

The Cartoon Run

In a rectangle approximately 30 x 20 steps, the coach names each side after a cartoon. Come on you can think of four!! Each player has a soccer ball. When the coach shouts out the name of a cartoon, the players dribble their soccer ball to the appropriate side. When the players reach that particular side they should perform a soccer move or skill to enter into that cartoon, for example toe taps or juggles.

As the players become more familiar with the game, the coach shouts quicker changes of direction to stimulate faster turns with the ball. The players should keep their head up to be aware of the best route to the cartoons so as not to collide with one another.

Leap Frog Race

Players leap and duck over each other

Animal Walk - Stretching 5-8 min

Monkey, Lizard, Elephant, Jaguar, Rabbit, Seal

2 player dribbling races through gates - ½ field

Players divided into two teams. Five small gates are placed randomly in the field. Players have to race as fast as they can to score points by dribbling through the gates. 1 minute games.

Variations: Stop in the gate, Turn back through the gate

Egg Hunt

The Soccer balls are splayed out in all directions, players have to go collect them as quickly as possible and bring them back to the "egg basket"

Steal the golden nuggets

Area: 2- 10x10 marked with four cones

Equipment: 7 balls for each area = 14

Game objective:

Have a player stand on each cone (or base) with two balls. One player will have one ball. On your signal the players can race to any other cone and steal a ball to bring back to their home base. The first player to get three balls at their base wins. The player with the fewest balls gets substituted for a standing player. Play several rounds.

Teaches:

Head up

RWTB

Ball control

Turns

Robin Hood

Area: 15x15 with a small square in the middle

Equipment: As many balls as possible

Game objective:

Divide the team into four groups. On your signal each team sends one player at a time into the center square to take a ball back to their group. Once they are back with their "treasure" they hand tag the next player who then races to the center for another ball. After all the balls are gone the players are released to steal balls from the other groups for 15 seconds. The team that has the most balls at the end wins the game. Play several rounds.

Teaches:

Head up

Running with the ball

Ball Control

Turns

Creative thinking

Score Many Goals 5-8 min

Five goals randomly spread through out the area. Players start in the center and on the coaches command go to score on any goal they chose.