



FUN GAMES & TEACHINGS LESSON PLANS INTRODUCTION

Welcome to our step-by-step series of Fun Game Lesson Plans. These Plans are designed to assist you in most effectively guiding your players through an entire season of practices. Developed by the Sports Domain Academy coaches, these plans are concise, easy to follow, and use our games-based approach to teaching philosophy.

This material draws on years of soccer teaching experience. The games are designed to keep children active, focused and having fun. The curriculum is fundamentally based upon an elementary physical education, incorporating coordination, movement and motor skills. The vehicle for this is the soccer ball.

The aim of a Rec program is to teach the children to enjoy the game of soccer while promoting teamwork, cooperation with other children and coaches, physical exercise and creativity. Do not expect your child to learn all the rules of soccer, strategies for game play, or to have too high an expectation for their soccer skills.

HOW THE LESSON PLANS ARE CONSTRUCTED

Each plan is divided into six sections: a warm-up, three fun games, a multi-ball scrimmage (more of that later) and a cool-down. Each plan includes a general coaching tip which applies to all areas of coaching. The accumulation of all these coaching points enables your sessions to be more focused and to achieve the overall aim of development over the season.

The plans include a suggested duration for activities. These are, of course, flexible.

HOW TO USE THE PLANS

After reading the ABC's, move on to the Lesson Plans. Begin by reading the entire set. Then, focus on each individual plan week by week. You must bring the lesson plan to each session as you will need to refer to it constantly. During and after your session, it is suggested you make notes on the plan, identifying points of success, problem areas, and future ideas. The more detailed these notes, the more useful they will be to you, especially when you revisit them in future seasons.

KEEP IT SIMPLE

A common fault is to concentrate on teaching too much: too many skills and too many principles. Don't bombard the children with too much information (see Time on Task in the ABC's; if you are talking for more than 20 seconds this is too much!). Concentrate on minimizing talking and maximizing activity in order to keep the children focused and enjoy coming back to soccer practice time after time.

GIVE IT TIME

You know from your own experience what it's like to be a beginner. Give both yourself and your children time to get used to a game. These games employ new skills. Don't be discouraged if it takes time to get the hang of it. If they could do it perfectly right off the bat, they'd have nothing left to learn! However, you also need to be able to recognize that a game not working needs to be either modified or abandoned.

BE FLEXIBLE

Remember, these structured Lesson Plans are guidelines. The best coach is one who can be flexible. A beginner might want to stick to the Lesson Plans exactly as written. The beauty of the Lesson Plans is that they can grow with you. With experience, you can learn to adapt your games, their rules, variations and the length of time they are played, according to the degree of success achieved with each Plan.

THE PRACTICE AREA

Have a quick look around the practice area to make sure it's safe (check for pot holes, broken glass, and litter). In our game descriptions, we do not give any instruction about the size of the area. The ideal size is dictated by several factors, in particular the number of players and the space available. Also, from game to game this optimal size varies (look for activities describing the area as "large" or "small"). In general, large-sided scrimmage-type games will need a larger area than activities involving individual ball work, small-sided games, or games where not all participants are constantly active.

GOALKEEPERS

Our lesson plans do not provide for the teaching of this position at this age. For those games requiring goalkeepers, allow all players the opportunity to go in goal on a rotation basis if they wish. Never force a child to play in goal if they do not want to.

MULTI-BALL SCRIMMAGE

Young players sometimes do not understand the concepts involved in "real" soccer scrimmages. So we adapt the way a scrimmage is taught. A young player has the notion of being involved in soccer when the ball is at his or her feet, and not being involved when the ball is elsewhere. In order to maximize the participation, we include more than one ball in a scrimmage, using a ratio of one ball for every four players on the field.

Construct the scrimmage field with a goal at either end, as in a real game. Allow more than one goalkeeper. When setting up the game, get it going as quickly as possible. Simply divide the group in two, using pinnies if you have them, and put the balls in play.

