






<p><b>1</b> Coconut Soccer (Week 1, 2, 9, 10)  Relay Races (Week 3, 4, 11, 12)  Red Light Green Light ( Week 5, 6, 13, 14)  Pop Up Frenzy (Week 7, 8 15)</p>	<p><b>1</b></p> 
<p><b>2</b> British Bulldog (Week 1, 2, 9, 10)  What time is it Mr. Wolf? (Week 3, 4, 11, 12)  Fill your Square (Week 5, 6, 13, 14)  Shooting Arces (Week 7, 8, 15)</p>	<p><b>2</b></p> 
<p><b>1</b> Same 2 activities are conducted in every section.  Teams switch sides once their activity is complete  Teams will then play a 4 vs 4 game</p>	<p><b>1</b></p> 
<p><b>2</b></p> 	<p><b>2</b></p> 



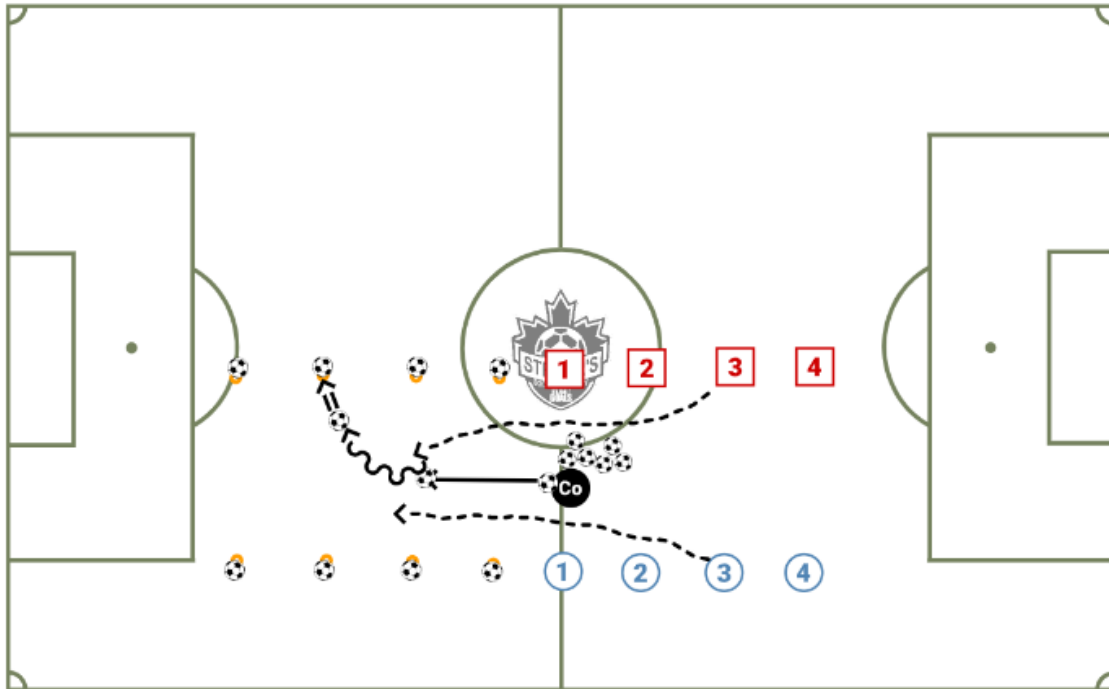
# COCONUT SOCCER



Players Required:6-8

Balls Required:many

Goals Required:



Place an even number of cones parallel to each other and place soccer balls on them.

Number players off 1 -4. Have them lay on their stomachs.

Coach calls a number and plays the ball in. Players battle to knock a coconut off from their side. Continue until no balls are left standing on one side.

