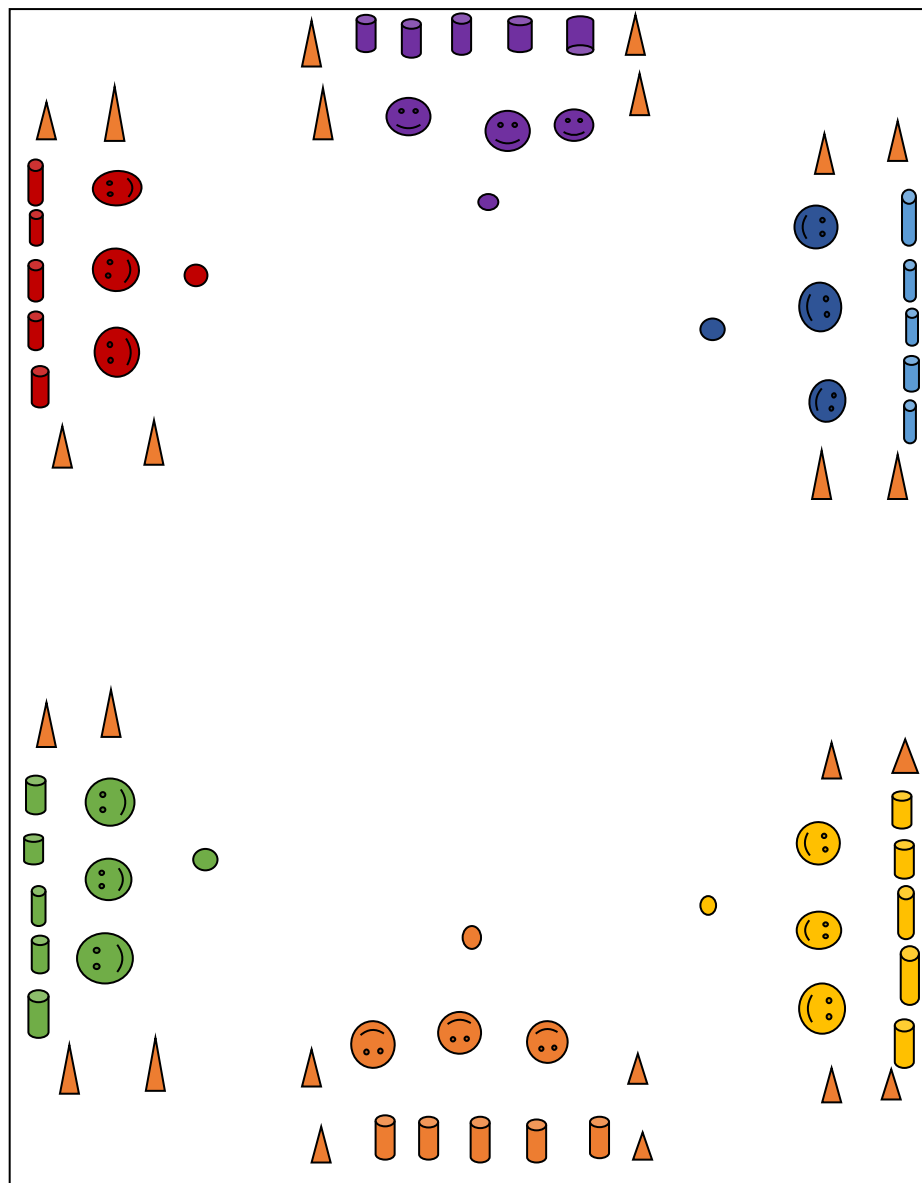
- ✓ To learn to be an **honesty player**/practice being an **honesty player**
- ✓ To learn how to control our impulses as a primary/foundation while playing a game (not get a penalty point!)
- ✓ To practice kicking and foot trapping in game
- ✓ To learn how to gracefully win and lose a game
- ✓ To use TA, tactical awareness in the game
- ✓ To use teamwork in a game
- ✓ To learn how to **shoot goals** in the **goalie box**
- ✓ To learn how to be a **goalie/defender**

Equipment:

- Super soft 6' -7" Gatorskin type balls. One for each team.
- Medium sized cones for the goals and No No Land.
- Four – six sets of pins/Pringle cans, about 5 per team works very well. Place them on **No No line** in the back corner of each court. Tape an X mark where they set so students know where to reset them after being knocked down.
- Rules poster, diagram, and mini clip board.
- Team Pin Goalie score board with rules and penalty points, dry wipe marker.

Organization: see diagram below

Team Pin Goalie Soccer



Pro tip: prior to game tape an X make under each of the pins also where the where the students will “spot” the team ball. Taping a goalie box and/or using cones is helpful.