Warm-Up (10 min)

All players dribble the ball in the area. Encourage players to keep their heads up and use both feet. Have players dribble using as many parts of their body as possible. After a few minutes, lead the players in elementary stretching.

Traffic Light Players face the coach on one side of the area, standing shoulder-to-shoulder, with a ball each. The coach faces the players and calls “Green light,” at which point they dribble towards the coach. After a few seconds, the coach calls “Red light,” at which point all players must stop their ball with their feet as quickly as possible. Any player not stopping quickly, or losing control of his/her ball, returns to the start. The object is to try and tag the coach; anyone that is successful can be the traffic light for the next round. Encourages close ball control.

Variations: Introduce different colored lights representing different fun and creative activities. (E.g. amber blinking light: do jumping jacks; purple: disco light; black: dribble with your eyes covered, etc.)

Game 1 (10min)

Knockout All players have a ball and dribble around the area. They must attempt to kick other players’ balls out while maintaining control of their own ball. If a player’s ball is knocked out, they give the coach high five and return to the game. After five minutes, introduce the rule that players whose balls are knocked out stay out (these players then attempt juggling). Play until one person remains. Players practice ball control, turning, evasion and tackling.

Progression: Team Knockout. Divide your group into pairs. Select one pair of players. They do not have balls. Time them while they kick out all other player’s balls from the area. Each pair takes a turn. The fastest time wins.

Variations: Play to a time limit; in pairs; in 2, 3 or 4 teams; players whose balls are knocked out must do a juggle to get back in.

Game 2 (10 min)

Soccer Marbles All players start with a ball, dribbling around the area. The children must pass their balls to hit other players’ balls. Score 1 point every time a ball is hit. Then quickly retrieve your ball, carry on dribbling, and make another pass. This activity encourages players to control their ball under moderate pressure, and to look around whilst doing this.

Progression: Progress further to scoring 1 point each time you strike someone’s ball with your own, and 2 points for each ball you knock out.

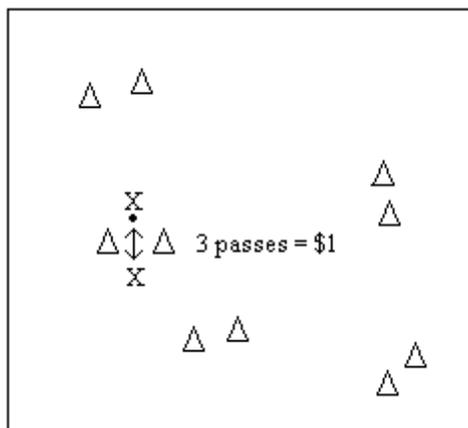
Drink Break (5 min)

Game 3 (10 min)

Going to the Movies Divide the group into pairs of players, one ball between each pair. In the area, create several gates using two discs per gate. The pairs of players dribble around the area

and make three passes through a gate in order to “earn” \$1. When each pair has made ten sets of passes, thus “earning” \$10, they check in with the coach. The group comes together for a cheer once everyone is done, and the coach announces that they are all going to the movies! (Just pretending, of course). Play more rounds: going to Toys’R’Us (each set of three passes earns \$10, and ten sets earns \$100 to go shopping); and going to Disneyland (each set of three passes earns \$100, and ten sets earns \$1,000 to go on vacation).

This game practices passing, dribbling and team work.



Multiball Scrimmage (10 min)

Always focus on trying to split up your group away from swarm-ball soccer and progressing towards spreading out. The best method is to use more than one ball in your scrimmage. Use a ratio of one ball to four players as a guide. Ensure that all of the balls are active at once. Use your parents to recycle balls that go out of play.

Cool-Down (5 min)

Stretch. Review the session. Ask the players, “What games did we play?” “What skills did we work on?” “What did you enjoy?” Also ask technical questions, such as “How do we pass the ball?”, “What do we do when we dribble the ball?” Remember to use wait time (see the ABC’s) like a very good teacher.

General Coaching Tip: Play to Participate, Not to Win

Focus on the skills being developed, not on the winner of any of the games. Victory may be the end result of a game, but it’s the players’ development that’s important. Stress an individual’s continual improvement as success in itself.

