

U4 - U6 Activities

<u>Name:</u>	<u>Description:</u>	<u>Progressions:</u>	<u>Skills:</u>	<u>Distancing Modifications:</u>
<b>Around the World</b>	Set out four or five cones on the perimeter of a large area. Ask the children for names of towns in their area. Assign each cone a town name. As the players dribble in the area the coach calls out a town name and the players must dribble around that cone and then return to dribbling in the area.	This can start without balls until the children get used to the game. Also, instead of having the cones there could be multiple small grids, each a different size for different towns. The children would have to dribble with speed when going from one town to the next.	Dribbling, Stopping, Movement in Traffic	alter: set out as many cones as there are players, only one person per town
<b>Bingo</b>	A number of tall cones are distributed throughout the field. Two coaches are replacers. Each player has a ball. The players dribble around and try to knock down as many cones as they can, yelling "bingo" as they do so. The coaches stand the cones back up immediately. Who can get the most bingos?	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Dribbling, Kicking, Movement in Traffic	replace with bowling
<b>Cross the Bridge</b>	Divide the players into two groups, one on each endline of the field. Mark the centerline with a flag on each sideline, this is the bridge. On the coaches command the teams switch places, dribbling across the bridge. Which team can switch places the fastest?	Slide the cones towards the centre of the field to make the bridge shorter. Add a bridge keeper to kick balls away	Dribbling, Movement in Traffic	mention 2 bridges, each one way, stay 6 ft apart as they are crossing
<b>Cross the Ohio River</b>	The players go boating (run) from one shore (a line) to another shore. In the river between there are piranhas (start off with two) that try to tag the boaters. If tagged, the boaters either become a piranha as well or the two can switch places.	Add a ball for the players.	Dribbling, Movement in Traffic	I wonder if coaches could be the piranhas, as coaches are temporarily allowed near children
<b>Dog and Master</b>	Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and then is caught by his master (kick ball and run after it, catching it before it stops rolling), run with the dog, walkers swap dogs, etc.	Introduce tall cones as trees that the masters have to keep their dogs away from or an evil dog catcher that kicks dogs out of the game. The players have to see a park ranger before coming back in.	Dribbling, Kicking, Stopping, Movement in Traffic, Passing	Add in one direction and spacing.
<b>Driving my Car</b>	Everyone is driving their "car" around making engine noises, coach tells players when to switch into first gear (slow), 2nd gear (little faster) and 3rd gear (real fast)	Add turns and hit the brakes	Ball Movement	Add in one direction and no passing cars.
<b>Follow the Grasshopper</b>	Follow the grasshopper (coach) 20 secs, let each player lead for 20 secs.	Add balls	Movement	Add in no passing each other, keep distance.
<b>Goal Chase</b>	The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time.	Each player has a ball	Dribbling, Movement in Traffic	Take out the chase, just make it gates or tunnels or something

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<b>Goofy Stop and Go</b>	All players dribble their ball in the grid. When coach says, "STOP!", players must stop their ball and freeze in a goofy position		Dribbling, Stopping, Movement in Traffic	Add in keep distance
<b>Keep Your Yard Clean</b>	Create a "neutral area" between the two teams where no player is allowed into. This area can be as small as 3 feet and as big as 30 feet wide. The width is determined by how far the players can kick the ball. Each player starts with a ball at their feet. On command, each team tries to keep their side of the game free of balls by kicking their ball over to the other teams side. After an appropriate amount of time, call the game and count which side has the most balls on their side.	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Kicking	Add in they can't move from their spot.
<b>Kick and Chase</b>	The players kick their own ball and then chase and retrieve the ball.	Big Kicks	Kicking	Add in move same direction, and keep space
<b>Mirror Man</b>	Players face the coach. As the coach moves, so must players, as if to looking in a mirror. Move left, right, back, forward.	Add ball for each player and coach. Role ball from side to side using sole of foot. Move ball back and forth using sole of foot. Dribble ball to left using inside of right foot. Dribble ball to right using inside of left foot. Drag ball backwards using sole of foot. Dribble ball forward using inside of foot. Always stop the ball before moving onto the next direction.	Dribbling, Listening	Add keep space
<b>Moving Targets</b>	Everyone has a ball and is dribbling in an area. Two coaches hold a practice vest between them, forming a goal. The players must try to kick their ball through the goal. However, the coaches should move around into open space so that the players have to dribble around and kick their ball through a moving target		Dribbling, Kicking, Movement in Traffic	Need to change up a bit
<b>Ouch</b>	Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.	Specify how the players must strike the ball (right foot, left foot, inside or outside)	Kicking	Add in players stay in one spot
<b>Red Light, Green Light</b>	All the players start on a designated line with the coach on another line. With their back to the players the coach yells green light and the players try to get to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.	Add a ball	Stopping, Dribbling	Space out

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<b>School of Fish</b>	All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms, one at a time and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.		Dribbling with head up, Changing Direction, Ball Control	
<b>Sharks and Minnows</b>	The minnows have a ball and line up at one end. Two players are the sharks and are positioned 1/2 way across. On the coaches command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing, he/she becomes a shark.		Dribbling, Decision making, change of speed and direction.	Change to Big Kicks and the minnows just do a running kick in their own area. The sharks have to stay in their area and try to get the ball. Spread out.
<b>Steal the Bacon</b>	Set up a square and have one player stand at each corner. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner.	Players must dribble the balls	Movement in Traffic, Dribbling	Alter somehow
<b>Torpedo</b>	Have the players form two teams and face each other. Everyone on one of the teams needs a ball. Two coaches should pass a ball from side to side, between the two teams. The players with the balls try to pass their ball(torpedo) to hit the ball the coaches are passing. If the player misses, the person across from them collects the ball and tries to hit the coaches ball on the next pass.	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Kicking, Passing	Just spread out
<b>Traffic Officer</b>	Set up four small grids in a large area. Have a group of players running around in each grid. The coach (traffic office) stands in the middle of the large are and directs the traffice where to go.	Add a ball for each player. Send multipy groups to same grid.	Dribbling, Movement in Traffic	Alter to have players go same direction, follow the leader pattern.
<b>Tunnel Soccer</b>	Each player has a ball. The coach has no ball but moves about the field with the players. From time to time the coach stops and spreads their legs to form a tunnel. The players dribble after the coach and try to shoot through the tunnel whenever the coach stops. After three shots or so the coach moves on again. Who can score the most points in one minute?	Coach specifies how the players must kick the ball (inside, outside, left, or right foot)	Dribbling, Kicking, Movement in Traffic	Add in Hoola Hoops work well for tunnels.