How we play Team Pin Goalie Soccer:

- Create teams needed to play for the amount of players in the class: 6 teams of 4, 5 teams of 5, 4 teams of 5; whatever numbers you feel is best.
- Give each team member a player number. For example, if each team has 4 players, each player would be either a 1, 2, 3 or 4. For an extra player, it is okay to have to have two 4's.
- When you call out the number, that numbered player kicks their team ball and tries to dribble and shoot down pins of the other teams. The other team members of course, guard / defend and play the goalie position, and clear the ball away from the pins.
- When they score a pin down, they call out, "*got one on green!*" and they keep playing. Teacher sees it and marks a score on the scoreboard.
- In this game, the pins get **reset** after they are knocked down / scored on.
- Rotate new players into the game after a brief play period. Players find and spot their ball in front of the goal.

Rules and Procedure: Team Pin Goalie Soccer

1. Play on feet, no sliding on knees/falling down.
2. No hands on ball, except goalies.
3. Two positions and roles in the game:
 - Goalies/Defenders:** Plays in front of pins/goalie box/safety
Has two jobs to do:
 - a. Defends the pins: kicks the ball away
 - b. Resets the pins: when you get a chance
 - Court Player/Attack:**
Has two jobs also!
 - a. Dribble around and shoot at the other team's pins!
 - b. Report the score to the teacher, "*got one on red!*"
4. Court players do not enter the goalie boxes.
5. On signal, stop playing, spot ball in front of your goal and go back to your goal and listen for the next number.
6. **Scoring system:** lowest score wins, highest score loses.
7. **Penalty Points (PP):** added to the score
 - Out of area, hands or falling down = 1 PP
 - Disrespectful words or acts = 3 PP
 - Not replacing pins = 3 PP
 - Reckless/dangerous play = 5 PP (penalty box)

Variation and progressions:

After the students have played and getting a grasp on the game. It is possible, depending on the team size, to call out more than one player out at time. *“1’s and 3’s come on out!”* The 2’s and 4’s stay back and play goalie/pin setter. Switch-up the partners coming out to play, they can share the ball, shooting into the goals. Super fun and cool variation and progression.

Teaching Tips:

Using your gyms 4-6 basket lanes, and taping a line out front creates a mini goal. Like in Four Court Pin Soccer, occasionally call the score for additional drama and **TA**, tactical awareness. The students will play honestly and know what teams to shoot on!

Closure:

As with **Team Pin Goalie Soccer** the youngsters get an opportunity to play in a controlled fun game using offense, defense, goalie and partner play. The next game ups the ante and excitement for youngsters. **Six Goal Soccer**. You may like this game even better.

Six Goal Soccer: (Grades 1-2) (Sarratt)

Introduction:

Six Goal Soccer was my “go to” game for decades dedicated to students in the lower grades while my upper level students played a **Four Goal Soccer**, (see below) which is, strangely, more complicated. Therefore, Six Goal Soccer is an ideal transition game from the previous experience with mini games and drills from above.

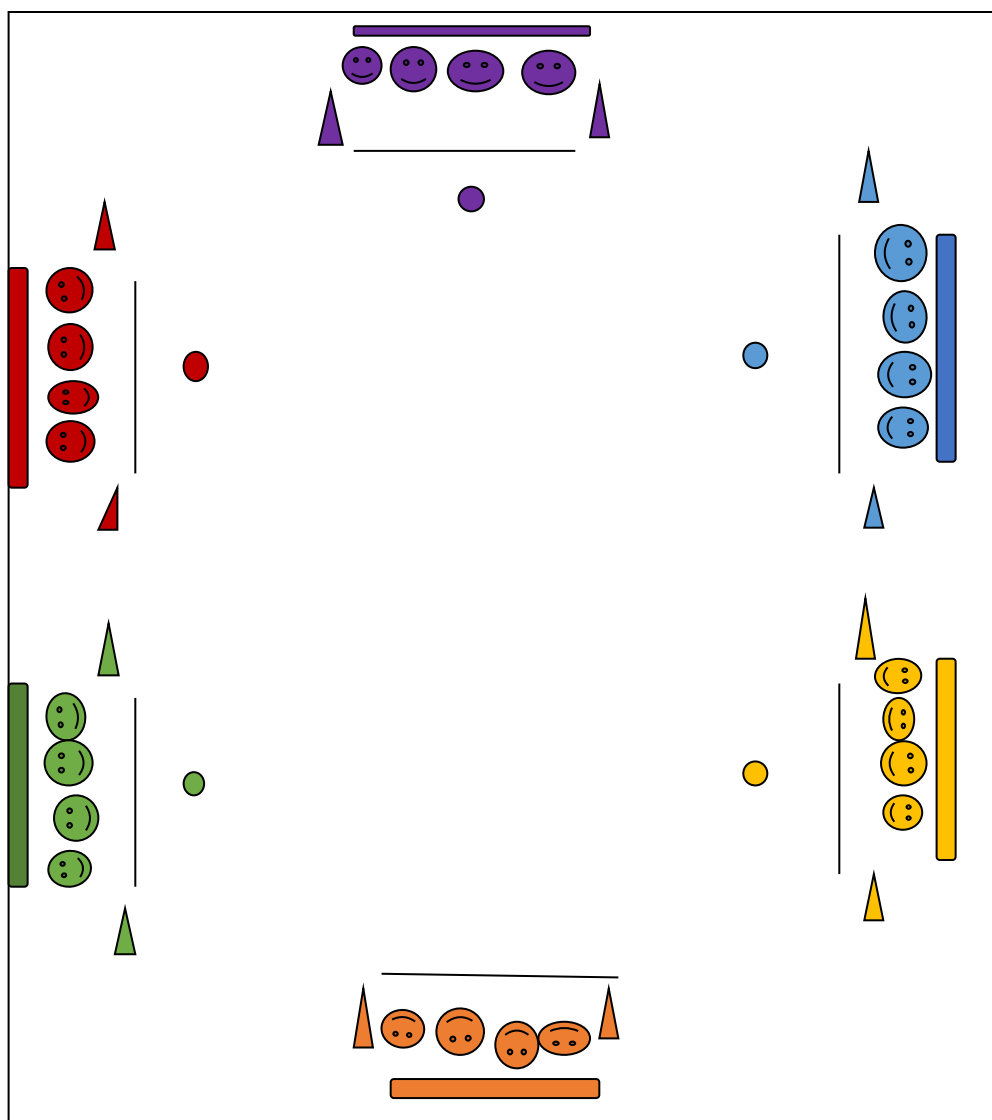
Why are we playing Six Goal Soccer?