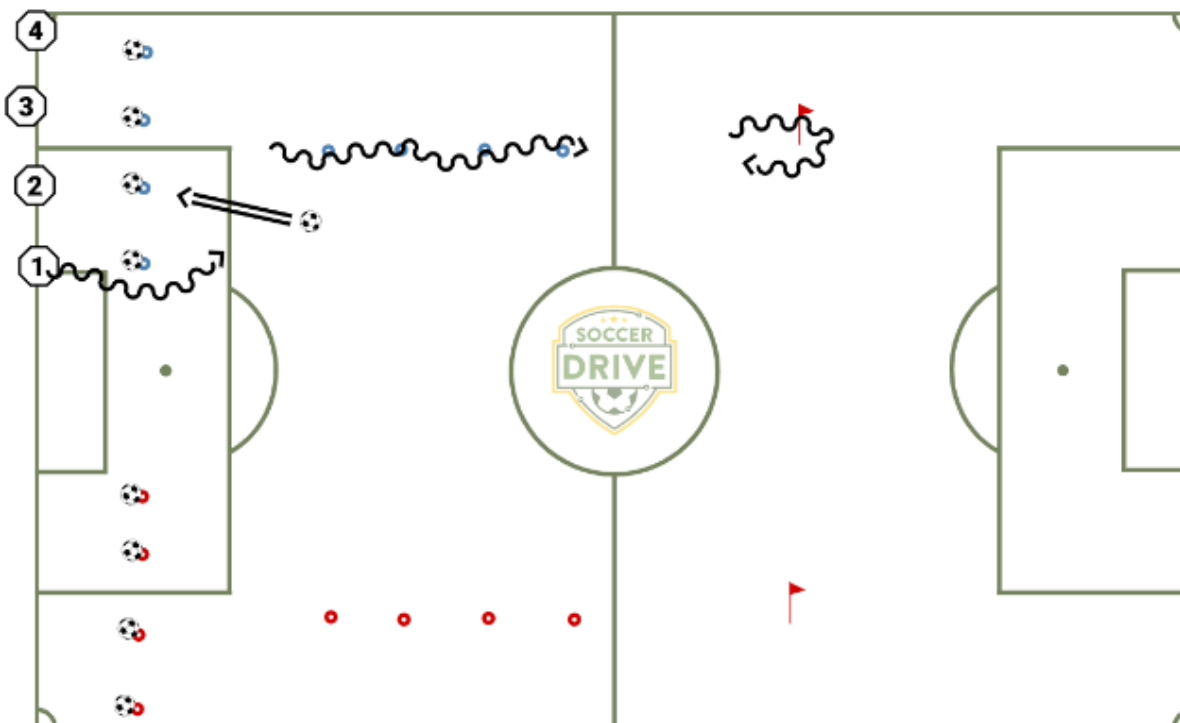
# COCONUT SOCCER RELAY RACES



Players Required:

Balls Required:

Goals Required:



Kids of all ages love coconut soccer.

- players dribble out from behind their ball line
- weave through a set of cones
- tight turn around a flag or marker
- dribble back and pass the ball to hit a ball off the cone it is placed on.
- first team will all the balls knocked off wins.

Variations

- come out from behind the right side and pass with right foot
- come out from behind the left side and pass with left foot
- alternate left and right feet

Based on your group age alter the distance of the pass, obstacles, etc.

