



U7 - U9 Cognitive Development Games

Category: Psychological practices
Difficulty: Advanced

Thomas Connor , Warwick , United States of America
Individual-Adult Member

Description

U7 - U9 Cognitive Development Games

These games are as much about developing creativity, imagination and mental agility in young players. To ask players decisions that will directly affect the success of the task while under pressure of time and physical exertion. These activities have proven to be an excellent tool in baseline testing for many professional Clubs in recent years.

U7 - U9 Cognitive Development Games

Organisation:

Children are playing against 1 other player.
They start opposite to each other 40m apart.

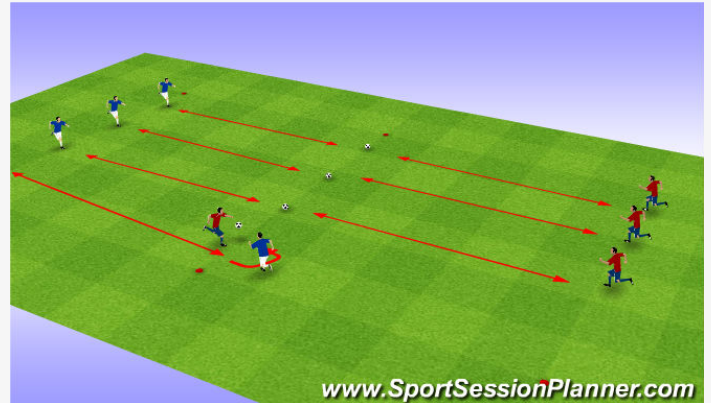
The Problem:

To win the game a player must retrieve the ball, pick it up and get back to their starting point without being tagged.

The Decision:

Take the ball or allow the ball to be taken? i.e. attempt to win the game or attempt not to lose it

The Solution: The solution is to avoid taking the ball and instead position yourself between the ball carrier and the end line making it impossible for the player to win without being tagged.



U7 - U9 Cognitive Development Games

Organisation:

Children play 2 against 1 tagger
15x10 Area with a centre gate that the tagger starts from

The Problem:

One tagger must come out of the gate and tag one of the two outfield players.

Once a player is tagged they become frozen out of the game.

The tagger must get back through the centre gate without the other outfield player tagging them.

Tagger wins if they get through the gate without being tagged.

Outfield players win by stopping them getting back.

The Decisions:

Tagger: Which player do you tag? How will I get back to the gate?
Where in the square will you tag a player?

Outfield Players: Which one of us will be tagged? Where would be the best place in the area for one of us to be tagged? Where in the square are we to make sure we can stop the tagger getting back through the gate?

The Solution:

Two outfield players work together to create a see-saw action and stay wide to maximise their width and depth relation to each other. As the tagger approaches one player the player moves high and wide while their partner moves down the other flank so a route to the gate is blocked.

If the tagger spots this and changes target then that player must get high and wide and the other drops on their side to create the same problem for the tagger.



U7 - U9 Cognitive Development Games

Organisation:

Seven players play against one tagger

The Problem:

The tagger and the players can go anywhere in the grid but must always move and must always hold hands

The tagger can only tag one player in the group and that player is identified to both the tagger and the group

The tagger only has 30 seconds to tag the player

The Decision:

How do the group stop the tagger from tagging the one player?

The Solution:

The group form a circle with the player they want to protect as one link in the chain

As the tagger runs around the circle to try and tag the player the circle moves as a unit to keep the tagger and the one player on opposite sides

Coaching Points:

Communication is key to the success of the game

Good and clear communication

Who can see the tagger?

Leadership and teambuilding skills are important

