

Helpful Tactical Games

Part One

Coaching six to eight-year-old kids should be fun and educational at the same time. Here are a few tactical games that'll make your sessions enjoyable.

The structure of a practical coaching session is made up of an introduction, main and concluding part.

Within the coaching session the coach must satisfy a physiological, intellectual and emotional load. The emotional loading in a coaching session is high at the start, with helpful tactical games and a game of small pitch football towards the end of the session.

I usually have two tactical games for this phase of development, lasting five minutes each. The following examples are helpful tactical games that can be used for players aged six to eight years, the fun phase of development.

GAME 1 DRIBBLE ACROSS THE GRID

All players stand opposite each other with a ball. On a given signal, they dribble the ball across to the other side and place it on the line.

The team that first has all the balls on the line gains a point. You can then extend the exercise and have the players dribble across the grid and back to the start.

GAME 2 LAST PERSON IN

All players in the grid dribble their ball, keeping possession, and trying to kick another player's ball out of the grid.

A player must leave the grid when their ball is kicked out or they dribble the ball outside the grid. The last player with a ball in the grid wins. As the numbers get less keep reducing the size of the grid.

GAME 3 SHOOTING AT THE TARGET

Players are divided into two teams opposite each other. All players have a ball. Each player shoots at the target from behind their marker. As soon as they receive the ball from the opposite side they place the ball on the line, with their foot, and shoot again.

The targets are coloured markers placed across the middle of the grid. The team who hits the target shall receive one point.

GAME 4 FOOTBALL MARBLES

Each player on the edge of the grid has a ball. A player has to dribble the ball up and down the grid. See how many laps the player can dribble without the ball being struck.

All players have a go at dribbling up and down the grid and around the centre markers. The player with the most laps wins. **SI**

LEGEND

- Player ●
- Coach X
- Flag ▲
- Cone ▲
- Run without ball →
- Movement of ball →
- Movement in possession →
- Shot at goal →
- Start of exercise S



Helpful tactical games are great fun for young kids

GETTY IMAGES