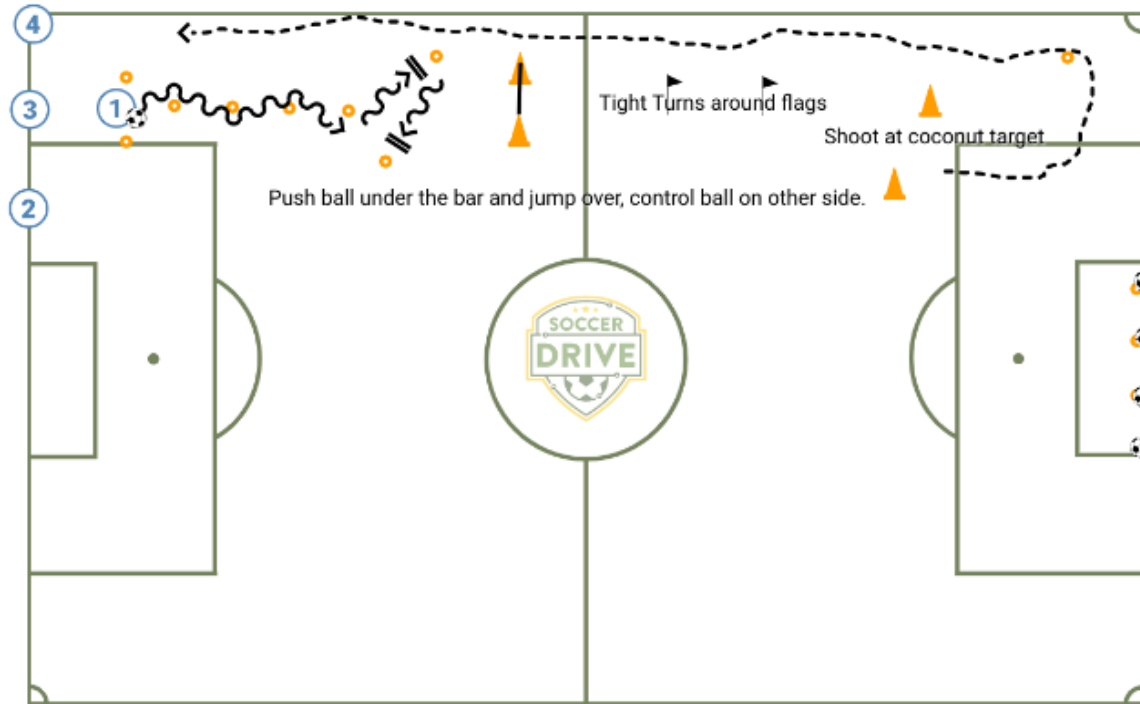
# BALL MASTERY RELAY RACE



Players Required:

Balls Required:

Goals Required:



Relay Races allow for players to feel like being part of a team and have the opportunity to compete against someone else. They can take many different forms.

Set up a second one going the in the opposite direction.

