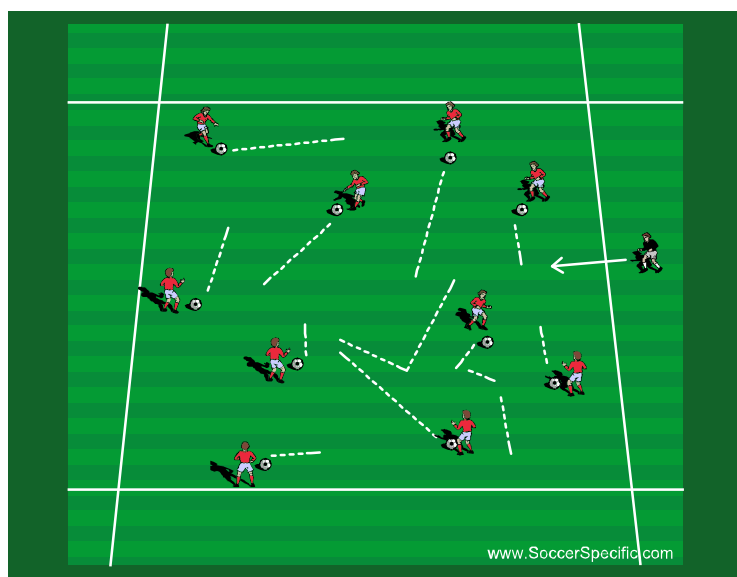


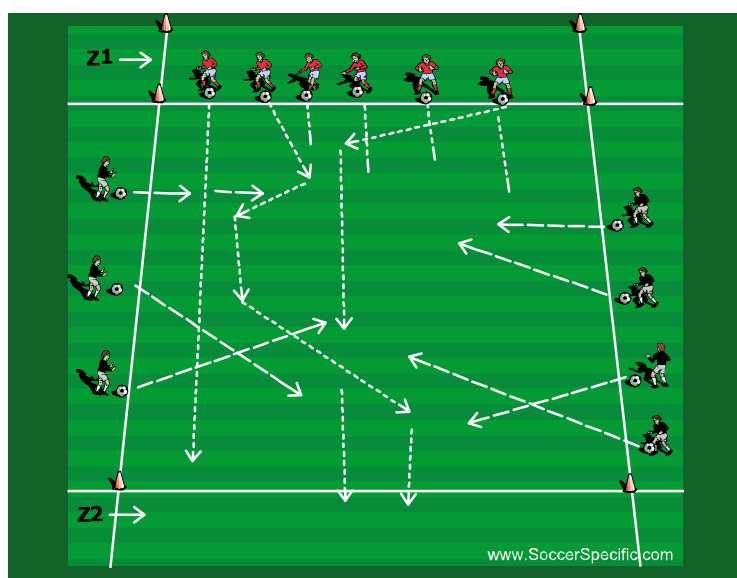
ACTIVITY #1

Set up: Hospital Tag: 20 x 20 Grid, Each player has a ball
Instructions: One player begins the game as "IT" (The Virus) All other players dribble their ball around the grid When the players are tagged they must hold the part of the body that was tagged like a wound
 If they are tagged a 2x time they must hold that part with the other hand.
 3x they must visit the hospital and perform 10 Jumping jacks to be healed.
Coaching Points: Keep the ball close
 Stay in working area
 HAVE FUN!



