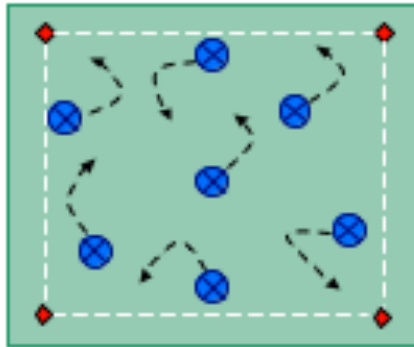


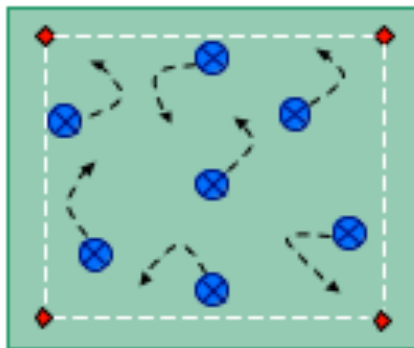
### SESSION OBJECTIVES

Games and activities which help to develop gross motor skills. Before any activity begins, always show the players the 'soccer Island'...this is the square in which all activity will take place



### FUN EXERCISES

- Get kids to get a cone and place it in the area
- Give kids Brazilian Balls
- Place the Brazilian ball on a cone
- Ask the kids to run in and out of the balls without knocking them off the cones
- Then Touch as many balls as you can without knocking them over
- Kick all balls off the cones
- Quickly put them back on top of the cones!



### JUNGLE DRIBBLE

All players with a ball dribbling within the area. Coach calls out commands:

- **'Monkey Dribble'** Players use Inside of feet and keep ball close
- **'Elephant Dribble'** Players use sole of foot to dribble ball
- **'Cheetah Dribble'** Player dribbles as quickly as possible
- **Be Creative:** Ask players to make up their own dribbling method for their favorite animal.

### SMALL SIDED GAMES

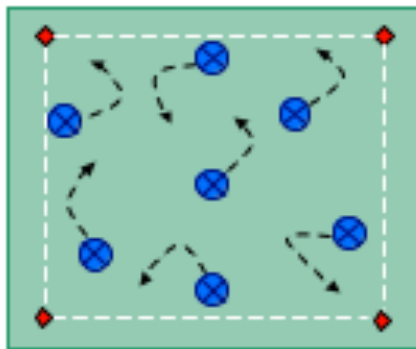
The progressions below will help players develop a better familiarization for the game.

- 1 ball per player shooting into both goals,
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- 1 ball for both teams. Defend and attack one goal each.



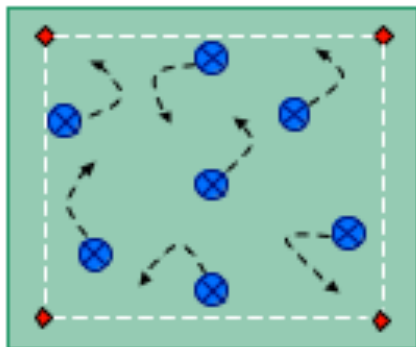
### SESSION OBJECTIVES

Games and activities which help to develop gross motor skills.



#### PANCAKES

Players must dribble to and flip over a cone for a point. Players then continue to the next objective. You may do this as a timed activity (get to as many as you can in one minute), by color (team A get all of the red flipped over, team B get all of the green flipped over) or as a free for all.



#### RACING CARS

All players with a ball dribbling within the area. Coach calls out commands:

- '1<sup>st</sup> Gear' Walk with the ball
- '2<sup>nd</sup> Gear' Jog with the ball
- '3<sup>rd</sup> gear' Sprint with the ball
- 'Brake' Stop
- 'Crash' Players crash their balls by falling over and making loud noises (like a car accident)