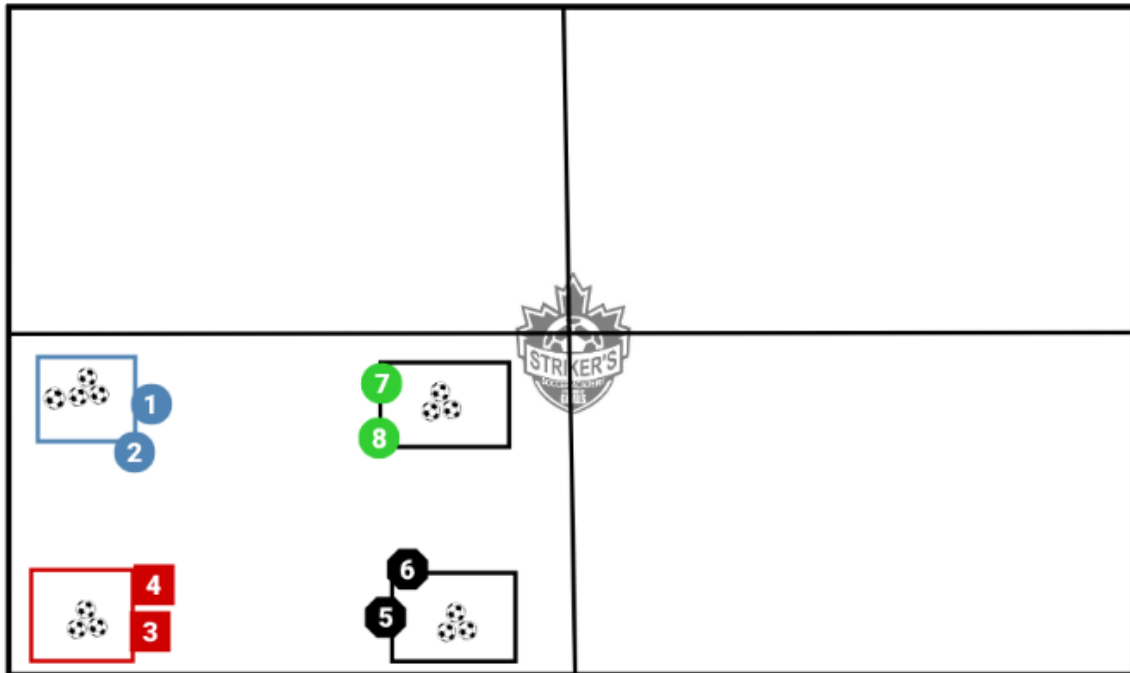
# EMPTY AND FILL YOUR SQUARE



Players Required:

Balls Required: many

Goals Required:



Players run to each teams squares to take balls away from their opponents. There is no defending in this activity. Players retrieve the ball by putting their feet on top of the ball and pulling it back to run in the direction of their square. When they get their ball back to their own square they can go get another one. Ideally the players are able to stop the ball with their feet in their own square. Team with the most balls in their square wins. Make sure a player is only taking one ball at a time. Play for 1-2 minutes at a time then a rest.

You can have your parents help direct players to the different squares and have them assist the balls staying in their own square.

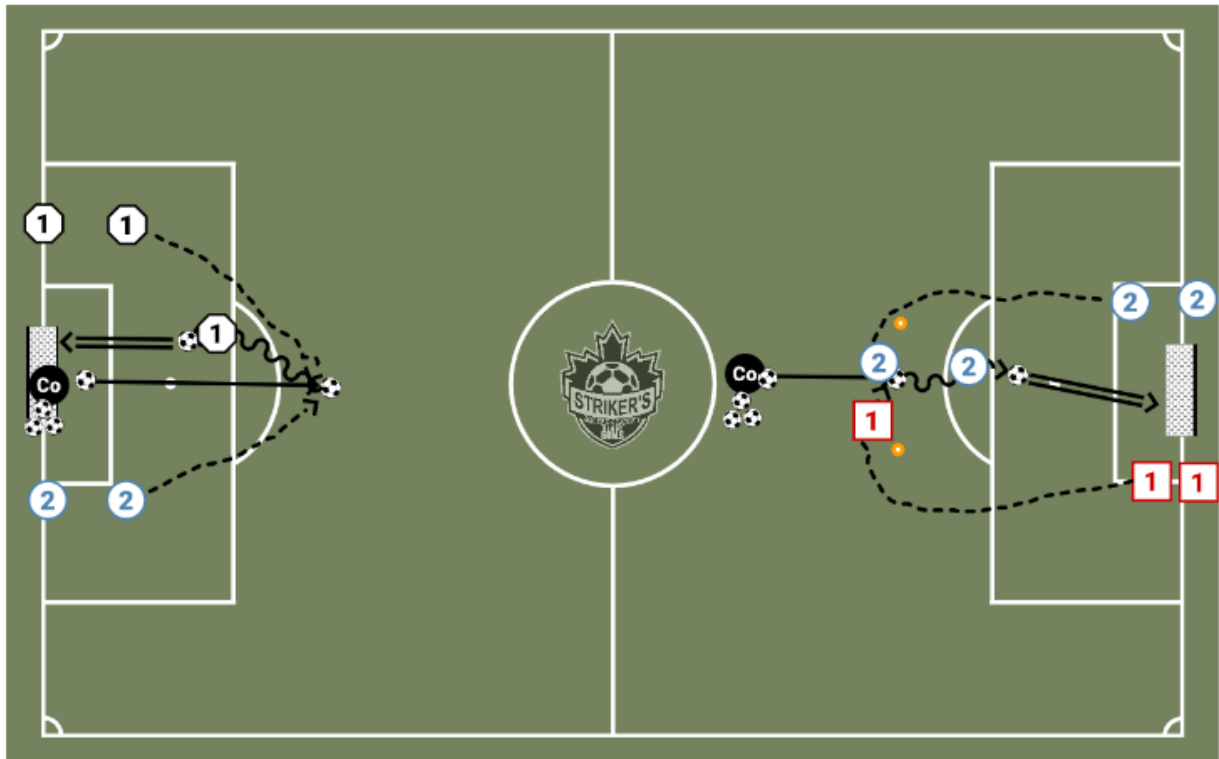
# 1 V 1 SHOOTING BATTLES



Players Required:8

Balls Required:many

Goals Required:1



Two variations of the same idea.