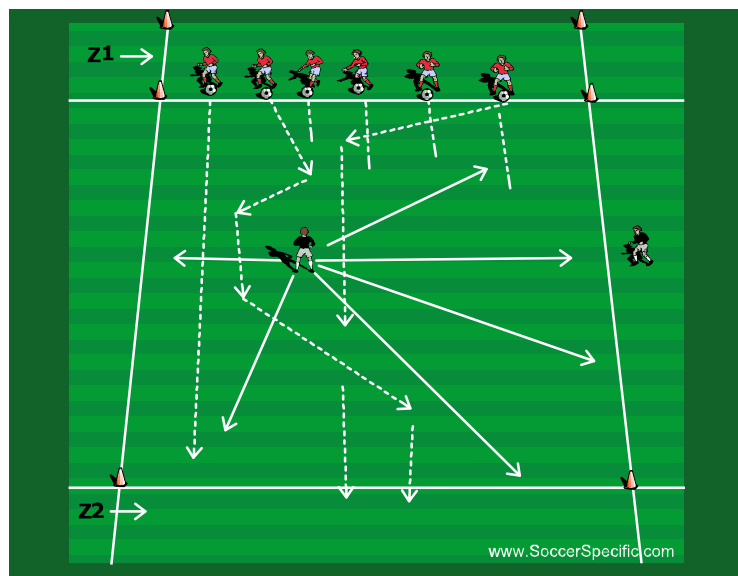
ACTIVITY #2

Set up: Body Brakes: 20 x 20 Grid, Each player has a ball
Instructions: All players with a ball dribbling in the area. Coach calls out a body part and players must touch the ball with the part called out.
 If coach calls out HANDS... Players must put their foot on the ball and Yell "Don't be silly coach" Your not allowed to use your hands!
Coaching Points: Keep the ball close
 Stay in working area
 HAVE FUN!



ACTIVITY #3

Set up: Cannonball Run- 20Wide x 15 Long Grid with 2 Free End Zones, Each player with a Ball
Instructions: Players all commence in Zone 1 (Z1) which is a free zone with a ball at their feet. Parents and Coaches are on the outside with cannonball each. Parents and coach must roll or kick cannonballs out while the players dribbling avoid be hit by a cannon on their way to their intended distination Zone 2 (Z2)
 Players must dribble their ball and avoid be captured by the coach in the middle while maintaining close control of their ball while staying in the working area.
Coaching Points: Keep the ball close, head up, find open space, avoid the cannonballs
 HAVE FUN



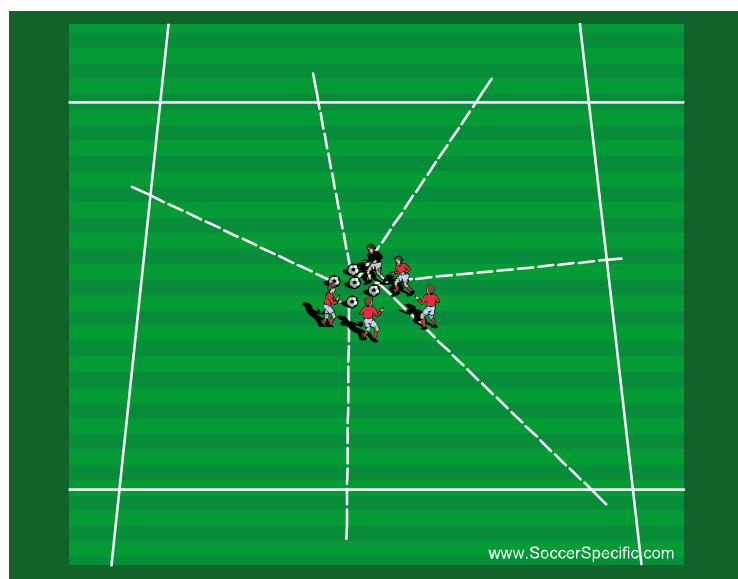
ACTIVITY #4

Set up: Crab Cage- 20Wide x 15 Long Grid with 2 Free End Zones, Each player with a Ball

Instructions: Players all commence in Zone 1 (Z1) which is a free zone with a ball at their feet. Coach is in the middle trying to stop the player from getting to their intended destination Zone 2 (Z2)

Players must dribble their ball and avoid be captured by the coach in the middle while maintaining close control of their ball while staying in the working area.

