

# Manitoba Soccer Association

Physical Literacy Games  
All ages

*Grassroots Development*





# Physical Literacy Snatch

## Organization

Players are partnered with each other and have 1 ball.

## Procedure

Players face each other with a ball between them. When the coach says a body part (head), then the players must touch that body part. Repeat with different body parts or actions (jump, turn, etc.) and on the command "SNATCH" the players must grab the ball faster than their partner.

## Progression

Be creative. Find different ways for the players to incorporate different styles of movement/skills.

## Conditions

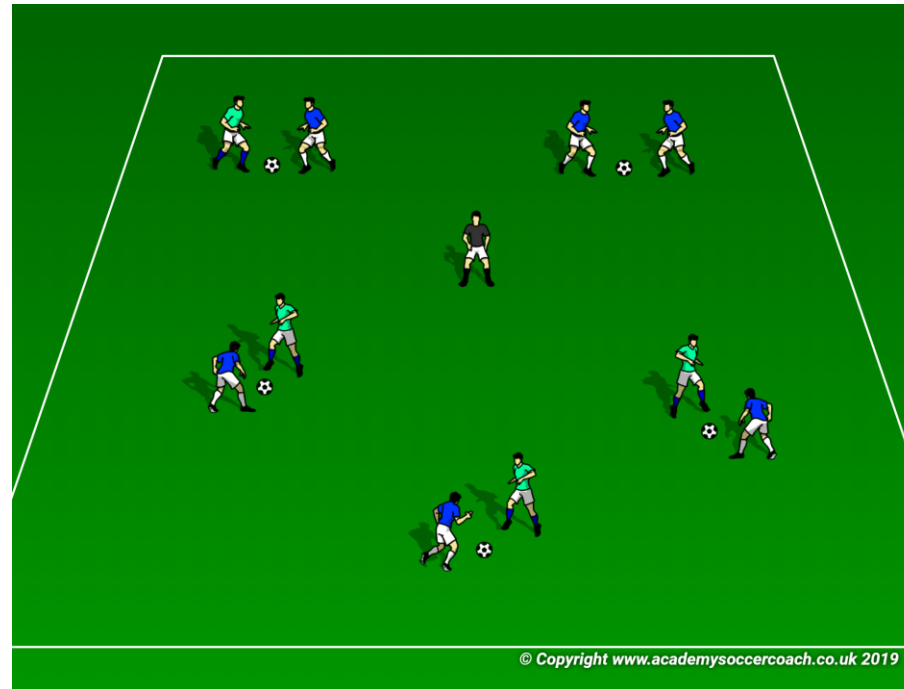
N/A

## Station Time

6-8 Minutes

## Area

25m x 25m



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## Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

### Technical

Reaction  
Body Awareness

### Psychological

Confidence  
Problem Solving

### Physical

Movement Skills  
Physical Literacy

### Social

Peer Interaction

## Outcome

**Individual:** Players try a variety of movements.  
**Collective:** All players are given leadership role.



# Physical Literacy Relay Game

## Organization

Groups of 4-5 players start on an end line with a ball.

## Procedure

Relay race. First player in line starts with the ball. They must pass the ball over-and-under to the back of the line. The last player runs to the front of the line and repeats the sequence.

## Progression

Find creative ways for the players to race (piggy-backs, crawling between legs, etc.)