LESSON II

Warm-Up (10 min)

Bumble Bees Make a circle with the coach and players joining hands. Have a ball in the middle of the circle, the object being to keep the ball moving for as long as possible. Try to have the whole circle move with the ball around the area.

The next stage is to use two, then three, then four balls etc., and try and keep as many balls moving as possible without breaking the link. If the ball stops quickly, give the game a few more tries and lavish praise if the players manage to keep it moving for an extended period of time.

Progression: Attempt one ball per person in the circle.

Variations: A race! Form two equal circles of people, each with a ball per person. Make sure there is at least one adult per circle. The groups race to a designated point, keeping all balls within the circle and not breaking any links. Play several rounds, moving to various points.

Another great game is pairs Bumble Bees. Scatter all of the soccer balls around your area and have pairs of players, holding hands, compete to collect the most balls. After a few minutes of Bumble Bees, stretch the group. Then play the following game.

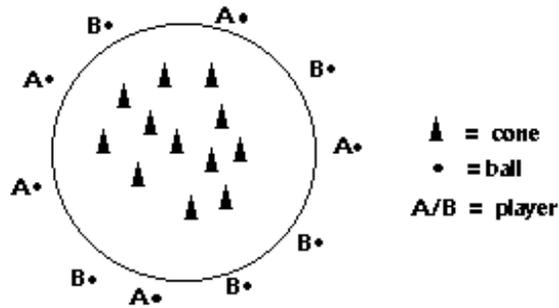
Game 1 (10 min)

9-Lives Each player has a ball. Players must pass their balls at the coach who has nine lives. Every time the coach is struck he/she loses a life. The player that takes the coach's last life becomes "The Cat" for the next game. The coach needs to remember that success breeds success, and must allow him/herself to be hit often. A coach who is too elusive will merely frustrate the players. This is a great game for the coach to demonstrate high levels of energy, noise and fun. Really whoop it up!

Game 2 (10 min)

Cone Knockdown Create a large circle with discs and fill the middle with cones (borrow from your neighbor). Split the players into two teams. Players stand anywhere on the circle's perimeter. Players pass their balls from outside of the circle, attempting to knock down the cones. Players may only enter into the circle to retrieve balls, and must take their shots from the outside. Enlist the help of many parents to keep standing up cones and help retrieve balls. The team that knocks down the last cone scores a point. Space the cones further apart or closer together to alter the degree of difficulty. Play several games.

Progression: One team defends and one team attacks. Time the attacking team to knock down all the cones. Then switch, the best time wins. Ensure no-one enters the circle at any time, so have parents in the center recycle balls.

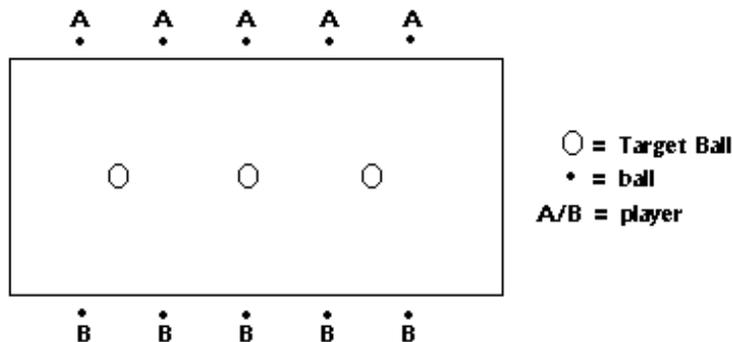


Variations: Score a point per cone.

Drink Break (5 min)

Game 3 (10 min)

Target Ball Two teams line up on either side of the area with each player having a ball. In the middle of the grid on the center-line are three or four Target Balls (use your most identifiable or, better still, bring beach balls from home). The players pass their balls at the Target Balls, attempting to strike them and force them across to the other side. Players are only allowed into the middle to retrieve balls.