Coaching Points: Keep the ball close, head up, find open space
HAVE FUN



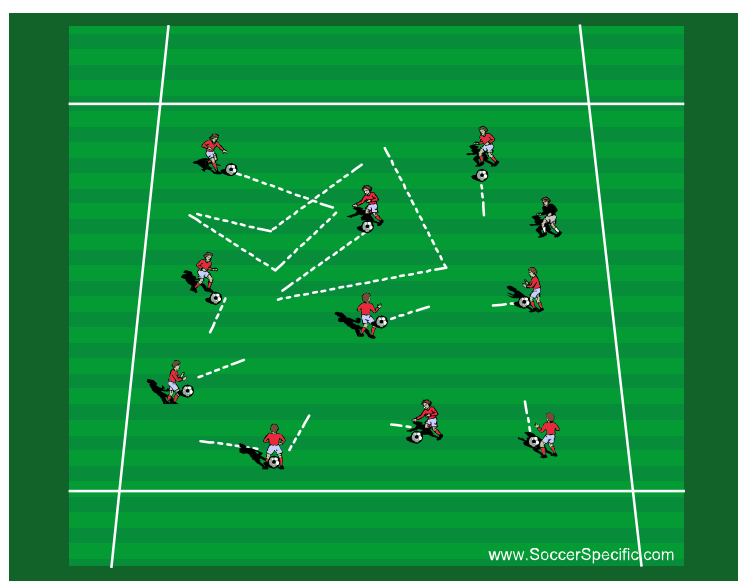
ACTIVITY #5

Set up: Dog and Bone 20 x 20 grid, each child with a ball

Instructions: Coach stands in the middle of the area and throws or kicks players balls to the outside of the grid. Players must case their ball and bring it back to the coach.

Progression: Retrieve ball with their hands, Retrieve ball by rolling it along the ground with hands, retrieve ball by using their feet, retrieve ball with their heads

Coaching Points: Have fun, be creative



ACTIVITY #6

Set up: Farmers & Foxes 20 x 20 Grid, Each child with a ball. Each Child has a pinnie tucked in to use as a tail

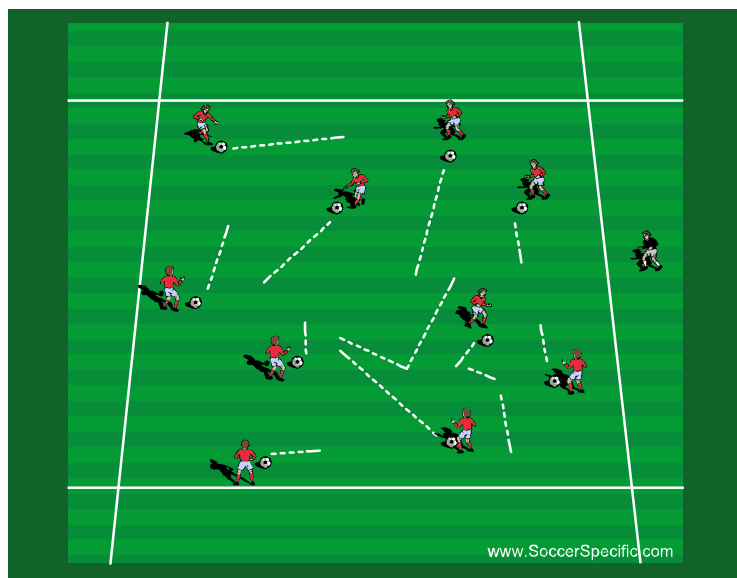
Instructions: Each player has a ball and a pinnie to use as a tail. The Farmer must attempt to pull foxes tails out while they dribble. Once this happens the fox then becomes another farmer.

Coaching Points: Keep the ball close

Stay in the working area

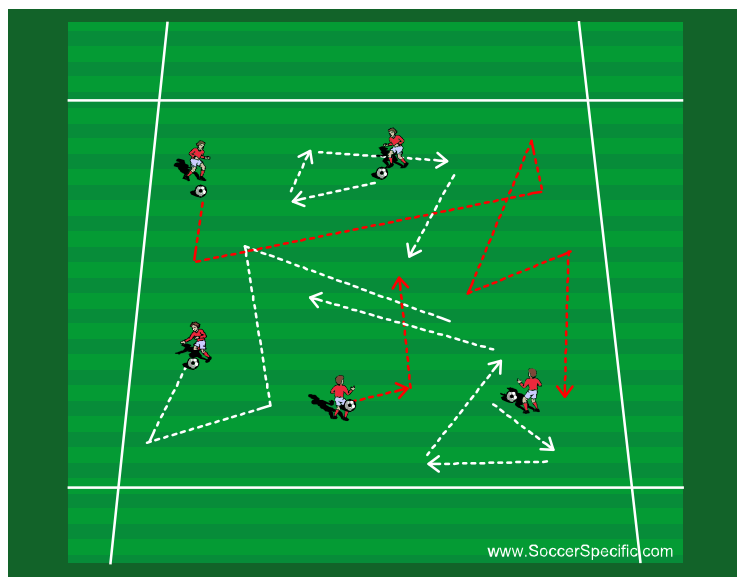
Head up

HAVE FUN!