### SMALL SIDED GAMES

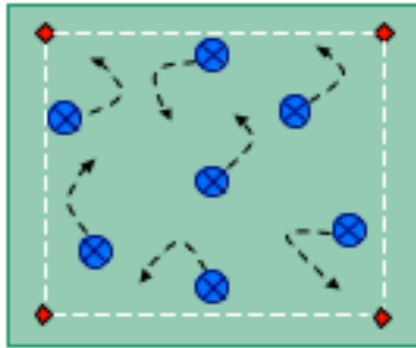
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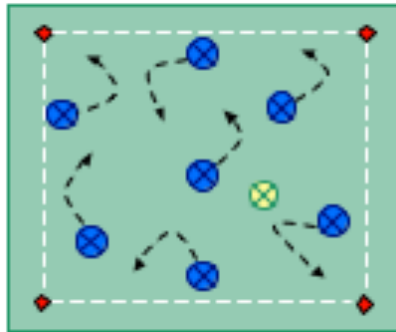
### SESSION OBJECTIVES

Games and activities which help to develop gross motor skills.



### COACH SAYS

Just like “Simon Says” but with a soccer ball. You can give them as many different instructions as you like and have a fun little “punishment” for players who make mistakes such as pulling a funny face for the coach.



### FARMERS AND FOXES

- Each player is given a pinnie to use as a tail.
- The farmer must attempt to pull foxes tails out. Once this happens the fox then becomes another farmer.

### SMALL SIDED GAMES

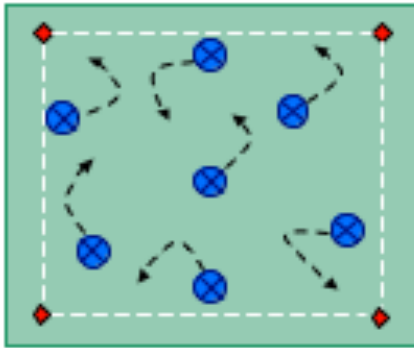
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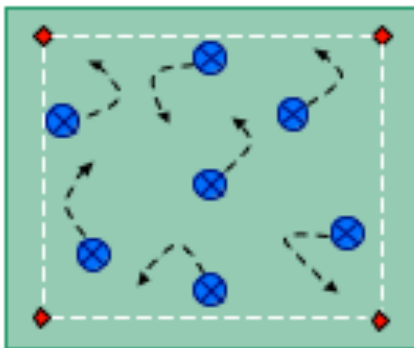
### SESSION OBJECTIVES

Games and activities which help to develop gross motor skills.



### FUN EXERCISES

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### DOG AND BONE

- Coach Stands in the middle of the area and throws players balls to the outside.
- Players must case their ball and bring it back to the coach..

Progressions:

- 1) Players retrieve ball with their Hands
- 2) Players retrieve ball by rolling it along ground with hands
- 3) Players retrieve ball by using their feet
- 4) Players retrieve ball with their heads.

### SMALL SIDED GAMES

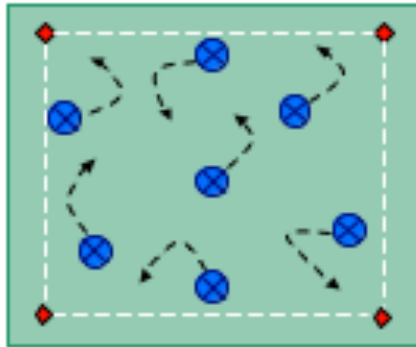
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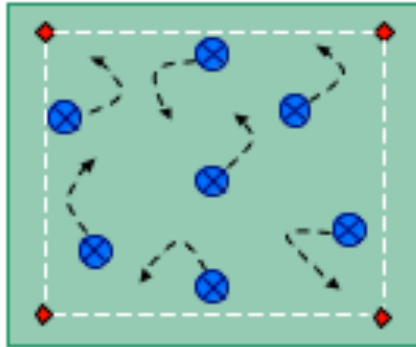
Games and activities which help to develop gross motor skills.



#### PAINT THE FIELD

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: Can ask them to paint with only their left foot, then their right foot.