- ✓ To learn to be an **honesty player**/practice being an **honesty player**
- ✓ To learn how to control our impulses as a primary/foundation while playing a game (not get a penalty point!)
- ✓ To practice kicking and foot trapping in game
- ✓ To learn how to gracefully win and lose a game
- ✓ To use **TA**, tactical awareness in the game
- ✓ To use teamwork in a game
- ✓ To learn how to **shoot goals** in the **goalie box**
- ✓ To learn how to be a **goalie/defender**

Equipment:

- Super soft 6' -7" Gatorskin type balls. One for each team.
- Medium size cones for the goals and No No Land.
- Six mid-sized tumbling mats. If possible, lean them against the back wall in the BB lanes. Use cones and tape lines to make mini goalie boxes.
- Tape an X mark where they set the ball in front of the goal after each round.
- Rules poster, diagram, and mini clip board.
- Four Goal Soccer score board with rules and penalty points, dry wipe marker.

Organization: (see diagram below)



Pro tip: prior to game tape an X where the students will “spot” the team ball. Taping a goalie box and using color matching cones is helpful.

How we play Six Goal Soccer:

- Create teams needed to play for the amount of players. Having one less or extra player is okay.
- Give each player a number. For example if each team has 4 players, each player would be “1, 2, 3 or 4”. For an extra player it is okay to have to have two 4’s.
- When you call out a number, that numbered player plays their team ball and tries to dribble, shoot and score on the other teams. The other team members, of course, guard and defend playing the goalie position and **clear** the ball away from the goal.
- **Boom:** A score is, a ball clearly hitting the front face of the tumbling mat with loud “thud” sound, and they call out loudly, “*got one on green!*” and they keep playing. Teacher sees it and marks a score on the scoreboard.
- In this game, the court players play only their ball: green team/green ball.
- Rotate new players into the game after brief play period. Players find and spot their ball in front of the goal.
- Occasionally announce the score for motivation and additional honesty as discussed.

Rules and Procedure: Six Goalie Soccer

1. Play on feet, no sliding on knees/falling down.
2. No hands on ball, except goalies.
3. Two positions and roles in the game:
 - Goalies/Defenders:** Plays in front of goalie box/safety
 - Has two jobs to do:***
 - Defends the goal: blocks and kicks the ball away from goal
 - Rolls the ball away
 - Court Player/Attack:**
 - Has two jobs also!***
 - Dribble around and shoot at the other team goal!
 - Report the score to the teacher, “*got one on red!*”
4. On signal, stop playing, spot ball in front of your goal and go back to your goal and listen for the next number.
5. **Scoring system:** lowest score wins, highest score loses.
6. **Penalty Points (PP):** added to the score
 - Out of area, hands or falling down = 1 PP
 - Disrespectful words or acts = 3 PP
 - Not replacing pins = 3 PP
 - Reckless/dangerous play = 5 PP (penalty box)

Variation and progressions:

- After the students have played and getting a grasp on the game. It is possible, depending on the team size, to call out more than one more than one player out at time. “*1’s and 3’s come on out!*” The 2’s and 4’s stay back and play goalie/defender. Switch-up the partners coming out to play, they can share the ball, shooting into the goals. Super fun and cool variation and progression.