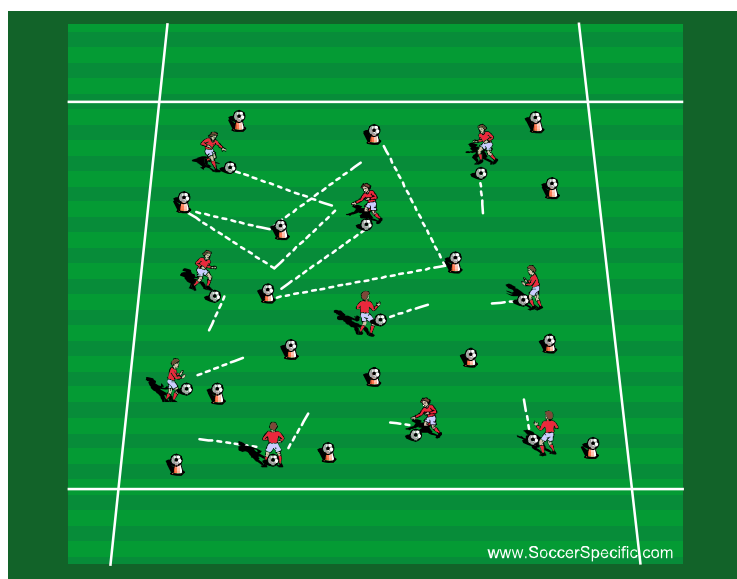
ACTIVITY #7

Set up: Hospital Tag: 20 x 20 Grid, Each player has a ball
Instructions: One player begins the game as "IT" (The Virus)
 All other players dribble their ball around the grid
 When the players are tagged they must hold the part of the body that was tagged like a wound
 If they are tagged a 2x time they must hold that part with the other hand.
 3x they must visit the hospital and perform 10 Jumping jacks to be healed.
Coaching Points: Keep the ball close
 Stay in working area
 HAVE FUN!



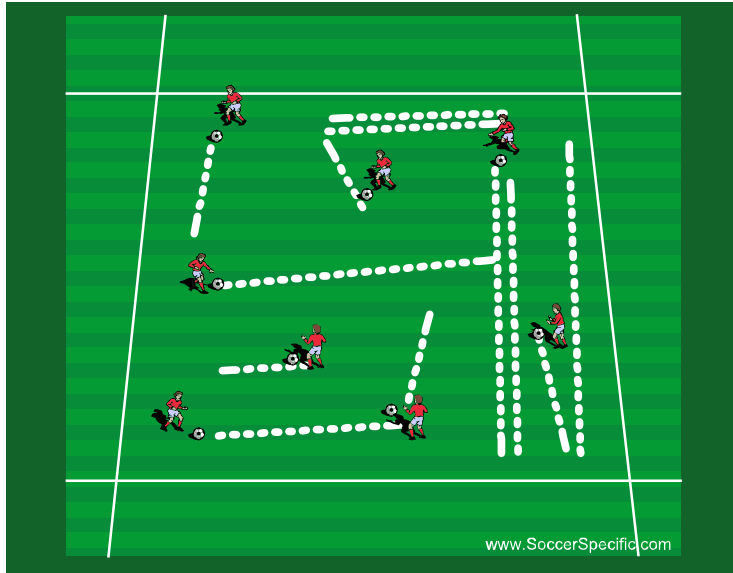
ACTIVITY #8

Set up: Jungle Dribble: 15 x 15 Grid, Every Player with a ball.
Instructions: Coach calls out Commands
 Monkey Dribble-Players use inside of feet to keep ball close
 Elephant Dribble- Players use laces with toe pointing down
 Cheetah Dribble- Player dribbles as quickly as possible
 Duck walk- Player dribbles by using the inside of each foot alternating each touch
 Be creative- Ask players to make up their own dribbling method for their favorite animal
Coaching Points: Keep the ball close
 Stay in the working area
 Head up
 HAVE FUN!



ACTIVITY #9

Set up: 20 x 20 Grid, Each child with a ball. Put cones inside the grid with a Brazilian ball on top
Instructions: Kids must dribble around the leaning towers (Cones with ball) without the balls falling off (knocking down the tower)
 Progression: Ask the players to run in and out and touch each ball while dribbling to the towers trying to not knock over the ball from the tower.
 Progression: Dribble around and kick each ball off of the towers
 Progression: Dribble and put the Brazilian balls back on top of the towers.
Coaching Points: Keep the ball close
 Stay in the working area
 Head up, avoid bumping into players and towers
 HAVE FUN!



