U6 u8 General games

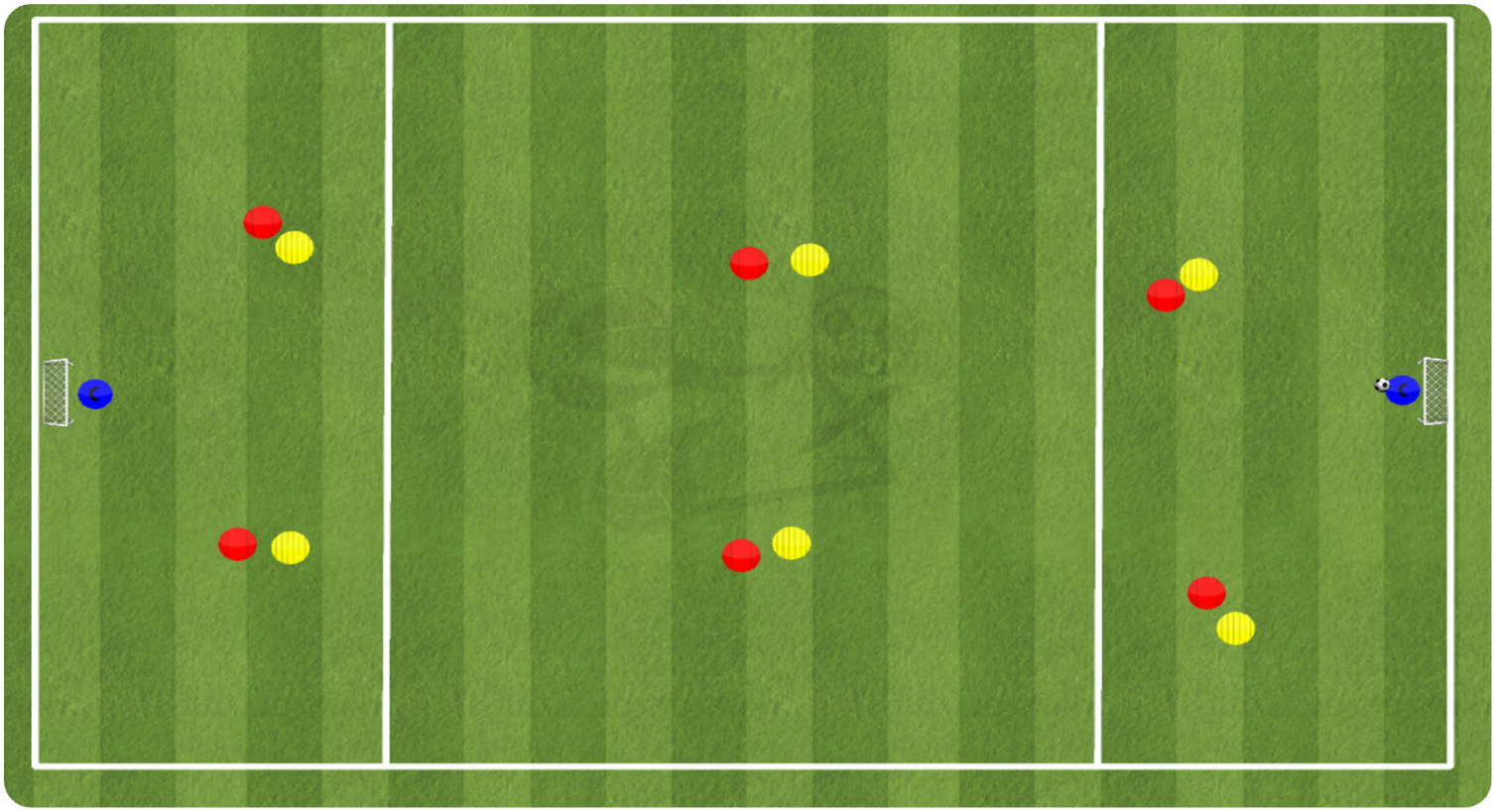
Created By - Austin Stacks U7

Created On - January 9, 2026

COUNT DOWN

General Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s



RULES

Set up the pitch as in the animation. This is a game to encourage skill AND movement. The condition of this game is that if the player performs a certain skill then they get 5 seconds to give a free pass or kick. Coach can determine the skill that is rewarded. If they perform the skill in the final third then they get a free shot on goals. If they players comfort levels increase then you can decrease the time they have to perform the skill. Coach should countdown the seconds so the players understand how much time they have to move and to pass

