



U 5-8 General Movements Exercises

- This general movement should be done everyday to enhance the player coordination and every muscle memory.
- **Freeze Tag.** With and with out the ball. With the ball - when tagged put ball over head, legs wide, and wait for a teammate to roll their ball between legs to unfreeze them. If you play with out soccer balls have the kids crawl between the legs to unfreeze. The coach should start as first to Tag,....and let the kids win.
<http://www.youtube.com/watch?v=w3RaGq66ebM>
- **Ladder Tag.** In pairs lay in on your stomach, side by side, facing the other pairs in a circle. One is persons the tagger, one it trying to get away. The person trying to get away may lay stomach down next to anybody. The outside person they lay next to must now find a new space to lay and is being chased by the tagger now. If tagged they are now it.
- **Gymnastic movements-** Judo rolls forward and back, cart wheels, hop on one legs, figure 8 a soccer ball between legs (yes like a basketball drill). Forward hops, backward hops, knee ups single and both. Coordination growth movements. Jump ropes. Balance on one leg, (add a ball, try to balance on neck, thigh, then foot).
- **Dynamic Movement and Coordination-** fun way to warm up and build Coordination. I don't think they need to be in lines. But the movements are great. Maybe have kids in open space doing same movements. <http://www.youtube.com/watch?v=MybWXINiZ98>
- **Duck, Duck, Goose.**
- **Relays-** Both with and with out a ball. Mix up the relays.
- **Bunny Hop Tag-** <http://www.youtube.com/watch?v=wONwB0byQ0s>

- **Vest (pennies) build up-** First throw vest all over a 15x15 box. Have kids run around and jump vest. Next have the kids jump off of both feet over vest. Then with one leg only right, then only left. Next tell the kids that you have never seen anybody jump backwards over the vest. Then tell them to try it.
- Next tell the kids that all the vest are your treasures and you bet every kid can't get one. If tagged the must stand on one leg for 10 seconds. Kid with most vest wins and can now be "captain black beard".
- **Vest Relays-** Have the kids get in pairs, with one vest or penny. 1. Run in pairs, each holding vest. 2. Single, each has to run with penny head up and back. 3. Single again, Vest on shoulder. 4. In Pairs with vest pinched between each others shoulders. 5. In Pairs, vest pinched in between each others hips. 6. Single, pinched between the knees. 7. Single, under the chin. 8. Anything fun you can make up. 9. Backwards with vest on head??? Be creative and fun.
- **Sharks and Minnows-** http://www.youtube.com/watch?v=RP1_rh-pZ-B
- **Red Light-Green Light-** <http://www.youtube.com/watch?v=5TijmIGxTG4>
- **Paint the Field-(Ball Control)-** <http://www.youtube.com/watch?v=kc9nMQDbJSc>
- **Knock Out-** http://www.youtube.com/watch?v=7VH2H_ZX5Zc
- **BLOB-** <http://www.youtube.com/watch?v=QS1i1mBLp0U>
- **Body Dribbles-** a fun way to start off dribbling for Little ones. <http://www.youtube.com/watch?v=mI3AGLeRBNM>
- **Self Toss Juggling-** <http://www.youtube.com/watch?v=LPqKkrbbdaE>
- **Shadow Dribble Game-** http://www.youtube.com/user/SoccerInteractive#p/a/u/2/nG8gdwJoe_Y