ACTIVITY #10

Set up: Paint the Field: Each player with a ball in a 15 x 15 Grid, Adjust grid as you see best fit.

Instructions: Every player dribbles their ball in the area defined. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The Task is to paint as much of the area as possible in the time allotted by dribbling their soccer balls all over the grid.

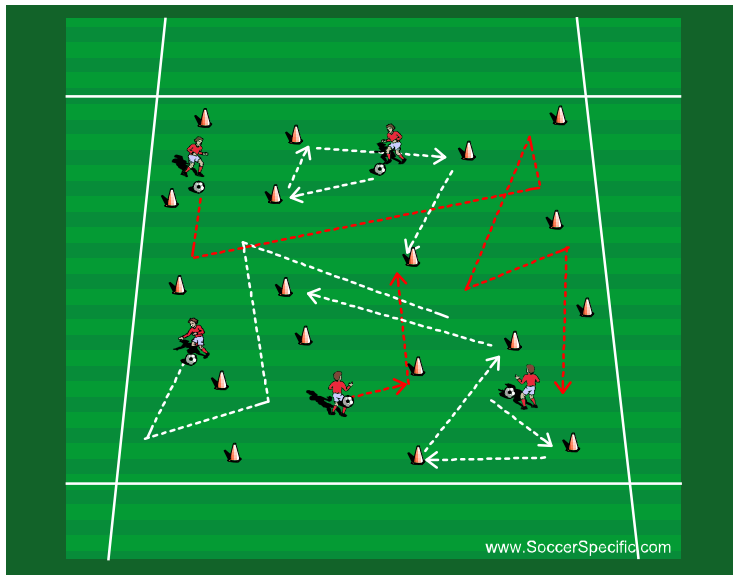
Progression: Ask them to paint with only their left foot, then right foot.

Coaching Points: Keep ball close

Avoid other players

Stay in working area

Have FUN



ACTIVITY #11

Set up: Pancake: 15 x 15 Grid, Every Player with a ball. two sets of different colour cones layed out in the working area

Instructions: Players must dribble to a the cones and flip them over to get a point. Players then continue to the next objective. You may do this as a timed activity (Get as many as you can in one minute), by colour (team Red gets all the red cones flipped over, team Yellow gets all the yellow flipped over) or as a free for all

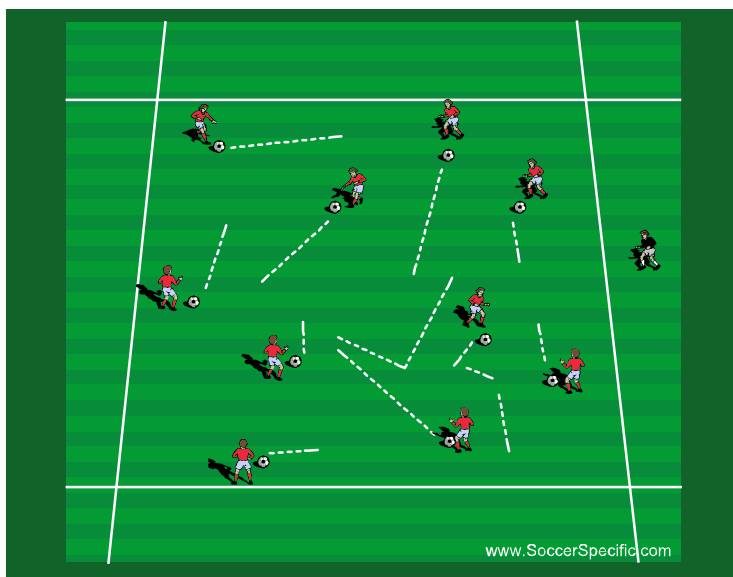
Coaching Points: Keep the ball close

Stay in the working area

Head up

Coordination in flipping cones

HAVE FUN!



ACTIVITY #12

Set up: The Pirate Ship: Each player working in the area with a ball

Instructions: All Players with a ball dribbling within the area.