QUESTIONS

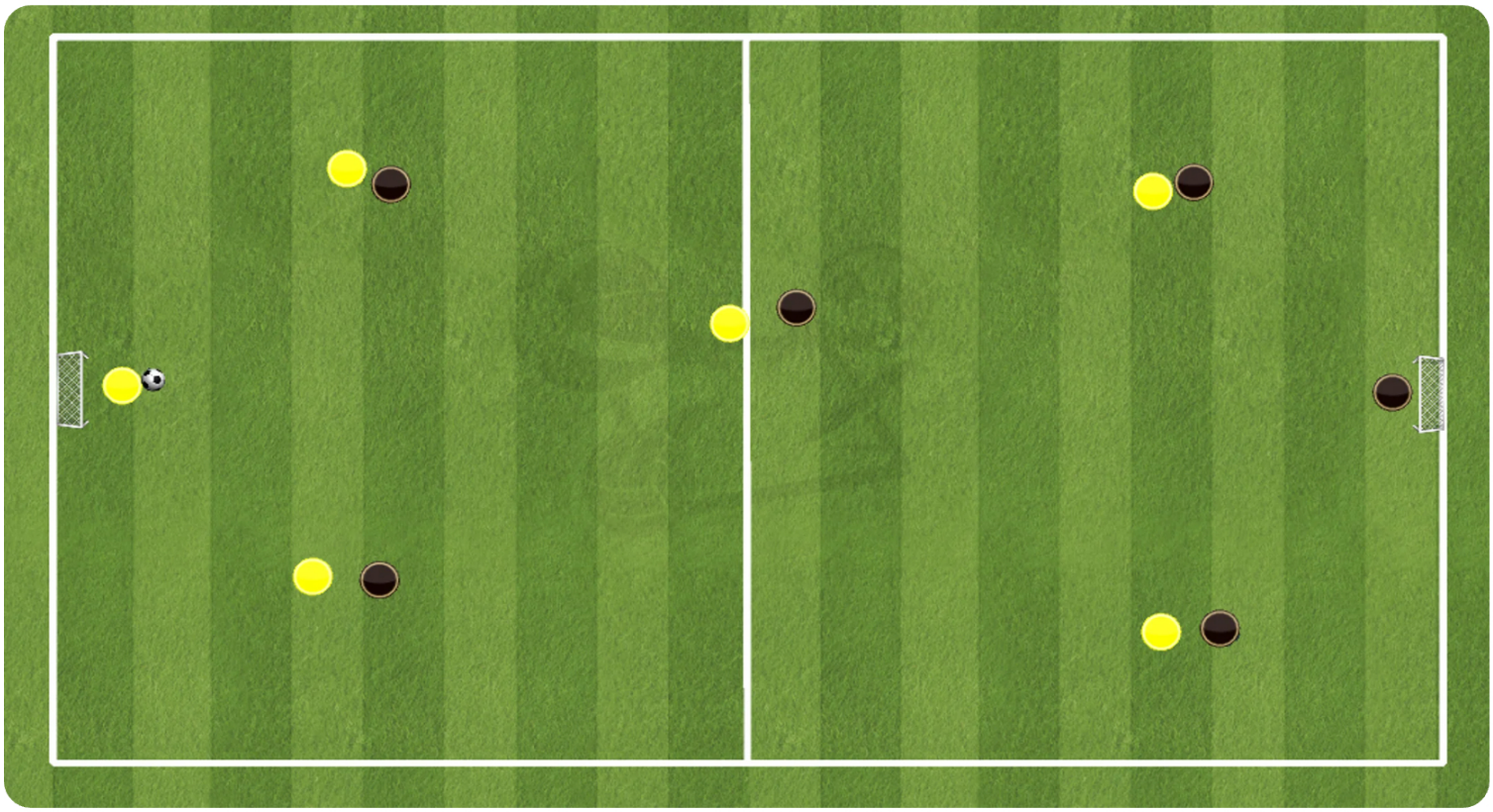
NOTES

CAN'T SCORE TWICE IN A ROW

General Games

Teams of up to 6

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s



RULES

The simple rule of the game is that no player can score twice in a row. Can also vary the game to say that the first team with a certain number of different scorers, wins