## Conditions

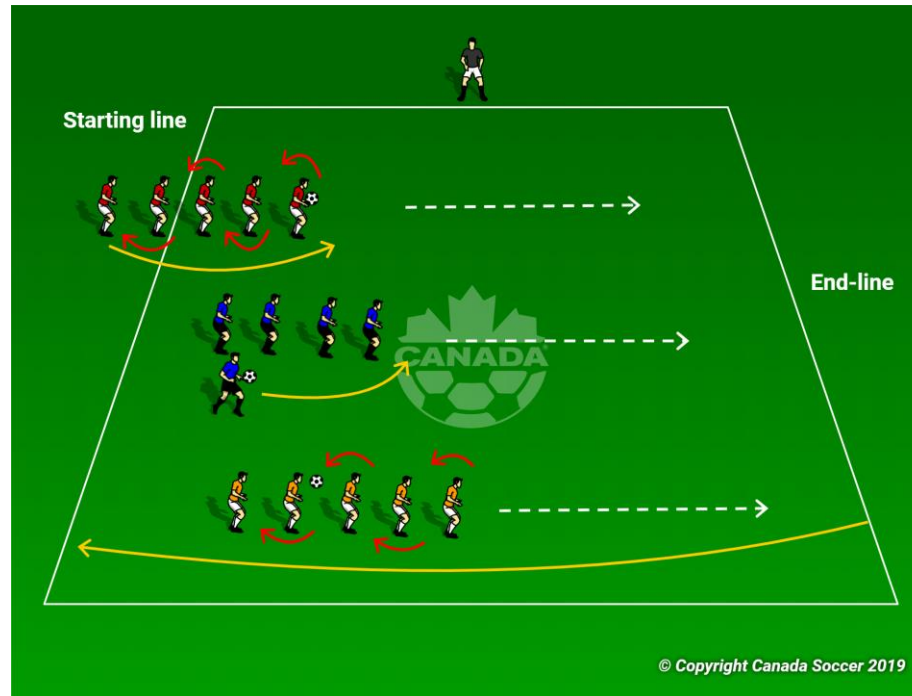
N/A

## Station Time

8-10 Minutes

## Area

20m x 20m



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## Objective

Awareness of other players  
Dribbling under pressure

## Technical

Awareness  
Dribbling  
Running with the Ball

## Psychological

Confidence

## Physical

ABC's  
Change of Direction  
General Fitness

## Social

Peer Interaction

## Outcome

**Individual:** Players challenge each other with various of dribbling techniques and moves.  
**Collective:** All players are given leadership role.



# Physical Literacy Reaction Game

## Organization

Players stand in a line facing the coach.

## Procedure

Coach calls a colour or direction and players must react and sprint to the line.

Have the players be active (knees up, burpees, running on the spot) before the sprint.

## Progression

Players can move to either side using different movement skills (side shuffling, running backwards, etc.)

## Conditions

N/A

## Station Time

6-8 Minutes

## Area

25m x 25m



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## Objective

Opportunity to use all parts of both their feet.  
Confidence to use skill moves.

### Technical

Awareness  
Decision Making

### Psychological

Confidence  
Reactions

### Physical

ABC,s  
Change of Direction  
General Fitness

### Social

Peer Interaction

## Outcome

**Individual:** Players try various dribbling techniques.

**Collective:** Players are aware of other players.



# Physical Literacy Partner Game

## Organization

Players are in partners with 1 ball and can move in the middle grid.  
4 different coloured squares are placed in each corner.

## Procedure

Players move around the middle area passing the ball with their hands. Players can pass with 1 hand (left/right), 2 hands, bounce pass, between the legs, etc.)  
On the coach's command the players must run to the colour of the box as quickly as they can.

## Progression

Place the ball on the ground and allow the players to pass using different passing techniques.

