

Everyone is it

In an area 20 yds x 20 yds, each child runs around trying to tag as many other children as possible while not being tagged themselves. Each bout lasts for 30 to 45 seconds.

The children must be aware of their surroundings and make decisions about where to go and where to avoid.

Find the Coach

The coach has all the children close their eyes and while their eyes are closed the coach moves. On the command, "find the coach" the children open their eyes and run to tag the coach. This progress from the coach staying still to the coach moving even after the children has opened their eyes.

This activity becomes "chase and flee" quickly. The children begin to run in a direction, and for a purpose. Later they will do the same with a soccer ball, but first they learn to run to a target.

Balls in the basket

Each player should have a ball. The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.

Listening skills
Problem solving
Dynamic dribbling

Shadow Dribble

Each player has a ball and follows the coach. The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic. Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises.

Dribbling & movement enhancement
Decision making

Gates Dribble

Cones or disks are placed as gates all over the playing area (there should be more gates than children). Children try to dribble through as many gates as possible in a specified period of time, such as 15 sec. The children keep track of how many gates they dribbled and try to get more the next time. The coach needs to make sure the children go from one gate to another.

The children learn to control the ball at pace while running and turning

Bonk ball

In a 10x15 grid. Each player with a ball. Coach tries to throw his or her ball at the player's balls as they try to hide or protect theirs. If Coach hits the ball, (a bonk) the player gets the ball they had and joins the coach being one of the "Bonkers". Last one still dribbling is the winner.

Fitness.
Dribbling and shielding
Vision.

What kinds of things can you do so your ball won't be hit?

3v3

The activity ends playing 3v3. This is free play.