QUESTIONS

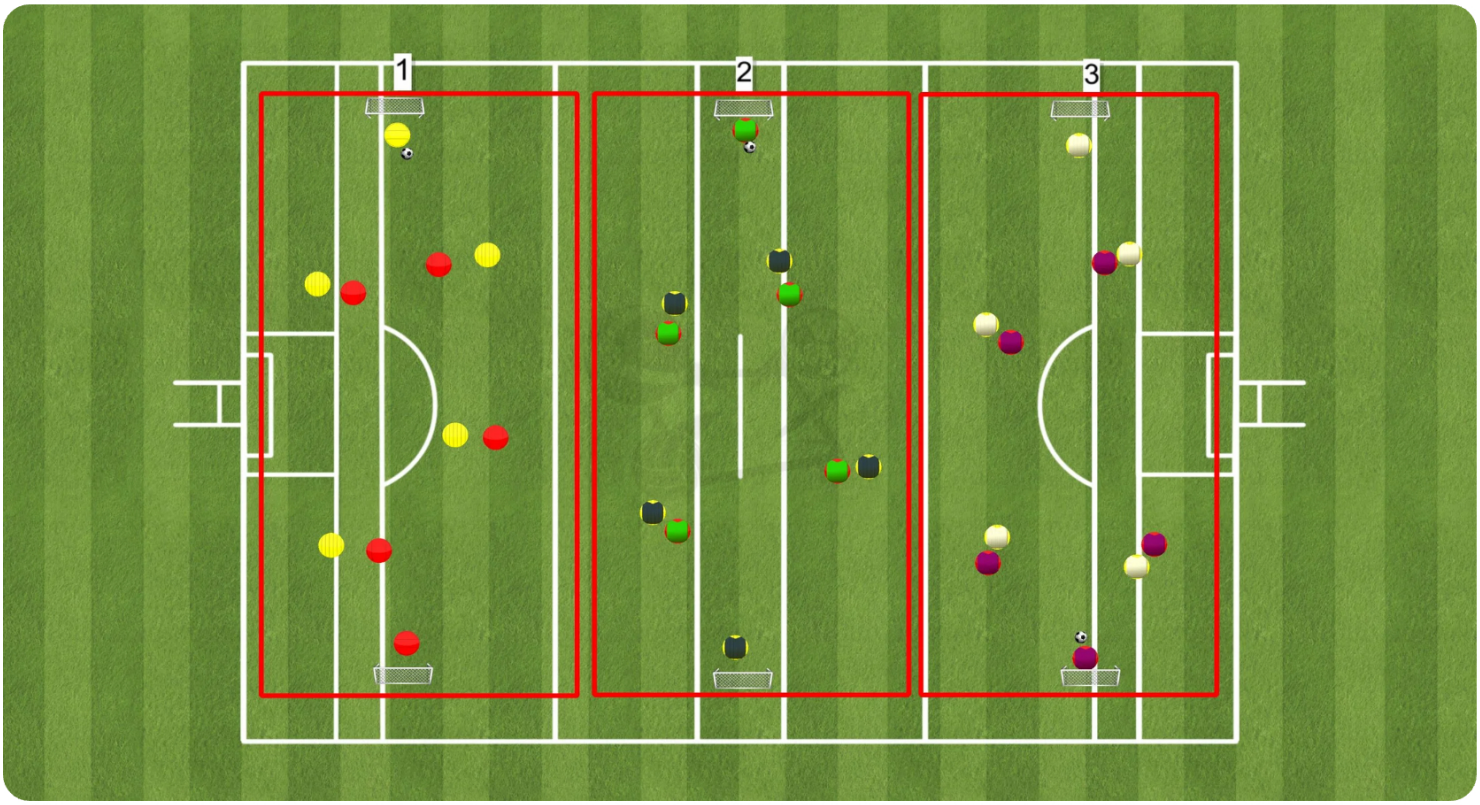
NOTES

MINI TOURNAMENT

General Games

Teams of 3 to 6

Time: 3 Minute Games | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s



RULES

Three games played consecutively on 3 pitches numbered 1,2 and 3. After 3 minutes, the winning team moves up a pitch towards pitch 3 and losing team moves down a pitch towards pitch 1.
Ensure fairness by changing teams if necessary and there is also the option to rotate the teams in the opposite direction so no one feels they are constantly going in the wrong direction.
You can also play fly goalie(Defending teams must have a player in goals & attacking team can all play outfield) if you want to generate an overload or include the rule that the same player can't score twice in a row