Coach calls out Commands:

Captain on Deck- Players stand with one foot on top of the ball and Salute

Load the Cannons- Players drag the heavy cannonballs with their feet

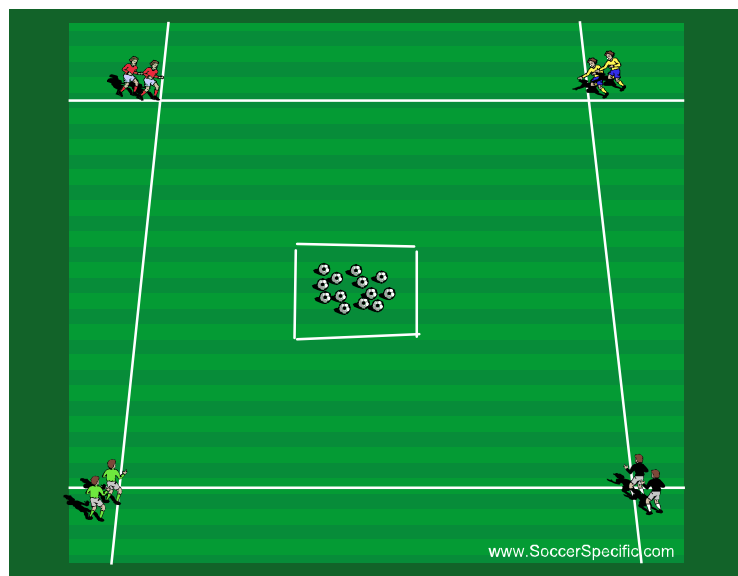
Walk the Plank- Players jump over the soccer ball and land on the floor on the other side of the ball.

Coaching Points: Listen for commands

Keep the ball close

Stay in working area

HAVE FUN!



ACTIVITY #13

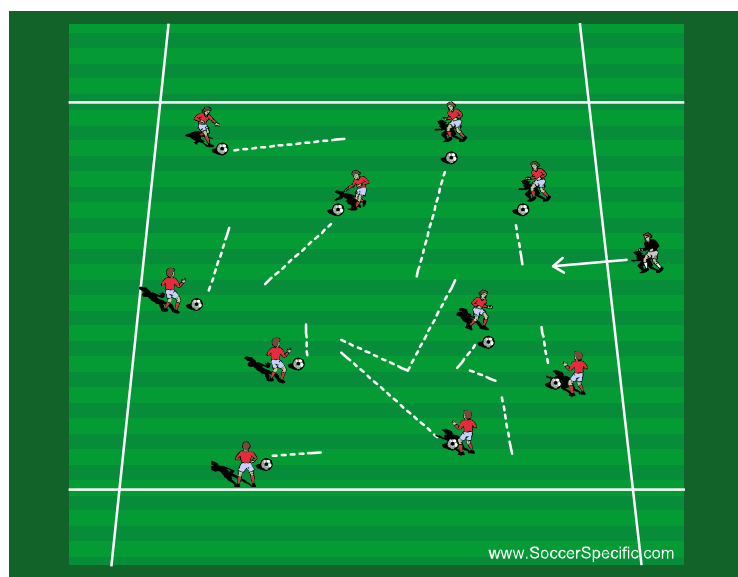
Set up: Robin Hood: 20 x 20 Grid with a 5 x 5 Grid (Jail) for the balls

Instructions: Players line up in each corner, on the coaches command the 1st player from each line runs out to the "JAIL" to take a ball by carrying it in their hands back to their respected corner. Once the 1st player returns the 2nd player in line may go. Progression: Dribble the ball back.