On the left, coach plays a ball from goal and two players battle to collect, then turn and dribble to shoot at goal.

On right, coach plays the ball towards goal as two players run around cones and battle for the ball towards goal.

Start with the variation on the right to see the abilities of players.

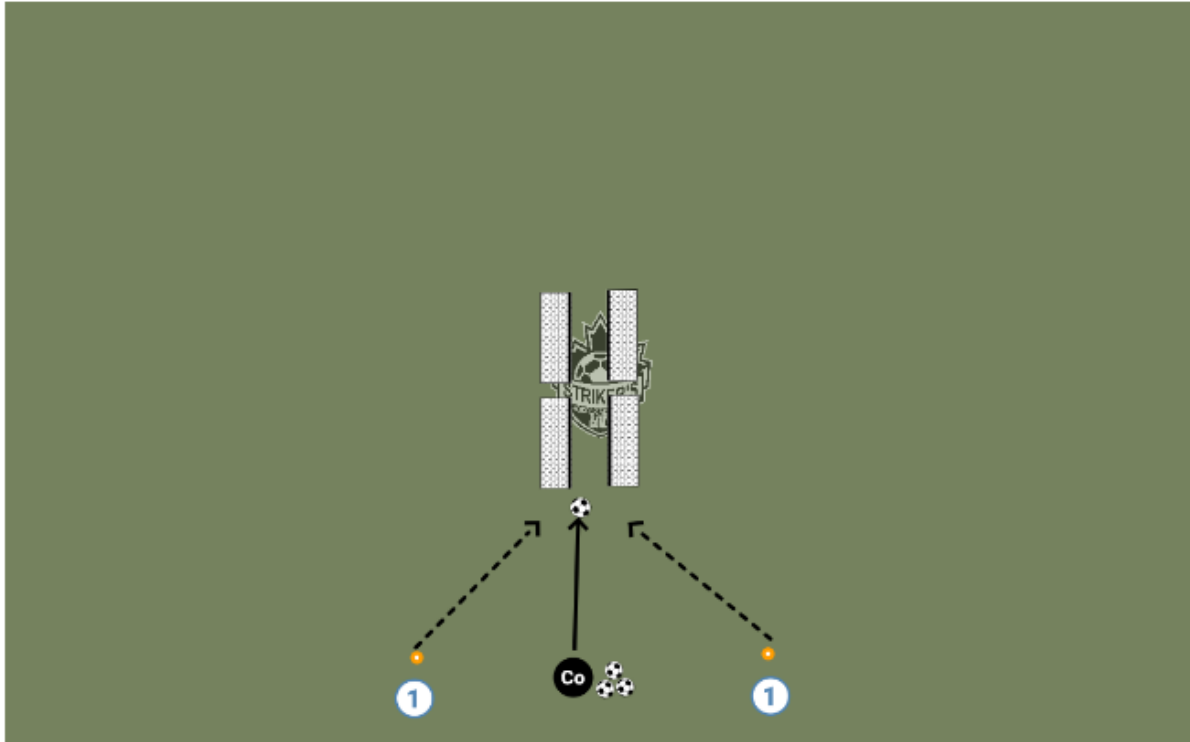
# POP UP FRENZY



Players Required:6-18

Balls Required:many

Goals Required:2-4 pop up



In Pop Up Frenzy the coach kicks the ball to start the battle between two players. Players control the ball and try to maneuver in a position to score in one of the pop up nets. This can be done with two nets or four. Allows for creativity, turning with the ball, changing directions and competition. In U9 and over can progress into 2 v 2, 3 v 3. For U5 and U7, I would stick to 1 v 1.