QUESTIONS

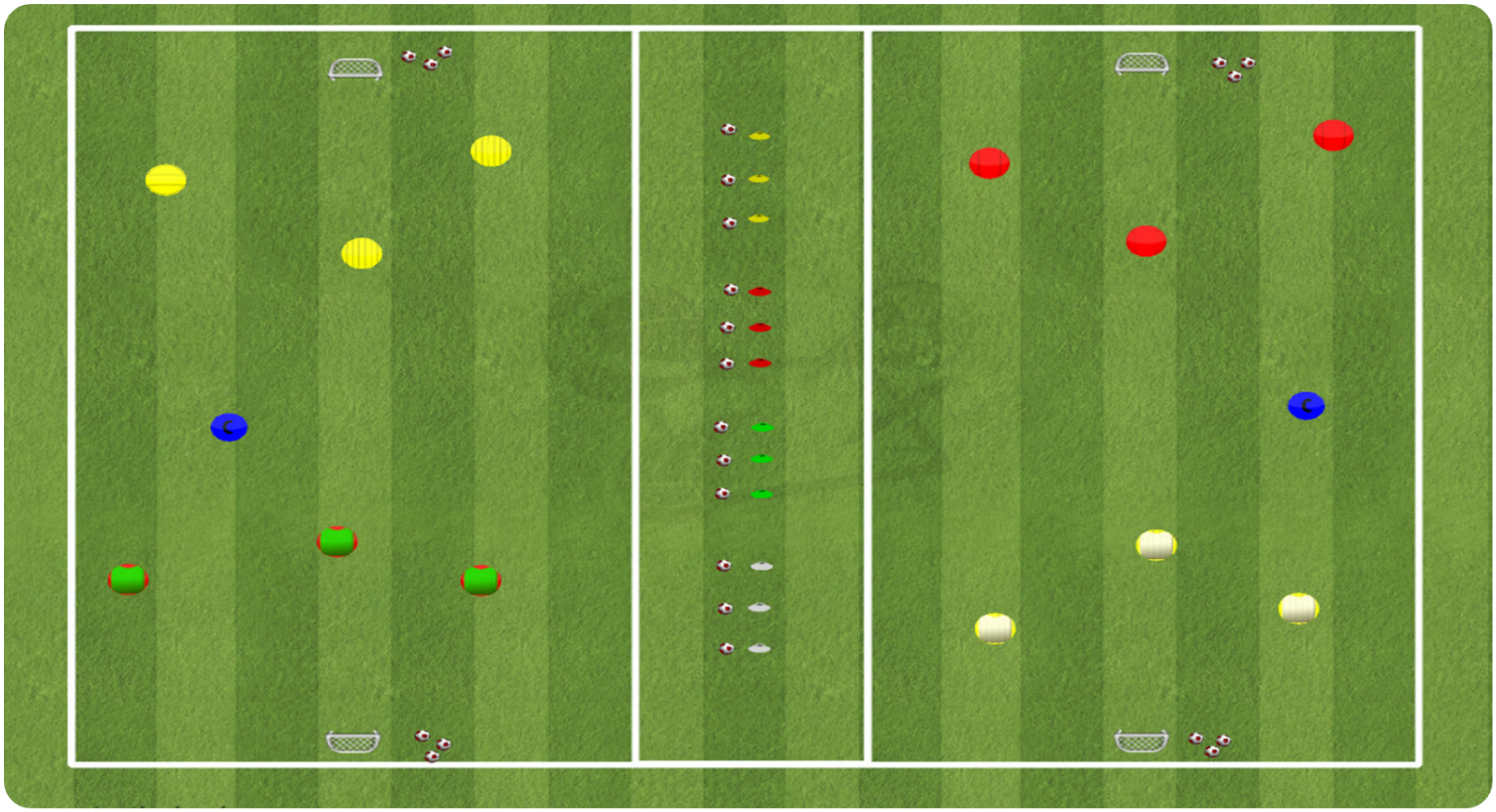
NOTES

CHERRY ON TOP

General Games

Teams of 3/4

Time: Any | **Sport:** Hurling, Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s