Coaching Points: Keep the ball close

Run Fast

HAVE FUN



ACTIVITY #14

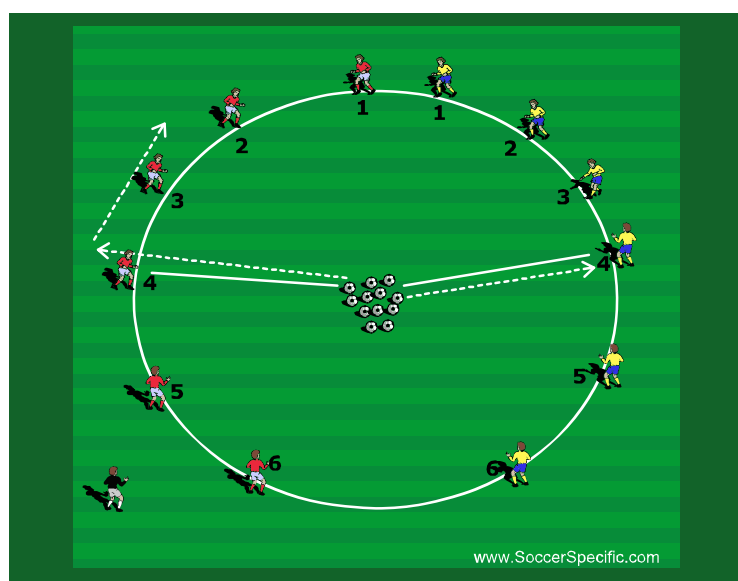
Set up: Soccer Bee's: 20 x 20 Grid, Each player has a ball

Instructions: Tell the player that they are "Soccer Bee's" and should dribble around inside the square and buzz like bee's. Tell them to push the ball with their feet and keep it close. Players must stay inside the square because it's their "Bee hive" After a few minutes, coach goes inside the "Bee Hive" players (Bee's) must try to sting the coach by kicking the soccer ball as their Hive has been invaded. The coach walks around and has fun while the players try to kick a ball into them. Play Until they get tired of it.

Coaching Points: Keep the ball close

Stay in working area

HAVE FUN!



ACTIVITY #15

Set up: Cat and Mouse

Circle 10 yrd radius 12 balls 2 equal teams.

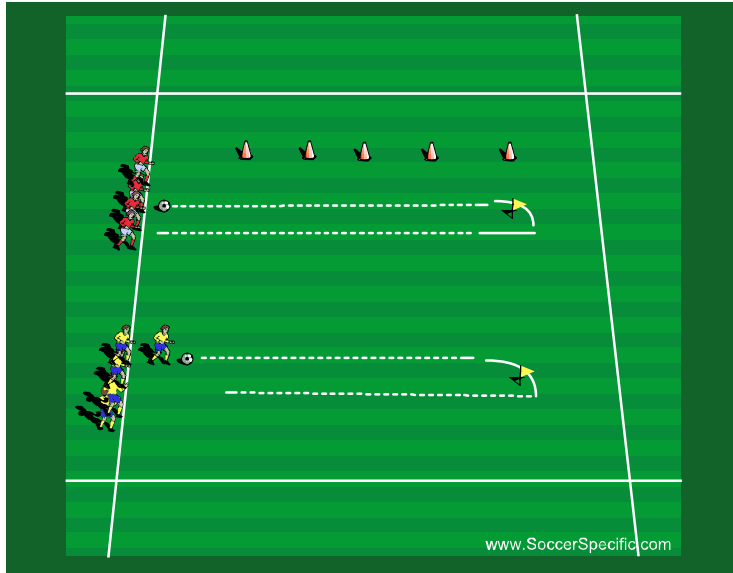
Instructions: Players are divided into two teams, cats and mice, with the players on each team numbered 1-3 or 1-6. Start with 12 balls (pieces of cheese) in the middle.

The coach calls out a number and the appropriate mouse runs into the centre and steals the cheese, one piece at a time taking it back to their starting place on the circle.

At the same time, the appropriate cat takes a piece of cheese, dribbles back to their starting cone and then all the way around the outside of the circle before returning the cheese to the middle. When the cat gets back the turn is over. The mouse counts their cheese and returns it to the middle before the coach calls the next number to repeat the game.

Progression: Cat runs without the ball around the circle.

Coaching Points: Stop the cheese at your cone, keep the cheese close, the Cat's almost home