Teaching tips:

- Once the students are playing the game. It's going to be a blast! Kids are seamlessly playing goalies/clearing and shooting at the other five other teams. Scoring will be high.
- Like in previous games, occasionally call the score for additional drama and TA, tactical awareness. The students will play honestly and know what teams to shoot on!
- In addition to calling the score, after a few rounds you may select to have the players perform a quick little **(SPP) Secret Play Plan**. Each team can huddle up in their goal area and make a quick play plan. Kids adore this thinking/teamwork/relation action.

- **Goal Shooting and Goalie Drill: (Grades 3-5)**

Introduction:

The week (or two) of **Goal Shooting and Goalie Drills** is not one of the best of the soccer unit, it is one of the best weeks of the entire year of PE. Kids love it and as teacher it is relaxing and fun to see the kids participating, cooperating and concentrating on challenging skills and drills. Make no mistake about it, kids adore challenging drills-not everything needs to be a game-that is a myth.

For many students, even team players, they never had the opportunity to shoot soccer goals or be goalie; two fun and exciting things to do! Let's change that. Offensive and defensive skills and confidence grow immensely during the **Goal Shooting and Goalie Drill** week(s) so they are never missed.

Goal Shooting**Goal Shooting****Goalie****Goalie**

Why are we playing Goal Shooting and Goalie Drill?

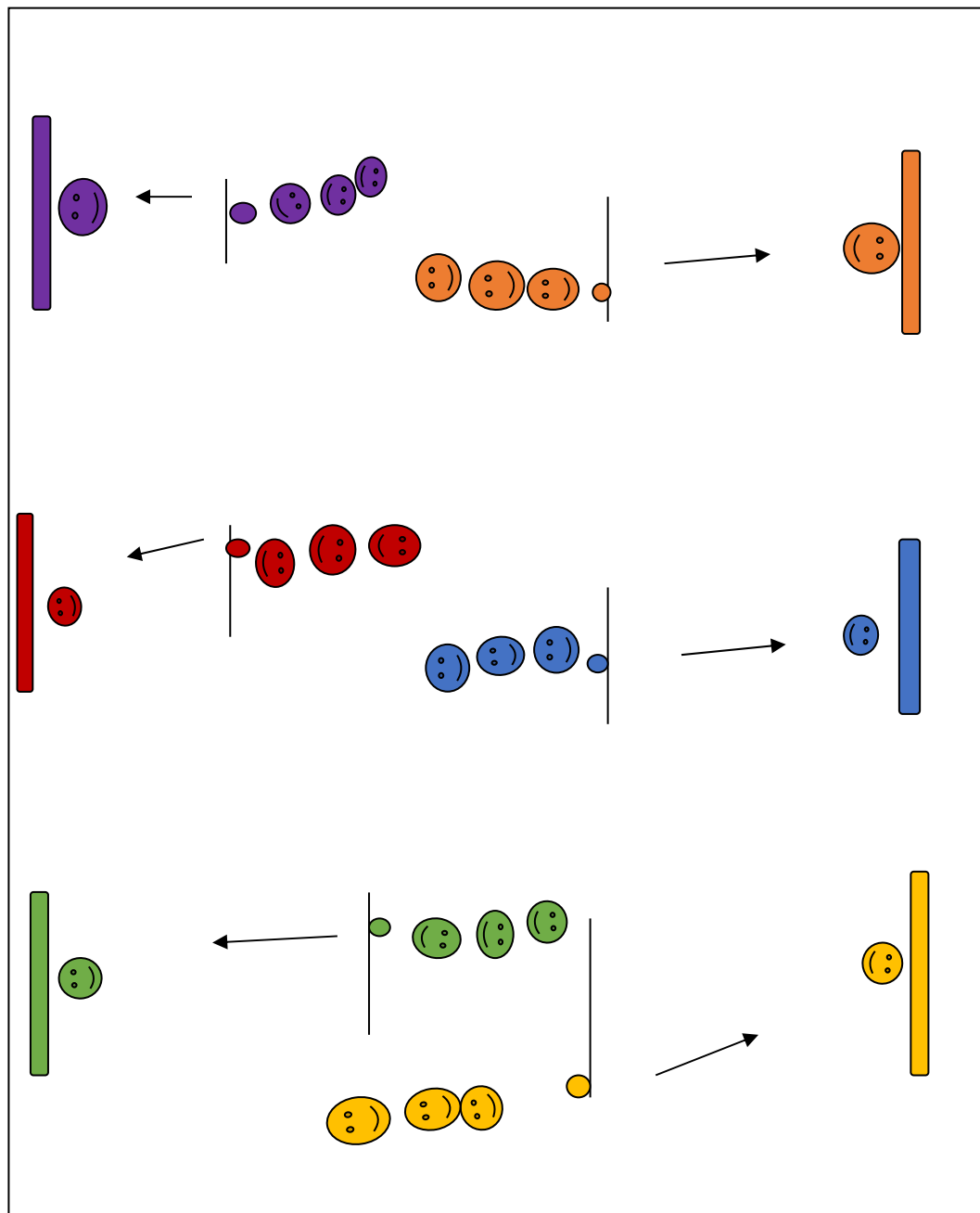
- ✓ To give students the extra time and opportunity to shoot goals
- ✓ To work of both dominate (#1) foot and non-dominate (#2) foot skills
- ✓ To work on the confidence and skill / technique of being a goalie
- ✓ To learn how to dribble, approach and shoot on goal
- ✓ To learn how to shoot a moving ball on goal
- ✓ To learn how to share the goal, being a goalie
- ✓ To prepare all the students for game time, ***Four Goal Soccer.***