RULES

Ball starts with the coach. If a team scores, the player who scored must go to their colour cone and perform 5 sets of a certain skill. Once they are successful, they put the ball on the cone. Once they finish, they can return to the game. Coach can join in with the younger ages to ensure success. The first team to top all their cones, wins

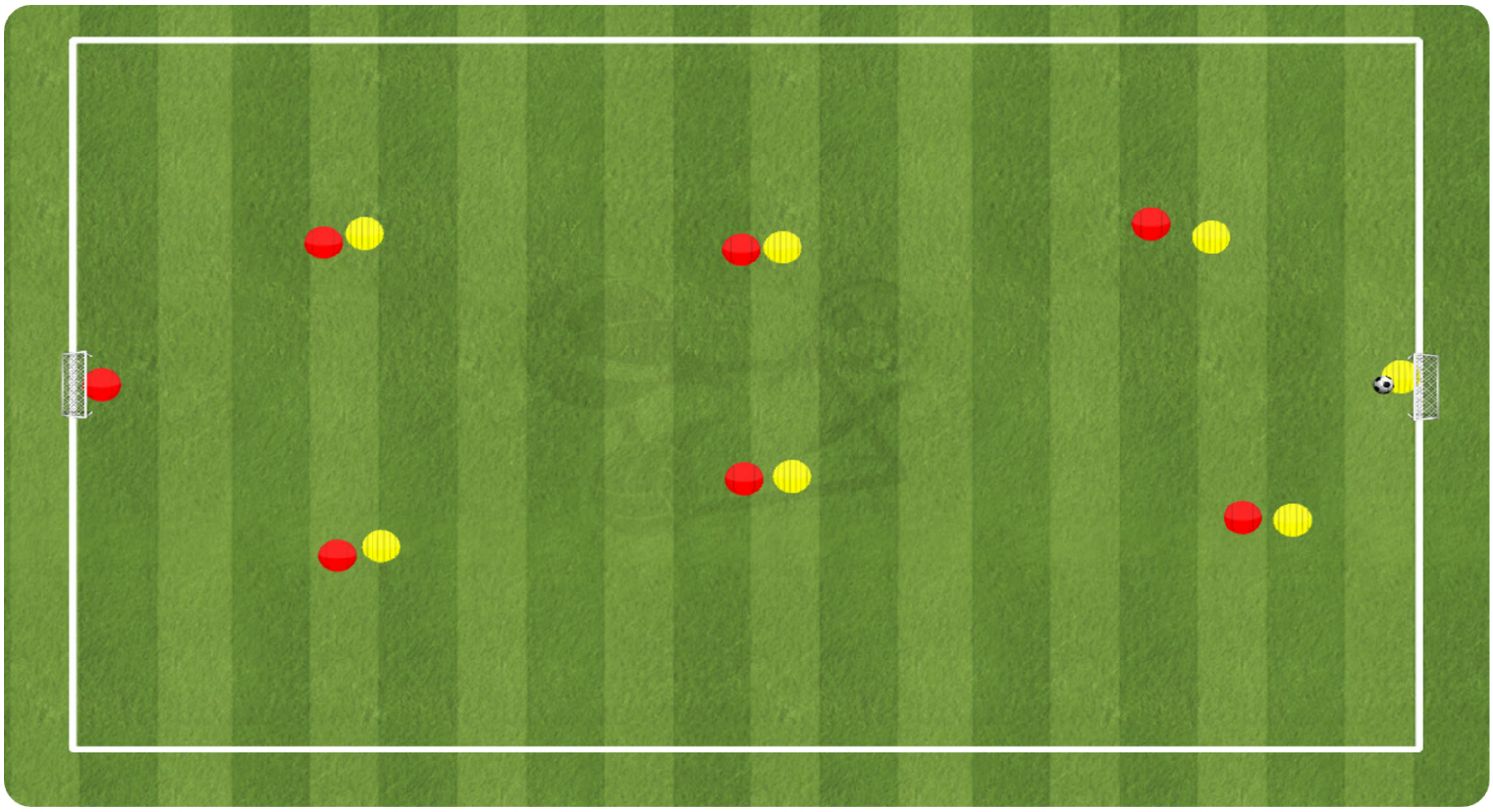
QUESTIONS

NOTES

LAST SCORE WINS

General Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s



RULES

Coach plays the game for a certain amount of time. This can vary for each game. The teams that scores last before time is up wins. Option to play a floater with the team in possession. This game encourages intensity and effort from the players.