Progression: Assign different points values to the Target Balls; increase the size of the area to practice more powerful kicks.

Multiball Scrimmage (10 min)

Remember to praise good passing and teamwork.

Cool-Down (5 min)

Stretch. Review the session. Ask questions and check for understanding.

General Coaching Tip: Control the Ball

Continually stress the need for players to control the ball. Often, players attempt to kick the ball as soon as it comes to them, as if it were a hot potato! This is the result of inexperience and a lack of confidence. Whenever this happens, stop the game, roll the ball towards the player, and have him/her control it. Then resume play.

LESSON III

Warm-Up (10 min)

Have all players dribble their ball in the area. Time them for 30 seconds in the following exercise: “How many touches can you make on the ball with your...” feet; left foot only; right foot only; knee; while dribbling. Afterwards, while stretching, check for recall and understanding from the last session. For five minutes, work in your area on individual ball control (dribbling, turns, keeping the ball close).

Dambusters All players, except the “dambuster,” dribble their balls around the area. The dambuster carries his/her ball; he/she must throw it at the balls of the dribblers. If a ball is hit, that player picks up his/her ball and becomes a dambuster also. Play continues until all players have had their balls struck. Rotate dambusters with each new game. Players practice shielding their ball and making small, quick turns.

Variation: Play with just one dambuster at all times. The person first caught then becomes the dambuster, and the original dambuster becomes a dribbler.

Game 1 (10 min)

Obstacle Course Enlist the help of five or six parents and coaches. In your area, set up a mini obstacle course. Make a cone maze; a tickle station where children run between two parents who tickle them; have two parents create an archway with their arms for the players to run through; make a monster station with two parents trying to steal the ball from the players; make a hopping section where the players must hop with their balls; make a backwards section; a spinning section; a passing section between two cones, etc.

Make this all in one circular area. The players can run around many times. Have the children start at different points in small groups to maximize participation.

This game practices dribbling, close control and changes of direction with the ball.

Game 2 (10 min)

Team Freeze Tag Divide the group into two teams. Every player dribbles a ball. Designate one player from each team as “it;” his/her job is to tag members of the opposite team in an attempt to freeze all of them in order to win the game. Untagged players defrost their own team-mates by passing their balls through their legs. Switch “its” every minute or so.

Progression: Two “its” per team.

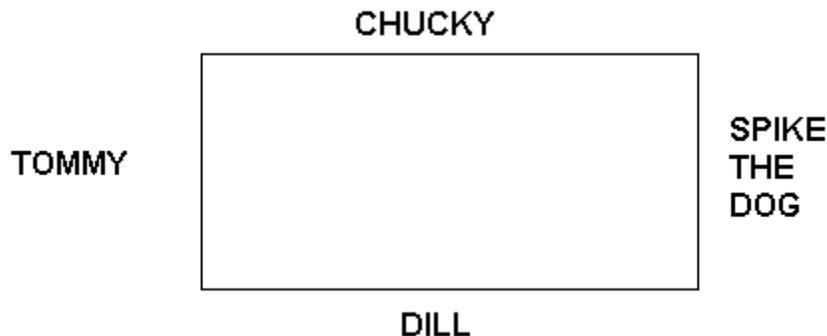
Variations: “Its” do not have a ball (this speeds the game up); players are defrosted simply by high-fiving team mates; play with 3 or 4 teams.

This high speed game practices dribbling and turning, and develops speed and agility.

Drink Break (5 min)

Game 3 (10 min)

Rugrats Challenge All players dribble their soccer balls in a square. The coach asks the players to name their favorite Rugrats character. Four Rugrats will be selected and each will represent a side of the square, e. g.:



As players dribble their balls around, the coach calls out a Rugrat and players must dribble and stop their balls on the correct side. The activity promotes close ball control, quick turns, and stopping the ball. Additionally, for an advanced group of players, different turns can be taught (e.g. drag back with the sole of the foot) in this non-pressured environment.

If a new, more popular TV show for kids exists that we don't know about, use characters from that show!