#### THE PIRATE SHIP

All players with a ball dribbling within the area. Coach calls out commands:

- **'Captain on Deck'** Player stand with one foot on top of 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

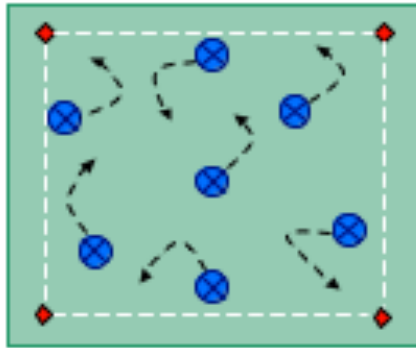
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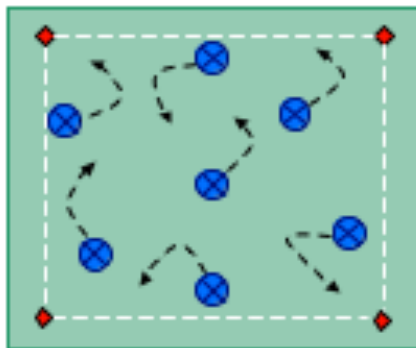
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#### RED LIGHT – GREEN LIGHT

All players with a ball dribbling within the area. Coach calls out commands:

- **'Red light'** Stop Ball
- **'Green Light'** Dribble Ball
- **'Crash'** Players crash their balls by falling over and making loud noises (like a car accident)

### SMALL SIDED GAMES

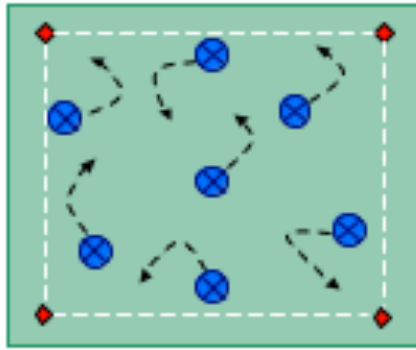
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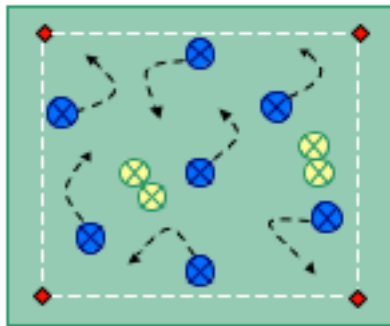
### SESSION OBJECTIVES

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### COACH SAYS

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### HOSPITAL TAG

- One player begins the game as ‘it’ (The Virus) All other players dribble their ball around the square.
- When players are tagged they must hold the part of the body that was tagged like a wound
- If they are tagged a second time they must hold that part with the other hand.
- The third time they must visit the hospital and perform 10 jumping jacks to be healed.

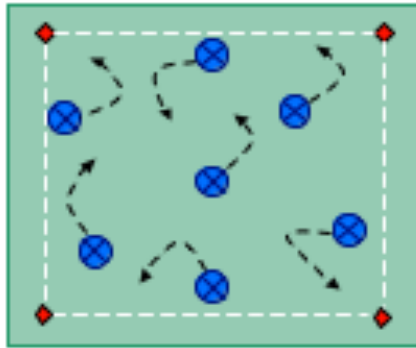
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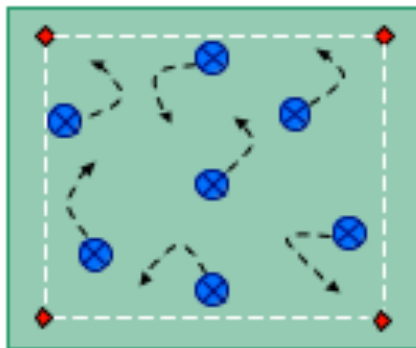
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#### SOCCKER BEES

- Tell the players that they are “Soccer Bees” and should dribble around inside the square and buzz like a bee. Tell them to push the ball with their feet and keep it close. Tell them they must stay inside the square because it is their “bee hive”.
- After a few minutes, Coaches go inside the square. Tell the “bees” that their hive is being invaded by giants and they should “sting” them with their soccer ball. The coaches should walk around and have fun while the players try to kick a ball into them. Play until they get tired of it.



#### BODY BRAKES

- All players with a ball dribbling in the area. Coach calls out a body part and players must touch the ball with that part
- If coach calls out hands....players must put their foot on the ball and yell ‘don’t be silly coach’ (cannot touch the ball with your hands!)

### SMALL SIDED GAMES

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