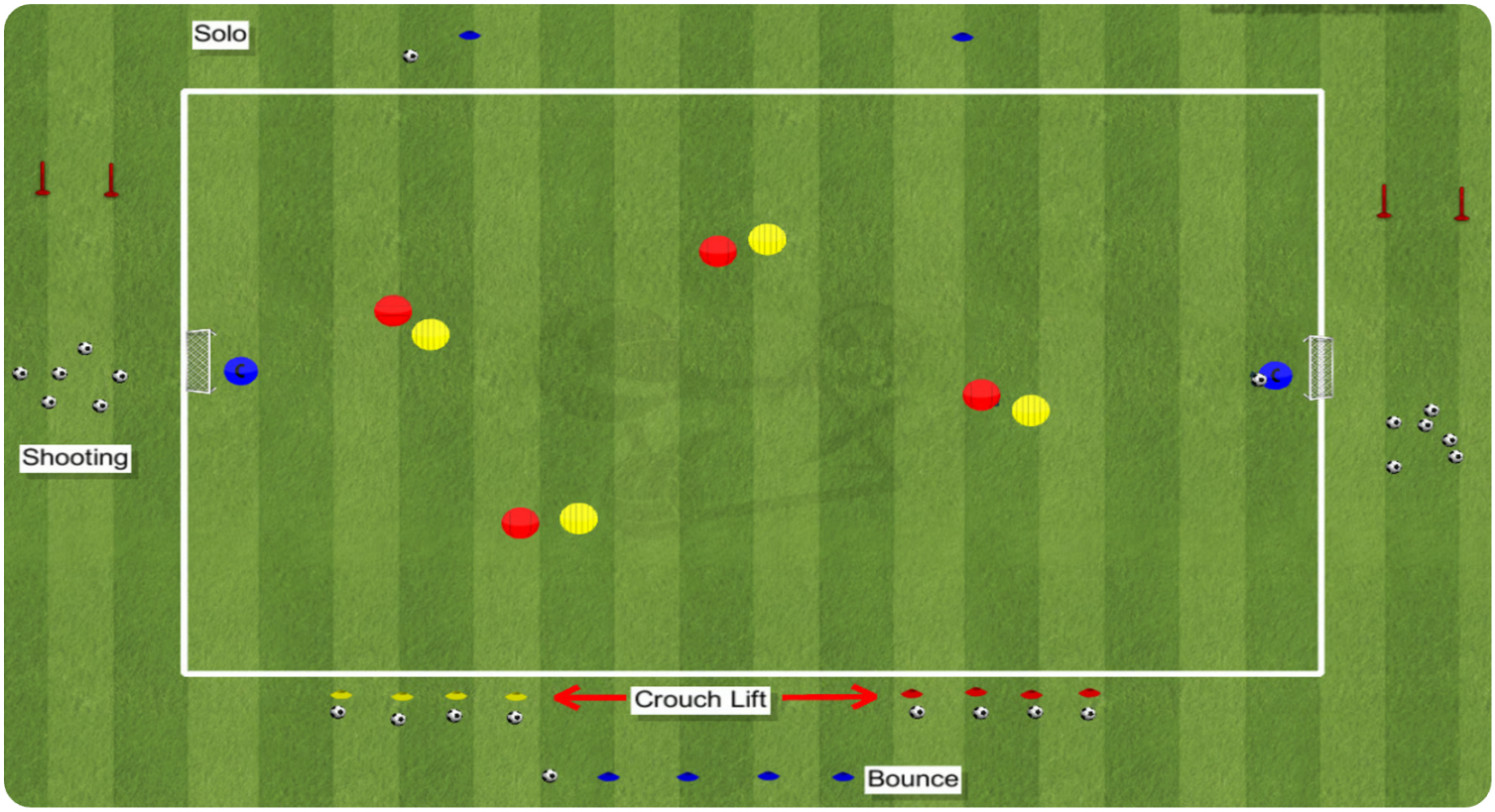
QUESTIONS

NOTES

CONNECT 4 SKILLS

General Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s



RULES

Inspired by Score Board Soccer.
Set up the pitch as in the diagram. The player that scores performs a certain skill on the sideline. Once they have successfully performed the skill, they place a ball on the cone and rejoin the game. First team to have all 4 cones filled, wins.
Differentaie for ability by
-using a soft ball for solo or shorten distance
- Shortening the distance of the shooting

QUESTIONS

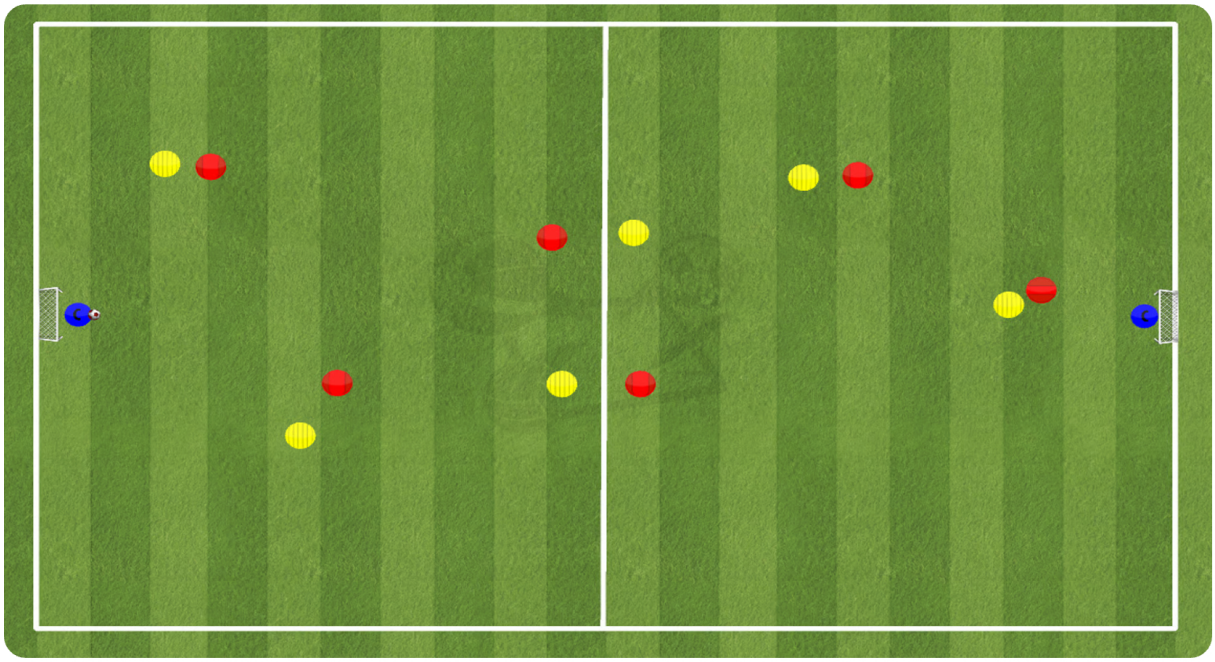
NOTES

SCORE THE SKILL

General Games

Emphasise the Skill Element

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s



RULES

This game is designed to encourage a particular skill and the condition can be included in any game. Coach can act as floater for younger ages
Always focus on one skill as we dilute the importance of the skill if we focus on others
Play the game of your choice and keep normal scores but put in a condition that if you see a successful execution of a particular skill, then it is worth 5 points.
IT IS VITAL TO KEEP THE SCORE AS THIS EMPHASISES THE IMPORTANCE OF THE SKILL
Some examples may include:

- Overhead Catch
- Dummy Moves
- Successful Kick Pass
- Kicking a score from a distance
- Score from the less dominant side
- Block Down
- Successful dispossession in a tackle