Multiball Scrimmage (10 min)

Encourage shooting opportunities. Create four goals, each with a goalkeeper, on your field. Make the goals large so as to promote successful goal-scoring.

Cool-Down (5 min)

Stretch. Review the session. Check for understanding with the following questions: "Which parts of the foot do we shoot with?" "Which parts of the goal do we aim for?" "Do we shoot at every opportunity?" (Answer: YES!)

General Coaching Tip: Take your Chance

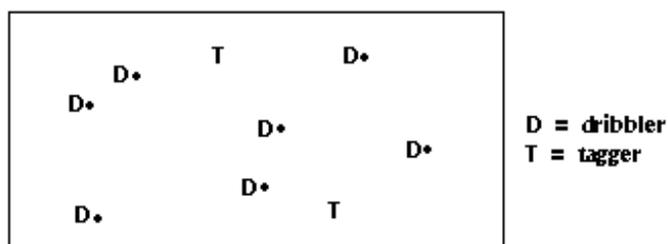
Encourage players to shoot on goal from all angles. We often see a shooting chance not taken because of lack of confidence, slim odds, or fear of missing. Dispel this by encouraging players to be greedy in front of goal, and explain it is better to shoot and not score than not to shoot at all. Shoot on sight!

LESSON IV

Warm-Up (10 min)

Begin with a lap of your field dribbling the ball. Afterwards, while stretching, check for recall and understanding from the last session. Divide your group into pairs of players. Have them pass backwards and forwards using: a) feet, b) knees, c) two hands, and d) one hand only. Then play the following game:

Mud Monsters All players dribble their ball in the area. Two of these players are mud monsters and do not have balls and must tag the rest to stick them in the mud. Stuck players must call for help to attract unstuck players. Players are released from the mud by having untagged players pass their balls through their legs. Rotate mud monsters often. The game promotes dribbling and passing skills.



Variations: Players are defrosted by passing their balls through frozen players' legs and crawling through; use various numbers of taggers; play timed rounds with teams of 3 taggers to see which team freezes the other players the quickest; play two teams with neutral taggers.

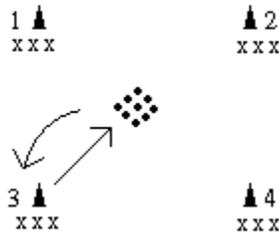
Game 1 (10 min)

Find the Piggy Scatter a number of parents around the area and have them make a variety of farmyard animal sounds. The kids dribble around and visit as many parents as possible. After a minute or so the coach yells the name of an animal and the kids must hustle over to that parent as quickly as possible and huddle in close. Repeat for all farmyard animals. Make as much noise and nonsense as possible.

Game 2 (10 min)

Jurassic Park Organize a square 10x10 yards with four equal teams at each corner. All balls (dinosaur eggs) are placed in the center of the square. The coach (dinosaur) balances precariously on the balls and makes dinosaur noises, accompanied by thrashing limbs and maniac sounds. On a signal, one person from each team runs to the center, picks up a ball, and returns with it to his/her corner. Another player is tagged, who then retrieves another ball from the center.

Play continues until all the balls have been collected. Then, players must steal balls from other teams in an effort to collect as many balls as possible. Remember, only one player at a time chases balls, the rest remain at base. Players may not prevent their balls being stolen by their opponents and may only take one ball at a time. Play two minute games. This is an excellent conditioning game which also works on teamwork, passing and hustle.



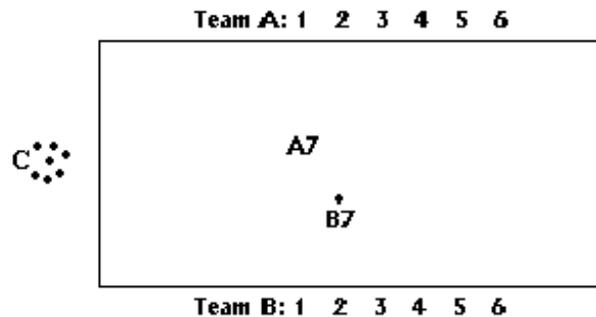
Play different rounds. E. g. a) hands, b) dribble, c) throw-ins (demonstrate technique), d) GK punts.