Equipment:

- Six tumbling mats, leaning on the wall, the goals.
- Six 8" Super Soft gator skin type balls.
- Various X marks where to "spot" the ball, to shoot on goal.
- Lively fun music

Organization: (see sample diagram below)

Goal Shooting and Goalie Drill



Students practicing goal shooting and goal tending.
Getting ready for *Four Goal Soccer!!*

How we play Goal Shooting and Goalie Drill:

- Set up tumbling mats as goals, leaning them against the wall.
- Taping lines and/or using X marks are helpful for spotting the ball.
- Students will take turns being shooter>goalie>in line waiting, shooter, goalie, in line, etc. The process goes smoothly and fast.
- Demo how to shoot with approach and shoot (#1) dominate foot, students can practice skill.
 - Pre-shot mental skill: **target** where is the student shooting?
 - One of four corners of the goal?
- Demo how to play goalie position: ready/athletic position, hands up and out. Attempt to knock ball away or catch ball.

Variation/progression with groups, and rotations:

- Students shoot one shot with #1 foot.
- Students shoot two shots with #1 foot.
- Students shoot first shot with #1 foot, second #2 foot. Quite a few students, even soccer players, struggle with the #2 foot shooting skill.
- Roll out, and shoot a shot. (Kind of like kickball.) A player stands next to the goalie box, rolls the ball out to the goal kicker, who approaches the ball and kicks into the goal.
 - Kicker>roller, goalie, back of line, etc.
- Dribble up and shoot, but not too close.
- Shoot on two goalies, not one. (Prepares for **Four Goal Soccer**)
- Dribble up, past a defender and goalies, shoot on goal.
 - Dribbler/shooter> defender> goalie >line>dribbler/shooter, etc.

Teaching tips: grouping

As a teacher we have the option to use various grouping and task analysis with the above drill, if we choose. We can have students choose their own groups, heterogeneous ability groups or we can create ability groups. Each structure has advantages so select wisely when having learners practicing. Regardless of grouping, the students will enjoy the week or so of **Goal Shooting and Goalie** challenges. After, they are ready for a most exciting PE game, ***Four Goal Soccer!*** I'm so excited to present it to you.

Four Goal Soccer: (Grades 3-5) (Sarratt)

Introduction:

Four Goal Soccer is my inside “go to” key closure game, dedicated to the older students for several decades, and one of the central games the students look forward to each year, soccer players and beginners alike. Each pupil gets the experience of playing goalie, defender and court player/attack position. Let’s see how it goes.

Why are we playing Four Goal Soccer?