## Conditions

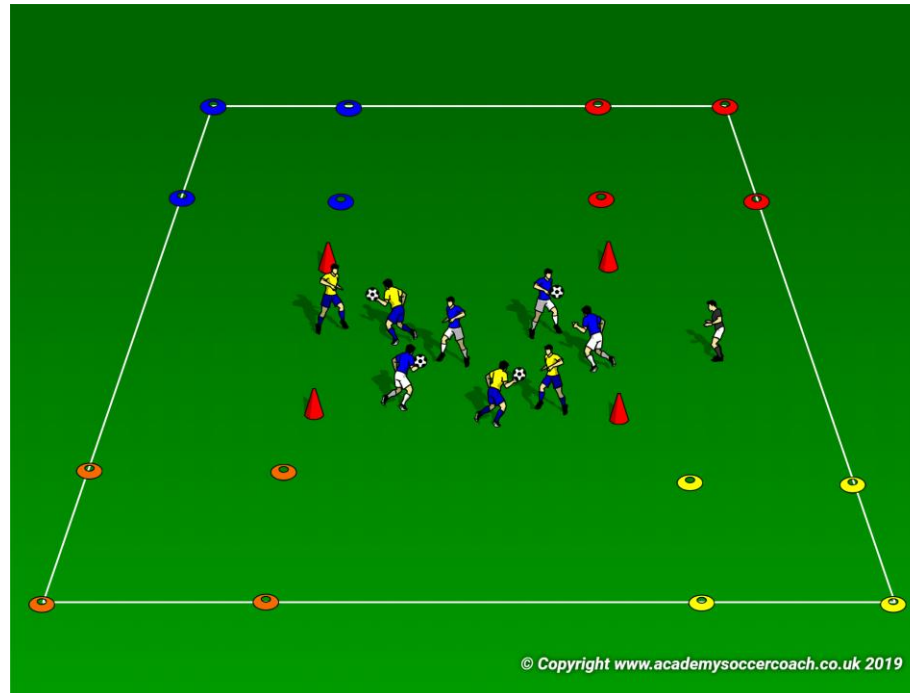
N/A

## Station Time

6-8 Minutes

## Area

20m x 25m



Manitoba Soccer Association - Grassroots

## Objective

Players become more comfortable with the ball.

### Technical

Awareness  
Decision Making

### Psychological

Confidence

### Physical

ABC,s  
Change of Direction  
General Fitness

### Social

Peer Interaction

## Outcome

**Individual:** Players become more comfortable with the ball.

**Collective:** Players recognize support players.



# Physical Literacy

## Tic Tac Toe

### Organization

Set up 9 cones. 3 pinnies per team – 1 per player.

### Procedure

Players start on the end line. On “go”, the players run/shuffle/hop to the cones. They must place their pinnie on a cone and run back. Once they cross the line, the next player can go. The goal of the game is to have 3 pinnies of the same colour in row. Once all the pinnies are placed down, the next player can move a pinnie to a different cone that is not yet taken. Repeat until there is a winner.

### Progression

Find different ways for players to move. Make it fun with variety – add cones/poles for the players to weave around. You can add more cones for longer games (Connect 4)

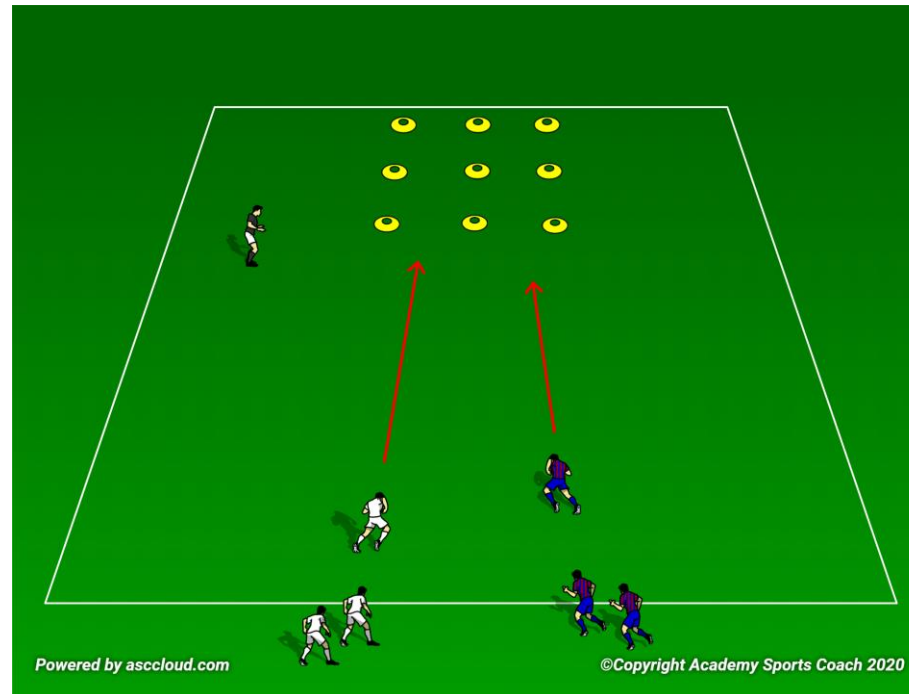
### Conditions

### Station Time

6-8 Minutes

### Area

15m x 20m



Manitoba Soccer Association - Grassroots

### Objective

Players become more comfortable with the ball.

#### Technical

Awareness  
Decision Making

#### Psychological

Confidence

#### Physical

ABC,s  
Change of Direction  
General Fitness

#### Social

Peer Interaction

### Outcome

**Individual:** Players must make quick decisions

**Collective:** Players have fun performing the movements