Drink Break (5 min)

Game 3 (10 min)

Steal the Bacon Divide the group into two even teams and have them stand opposite one another on the edge of the area. Number each player on each team 1,2,...n (where n is the number of players on a team); the coach (C) calls a number(s) and serves the ball into the center. Those players run into the area and play 1v1, 2v2, 3v3, etc., the object being to score over your opponents' end-line. Those players not involved are goalkeepers, but may not enter the playing area.

This game introduces taking other players on, shooting and turning.



Multiball Scrimmage (10 min)

Continue to work on children spreading out and controlling the ball.

Cool-Down (5 min)

Take a slow jog around the area. Stretch. Review the session. Check for understanding by asking which activities were used in the session, and what was the focus of each.

General Coaching Tip: Make a Good Decision

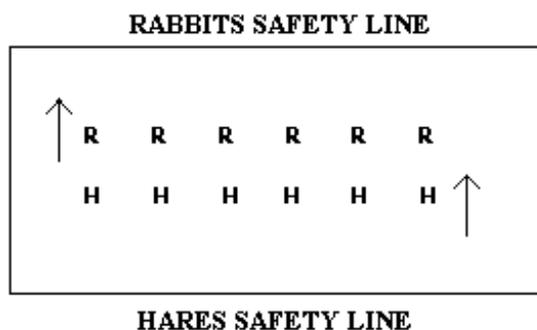
Teach children to make best use of the ball when it is at their feet. Teach players to “Control the ball, look up, and make a good decision.” That decision may be to shoot, pass or dribble, and will vary with each different situation. By encouraging players to slow down and look around, confidence will be gained and players will not want to “get rid” of the ball. This is a waste of possession, so explain to the children that they had to work hard for the ball, so do not give it away.

LESSON V

Warm-Up (10min)

Play Throw-Clap-Catch. You must throw your own ball high in to the air and clap as many times as you can before you catch it. If you do not catch your ball then your score does not count. Remember to scream and shout as much as possible. Afterwards, while stretching, check for recall and understanding from the last session. Your dribbling warm-up will help them remember the points you covered. Then play the following high-energy game:

Hares and Rabbits Play without balls. Divide the players into pairs of equal size and speed, and designate one player as a hare and one as a rabbit. Have the hares stand next to rabbits an arm length apart and in two straight lines. Each line, be it hares or rabbits, has a side to race towards (the nearest boundary). On the command of “Hares” or “Rabbits,” that group of players races toward their own line and are pursued by their partners who attempt to tag them. A player scores a point by making it to the line without being tagged, but loses 2 points if caught by his/her pursuer. Repeat several times. Use numbers, names, objects, and any other crazy labels you can think of to drive your game.



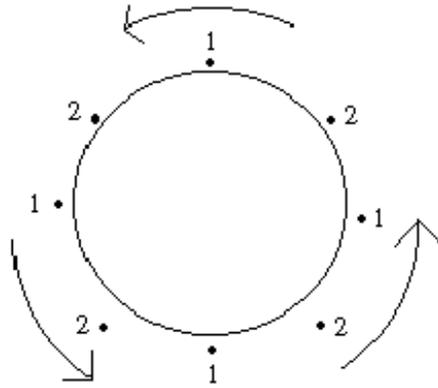
Variations: Players start shoulder-to-shoulder, sitting facing each other, sitting Indian style, lying on their tummies, etc.

Game 1 (10 min)

Over and Under Form a large circle. All players stand on its perimeter with a ball. On a command, players dribble around the circle back to their original spot (clockwise or counter clockwise). In between circuits, all players are active (step-ups, jumping jacks, etc.).

Next, number each player 1 or 2. Leaving the balls still, on a command, “1”s curl up on the floor and “2”s run around the circle jumping over each player *en route* to returning to their ball. Repeat for “2”s. [Safety: encourage jumping players to keep their feet up, and crouching players to keep their heads and hands tucked in.]