ACTIVITY #16

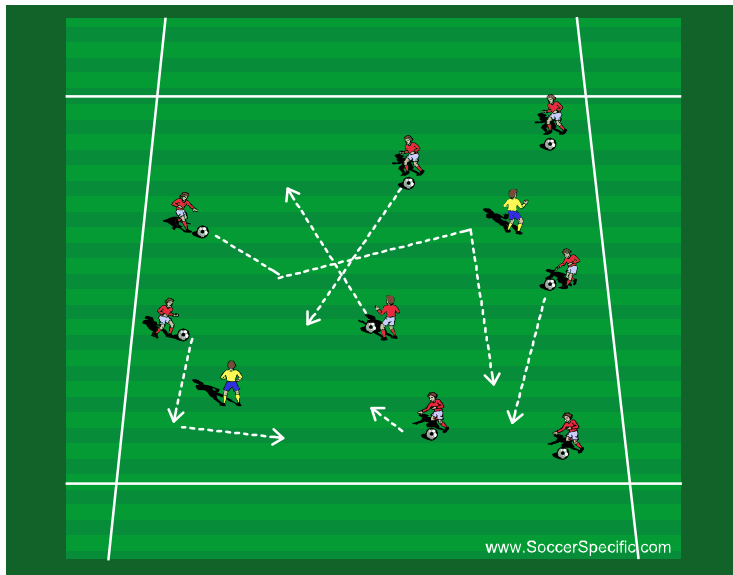
Set up: Chain Gang-Area 40 x 30 yards divided into two 40 x 15 yard channels.

12 players, 2 teams of 6

Cones and 2 balls.

Instructions: Place a large cone or pole at one end of each channel. The players are divided into two teams and start at the opposite end. The first player dribbles a ball up the channel, around the cone and back to their teammates. The starting player then links arms with the 2nd player on their team and they dribble the ball up the channel, around the cone and back to their teammates. Each time an extra player joins until they entire team has gone together. Team must not break their chain at any point in the race. If it breaks they must start at the beginning.

Coaching Points: Keep the ball close, don't break the chain, Work together.



ACTIVITY #17

Set up: Ghostbusters:Area: 30 x 30 Yards square

Player:12

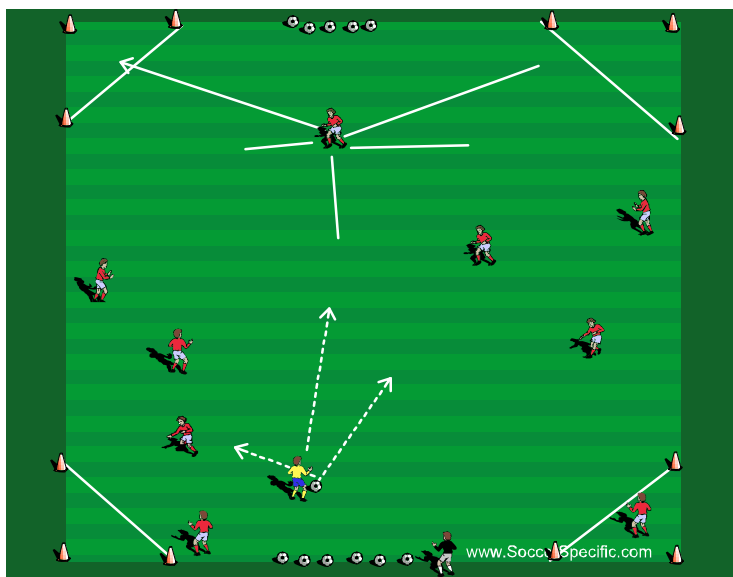
Balls:10

Instructions: Inside the area 10 players have a ball while the tow remaining players are the ghost. The players must dribble around the area. They can move in any directions as long as they stay within the area.- Trying to stay away from the ghost. Ghost attempt to tag the dribbling players. Once a player has been tagged they freeze and stand with their feet apart hodling their ball above their head.

See how many players the ghost can freeze in 1 min. They quickest time to tag all the player, or the most when the time runs out wins.

Progression: Allow free players to unfreeze tagged players with a nutmeg-playing the ball between their legs. Which means the ghost have to work harder to tag everyone.

Coaching Points: Keep the ball close, head up, accelerate, freeze if you've been tagged.



ACTIVITY #18

Set up: Aliens: Area 40 x 40 yard sqyare with triangled off sections in the corner. 5 x 5 safty pods

12 players, 11 balls

Instructions: Nominate one player to start as an alien. The rest of the players become the space cadets

The Alien collects a ball from the side of the area and must play the ball against any of the space cadets below knee height in order to bite them.

The Space cadets myst run around the area- In any direction-trying to avoid being bitten by an alien. If a player is bitten they collect a ball from the side of the pitch and they too become an alien. The space cadets cannot be attacked when they're in one of the safty pods, however, a player can only stay in a pod for a max 10 seconds and cannot return to the same pod without visiting another.

Coaching Points: Heads up, Sprint, Aliens, thin about when to bite.