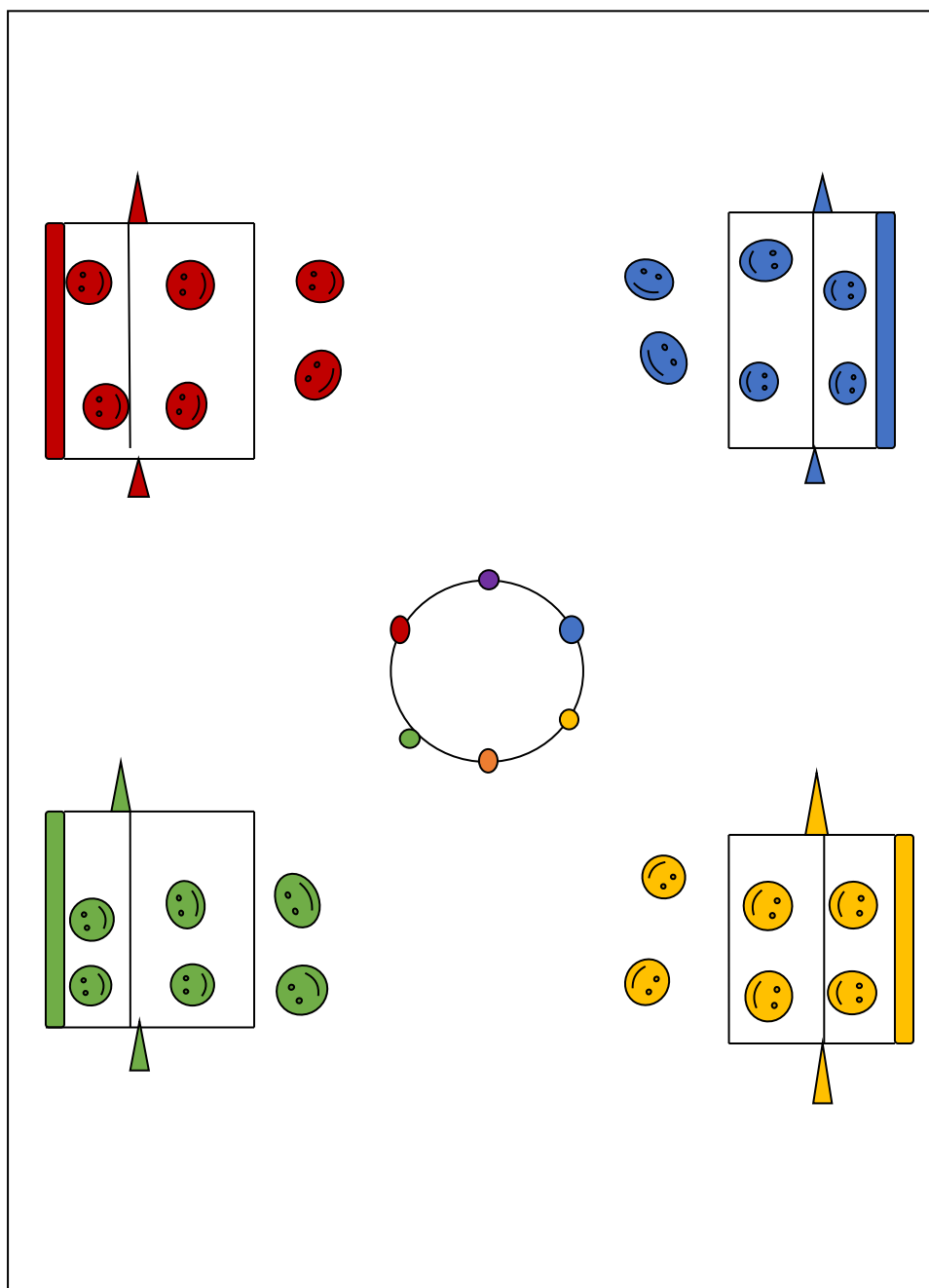
- ✓ To learn to be a **honesty player** / *practice being honest*
- ✓ To learn how to control our impulses as a primary sfoundation while playing a game (not get a penalty point!)
- ✓ To practice kicking and foot trapping in game
- ✓ To learn how to gracefully win and lose a game
- ✓ To use TA, tactical awareness in the game
- ✓ To use teamwork in a game
- ✓ To learn how to **shoot goals** in the **goalie box**
- ✓ To learn how to be a **defender**
- ✓ To learn how to be goalie

Equipment:

- Four tumbling mat, leaning on the wall, the goals.
- Four - Six 8” Super Soft gator skin type balls. A couple extra balls are okay. (Orange and purple balls.)
- Various X marks where to “spot” the balls in the middle of the game, most gyms this will be the center circle.
- Tape areas to create defender and goalie boxes. The basketball lanes are perfect places if available. Cones also assist.
- Student wear one of four colors of pinnies/team jersey **blue**, **red**, **green**, **yellow**.
- Chin guards.

Organization: (See diagram below)

Four Goal Soccer



Four Goal Soccer

Teams set-up in goalie, defender and court player positions.

How we play Four Goal Soccer?

- Set up tumbling mats as goals, leaning against the wall works wonderful.
- Using the four basketball lanes, and taping lines, or using cones for marking the goalie boxes and defender areas.
- It's helpful to tape an X marks on the circle for spotting the balls.
- Students will take turns being goalie>defender>court player (attack) back to goalie position. The process goes smoothly and fast.
- Demo how the three positions rotate and function for clarity. If you have small classes, some players may play a position alone; that's okay.
- Court players are to start with their colored ball, then can play any ball and shoot on the other 3 teams. Court players are not allowed in the Goalie boxes, but can dribble in a defender box if possible. They call loudly when they make a goal, "*got one on red!*" Teacher sees it and records the score on the scoreboard. Player keeps playing.
- Defenders stay in their defender boxes and play defense and assist the goalies by clearing the balls away from their goals. Defenders do not use hands. Defenders can score points! It's rare, but it does happen, and it is exciting!
- Goalies use feet and hands to block shots, they are allowed to UH roll the ball out, but not punt the ball out of the goals.
- Rotate players after a minute or so.
 - Goalie>>defender>>court player>>Goalie.
- Announce scores after a few rounds.