QUESTIONS

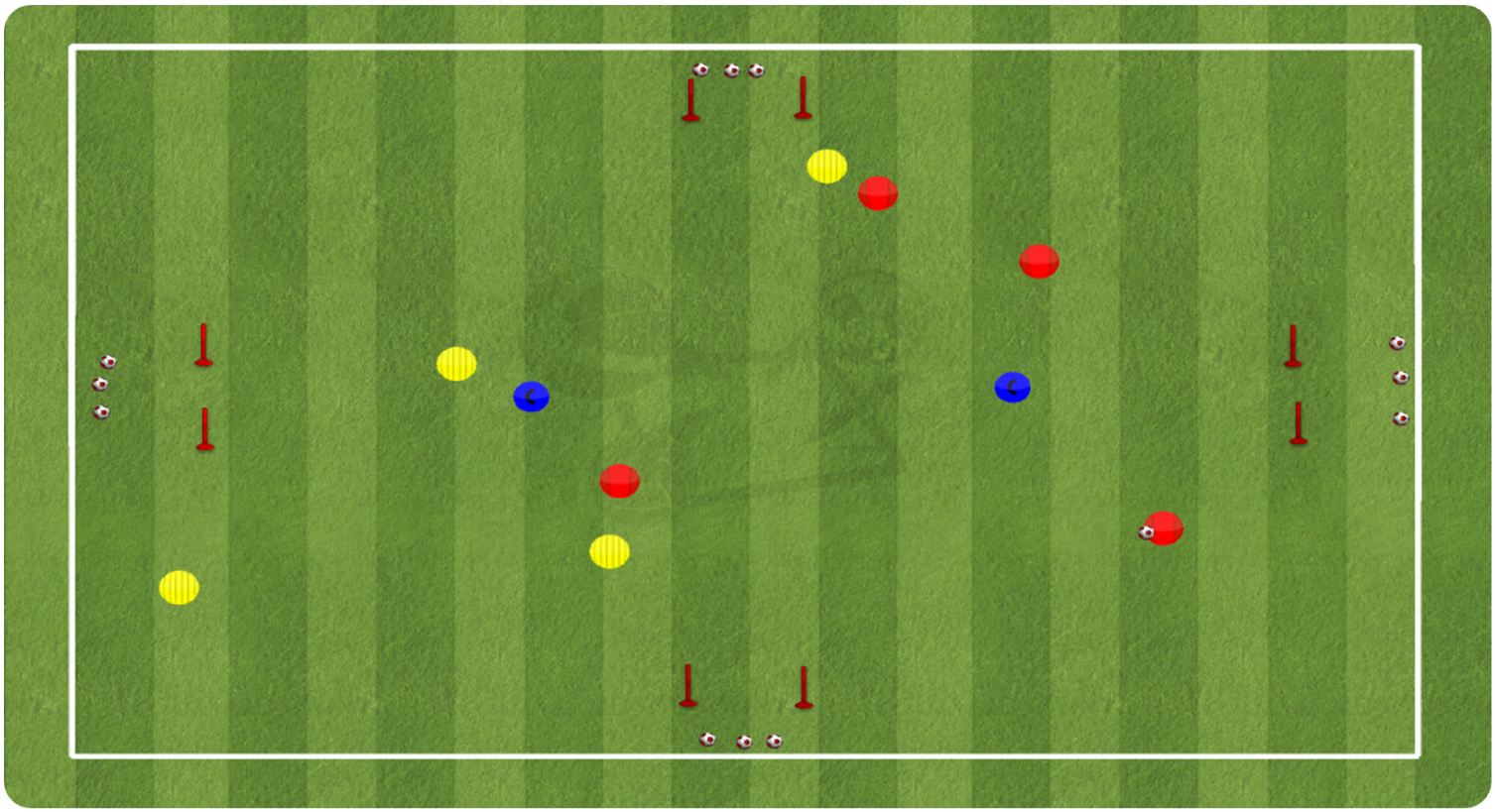
NOTES

4 GOALS GAME

General Games

4v4 Upwards

Time: 3 Minute Games | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s



RULES

- Set up the game as above with 2 sets of goals across from each other.
- Both teams have a ball each.
- The object of the game is to score a goal in any goal.
- One player from either team can block any goal they want.
- Children can try and dispossess opposition also
- Once they score, coach can give them another ball.

QUESTIONS

NOTES