Next, “1”s make an arch (exaggerated push-up position – hands and feet on the ground and butt high up in the air) and “2”s dribble around the circle having the ball **and** themselves go through the arch. Repeat for “2”s.



Variations: Any combination of going over/through/around the arches. Many opportunities exist to add in extra fun stuff.

Game 2 (10 min)

Mosquito's Revenge Players dribble around the marshland (square of discs). They have all turned into giant mosquitoes, and on the magic word "Mozzies!" they have to try and bite (tag) each other. Once bitten, players have to hold the part of their body where they were bitten. When both hands are used, on the next bite players leave the marshland and do a juggle to get back in. Players must have control of their balls at all times.

Progression: Designated mosquitoes have to try and bite everybody else in the square; designate bites only above or below the waist.

Drink Break (5 min)

Game 3 (10 min)

The Simpsons The coach makes him or herself a home inside a large square with a circle of discs. Players are Bart Simpson and must sneak into the square, all the while dribbling a ball, steal a disc, and return outside of the square. Next, players must shoot their balls through Homer's house, steal a disc, return outside of the square and retrieve their ball. The coach says (loudly) "Doohhh!!" every time a disc is stolen. Play several games.

Progression: Players are paired or in threes. Teams compete to collect the most discs.

Multiball Scrimmage (10 min)

Cool-Down (5 min)

Take a slow jog around the area. Stretch. Review the session.

General Coaching Tip: The Ball is your Friend

Teach children to control the ball quickly. Tell players not to be afraid of the ball. Move quickly to the ball. Have players serve the ball to themselves, and become familiar with balls bouncing towards them.

LESSON VI

Warm-Up (10 min)

Begin with a lap of your field dribbling the ball. Afterwards, while stretching, check for recall and understanding from the last session.

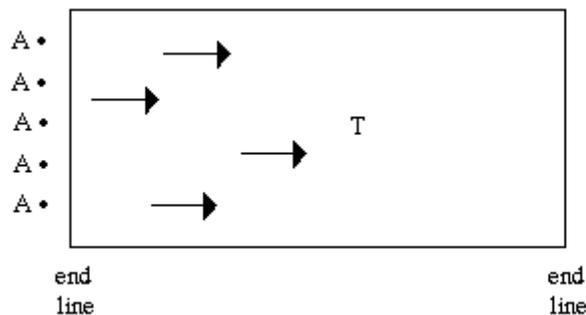
Play the following short warm-up exercise, followed by a fast-paced warm-up game.

Shadow Dribble Each player is given a partner and that player must dribble around and attempt to lose his/her “shadow.” The shadow, whom does not have a ball, does not try to steal the ball from the dribbler but simply follows. Encourage the use of different turns and moves to lose partners. Switch partners often.

Game 1 (10 min)

Tarzan and the Apes Players stand on one side of a large area with their balls - these are the “apes.” They must dribble to the opposite side, with the ball under control as they cross the end-line, while attempting to avoid having their ball kicked out of the grid by Tarzan in the center. Once a player has his/her ball stolen he/she becomes a Tarzan also; play until all players become Tarzans. The last surviving ape becomes Tarzan for the next game.

Make sure players give a big Tarzan yell when the coach shouts, “Tarzan, are you ready?” Do the same for the apes.



Progression: Play without balls as a conditioning game (Tarzan simply tags the apes).

Variations: When there are more Tarzans than apes, to slow the Tarzans they must hold hands or sit down crab style.

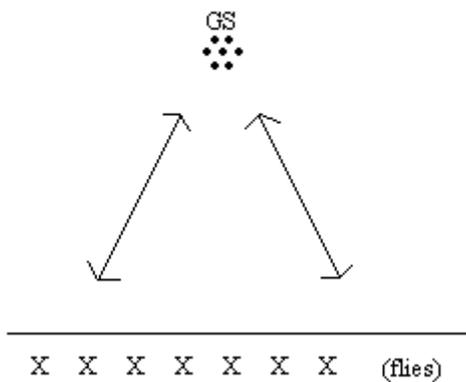
Game 2 (10 min)

Spider’s Web The coach is a giant spider and guards soccer balls at the top of the Spider’s Web. Flies (the kids) must creep up on the giant spider, unseen, retrieve soccer balls, and take them back to the flies’ house. The first player to successfully take a ball home can be the giant spider for the next round.