Rules and Procedure: Six Goalie Soccer

1. Play on feet, no sliding on knees/falling down.
2. No hands on ball, except goalies.
3. Three positions and roles in the game:

Goalies: Plays in goalie box/safety and defends/clears the goal area

Has two jobs to do:

- Defends the goal: /block and kicks the ball away
- Rolls the ball away

Defender: Assists the goalie, stays in the defender box.

Has two jobs to do:

- Clear the goal of any balls.
- Tries to shoot goals!

Court Player/Attack:

Has two jobs also!

- Dribble around and shoot at the other team's goal!
 - Report the score to the teacher, "*got one on red!*"
4. On signal, stop playing, spot ball X mark/circle, rotate. Ready to play.
 5. **Scoring system:** lowest score wins, highest score loses.
 6. **Penalty Points (PP):** added to the score
 - Out of area, hands or falling down = 1 PP
 - Disrespectful words or acts = 3 PP
 - Reckless/dangerous play = 5 PP (penalty box)

Variation and progression:

During the game calling a **SPP**, (Secret Play Plan), teams can huddle up and make a plan of attack. For the older students, like 4th and 5th graders, giving the students agency / choice selecting players' position is creative. I still require the students to rotate, but they can re-group/order, etc.

Teaching tips:

- Once the students are playing the game. It's going to be blast! Kids are playing goalies, defense/clearing and court player/shooting on the other three teams. High energy, lots of scoring and great defense!
- Students have worked hard to show honesty, independence and honoring the game and it shows with excellent sporting skills and conduct.
- The teacher is able to manage the class and record scores as fast as the children play.
- Like in previous games, occasionally call the score for additional drama and TA, tactical awareness. The students will play honestly and know what teams to shoot on!

Closure:

These last few games, drills and activities closes out my indoor soccer offerings. And has been a blast reflecting and presenting them to you. Hopefully one or two assists your program. Before fully closing out soccer, there is one last outside soccer game, I use every few years for 4th and 5th grades. I will extend the soccer unit for an extra week if the weather is perfect and the students are motivated for it. An extensive early morning set-up is needed for this activity. Let's see what it is!

(Bonus Game)**Multiple Mini Soccer Learning Leagues: Grades 4 & 5****Introduction:**

Every few years we get a couple grades of stunning students that are super excited on soccer and the weather is fantastic. The PE stars are aligned. I add an extra week of soccer for just these older wonderful group of students. They are fired up!

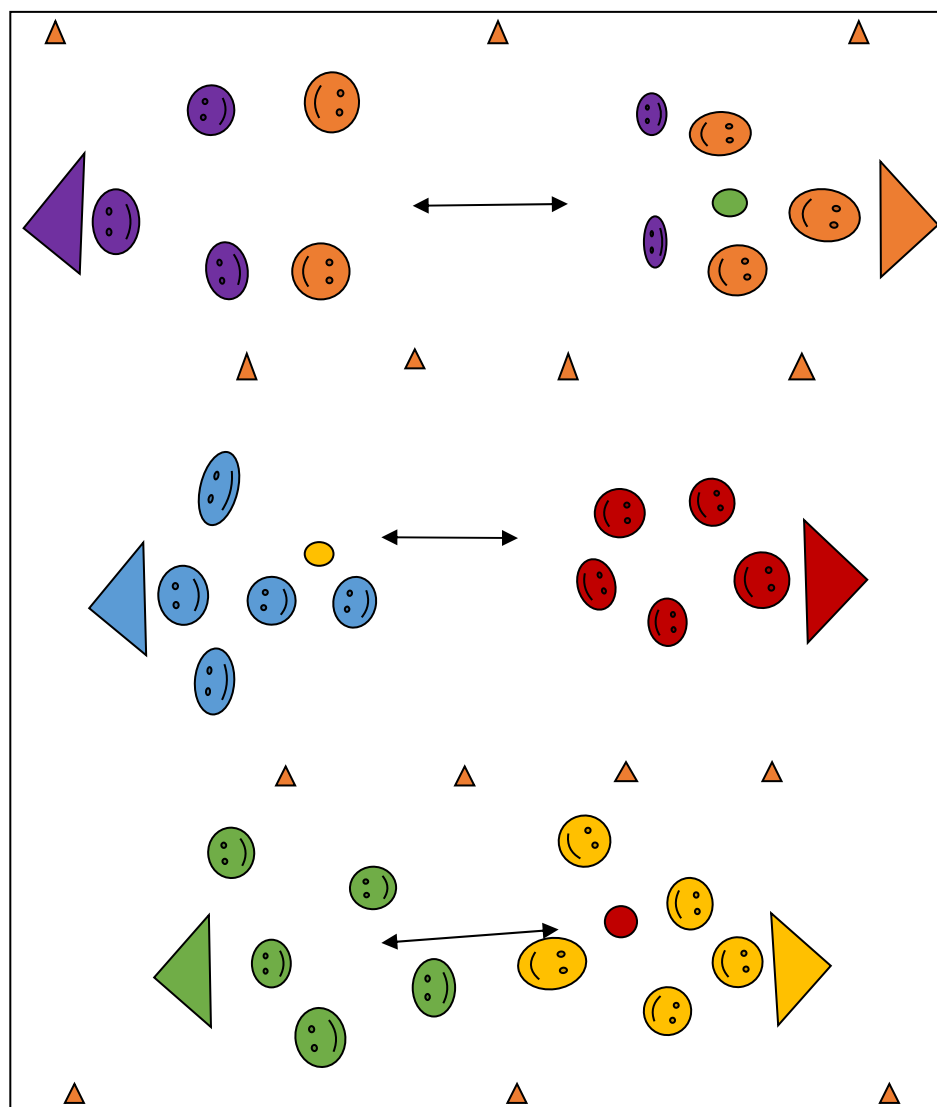
Why are we playing Multiple Mini Soccer Learning Leagues?

- ✓ To provide mini game like experience of soccer for the students
- ✓ To give students agency / creative control/choices
- ✓ To give students additional experience with:
 - Goalie skills
 - Defensives skills
 - Offensive passing skills
 - Cooperative teamwork skills
 - **LPE**: students practice **Listening**, **Praising** and **Encouraging** each other during play time.
 - Using **Helping Words**, **Never** **Hurting Words** during play time.

Equipment:

- 6 Pugg or QwikPro (GOPHERSport) type goals: set of six rainbow 72” wide (These goals are critical equipment for PE programs)
- Cones to create fields, boundary areas
- Six color of pinnies/team vest
- Various soccer balls/sizes
- Chin guards

Organization: (see sample diagram below)



Three Learning/Play Leagues

How we play Multiple Mini Soccer Learning Leagues?

- System and structure is the key element for success.
- I set-up the three fields/goals in the morning. There are three distances.
D.I. Differentiated Instruction. Ability grouping or I like to call it *Learning Leagues*.
- All equipment is out in the field ready to go for the first class.
 - Safety/boundary cones.
 - Pinnies stored behind the goals.
 - Balls are in the middle of the field.
 - Chin guards are ready.
- I give very simple and brief instruction/expectations on game play; most students are highly motivated and on good (great) behavior.
- Explain there are three basic **experience** leagues/levels of play for the class. Keep it brief.
 - **L1:** Beginners soccer players, who are not on teams/don't play too much soccer, down at the end/using a softer ball, closer goals.
 - **L2:** Recess type soccer players, who are not on teams, but like the game, and play sometimes, maybe at home, etc. Middle game. Indoor/outdoor ball.
 - **L3:** Team soccer players, who are on teams, or previously on teams. You love soccer and play it. You play on the wider field/goals and with the outdoor soccer ball.
 - Students self-select leagues and teams. Teacher may need to assist moving/asking a few players to move to a leagues/teams.
 - Players place on pinnies & chin guards and quickly ready for game.

Rules and Procedure:

- The key and *miracle* for success is very few, if any rules.
- Allow the student agency to make up their own rules and play policies for each mini game and league. It always goes great.
- **Teacher only rule:** My one rule, and challenge is after each goal, rotate the goalie out, and switch players around. Kids get it, and are great at doing this. They know my system. Sharing positions and play.
- Also, students are allowed to switch players from team to team and leagues if needed/balance teams. Make the games fair and balanced if one team starts winning too much. Try to let the kids work this out.

Variation and progressions:

- Each level plays and creates their own mini game. They will be different. The **advanced level** has a more competitive focus.
- The **middle level** is more social, enjoying the game/experience.
- The **beginning level** is a more basic area where TA's and I spend our time and assisting/motivating the students. Joining in and playing with this group is fantastic, and they love it when the teacher(s) does it. The two other groups are fine, independent, and be proud of all the work you have done to develop honesty, trust, LPE and cooperation. .

Teaching tips:

- What about a couple students that may not want to play? That's okay! They can work on soccer skills in the other part of the field independently during game time. Have a list of skills / challenges / activities ready to go and these few students will be happy and on task.

Closure to Multiple Mini Soccer Learning Leagues:

That's it. Keep it simple and use several *learning leagues* that challenge your various levels of students. Give them agency, choice and some control and they honor the game. All three levels will have a blast playing a mini game of soccer on grass with their friends and being outside! Enjoy life!

Pro tip: your last outside class can help you clean-up and carry in most of the outside equipment. Stop an extra 5 minutes early and ask for a little help. You will have to come back for the **Pugg** goals, they require additional time to fold-up and placing in the bags.

Closer to soccer:

I hope you were able to find an activity to assist your program.

Best wishes! Dale