All flies start at home on a line of discs. The giant spider turns his back, and the players quietly

creep up towards the soccer balls. When the giant spider turns round, all flies must freeze. Any caught moving are sent back to the start. When the coach looks away again, players resume quietly moving forwards. Players must creep up, steal balls, and take them home.

In the first round, allow players to carry the balls. In subsequent rounds, players dribble the balls. Make sure the giant spider turns round often, and with much noise and drama!



Drink Break (5 min)

Game 3 (10 min)

Three Little Pigs Set up 3 small squares (houses) using discs inside a large area. Place one defender (pig), without a soccer ball, in each house. All other players (Big Bad Wolves) have soccer balls and must dribble in the area, attempting to dribble into a house and remain there for 3 seconds to score a point. They then dribble to another house. The pigs try and kick soccer balls out of their houses before the Big Bad Wolf has counted to 3. Players keep their own score and count “One Wolf, Two Wolf, Three Wolf!!”

Regularly rotate pigs. This activity promotes dribbling, shielding the ball, and fast work by the defender.

Multiball Scrimmage (10 min)

Cool-Down (5 min)

Take a slow jog around the area. Stretch. Review the session. Check for understanding by asking which activities were used in the session, and what was the focus of each.

General Coaching Tip: When Do I Dribble?

Knowing when and when not to dribble is a difficult decision, and is learned with experience and time. It is not only a skill to be able to dribble, it is also a skill to realize when and where to dribble. Players that dribble in areas close to their own goal can endanger the team, and so dribbling is to be encouraged in offensive and wide areas.

LESSON VII

Warm-Up (10 min)

Players pass the ball back and forth in pairs. On the coach's signal, they hustle and switch partners. Afterwards, while stretching, check for recall and understanding from the last session. Today's warm-up focuses on developing power through punting. Important points are to keep your eye on the ball, make your punt close to the ground, and follow through.

Alaskan Baseball Split into two teams. Each team needs a coach to manage this activity. The teams assemble as separate groups at the same starting point. One player in team 1 punts the ball as far as possible. Team 2, as a group, runs to the ball, assembles in a line, and passes the ball from the front of the line to the back player (over heads, between their legs, to the side, etc.) who then runs to the front. While this is going on, team 1 has also assembled in a straight line: the player that punted the ball runs round and round the rest of the group, each full circuit counting as one point.

Play stops when team 2 has completed their task, then it's team 2's turn to punt. The game resumes from wherever both have last left off.

Play several rounds until all players have had a turn punting. As well as being fun, this game promotes distance-kicking practice, conditioning and teamwork.

Game 1 (10 min)

Shrek Spread discs around the area (swamp). Players form a circle around the coach, "Shrek," who is lying on the ground sleeping in the swamp. The players have come to capture Shrek and hand him over to Lord Farquard for a large ogre's reward.

The players make lots of noise to wake Shrek up, who shouts "What are you doing in my swamp?" Shrek chases the players who have to stand on a disc to be safe. If anyone is caught they become an ogre too, and join the coach on the next round asleep on the ground in the swamp. Play several rounds, removing a couple of discs after as round as the number of free players diminishes, or until all players are caught.

Progression: Add soccer balls for all free players, who have to stop the ball on a disc to be safe.

This game practices running, turning and ball control. The activity requires high energy and noise from the coach, so really whoop it up.

Game 2 (10 min)

Ice Cream Soccer Using both hands the kids take a cone and balance the ball to make it look like an ice cream. Two players do not have an ice cream but dribble their ball (start with the coaches first) and attempt to tag the players with ice creams. One player has no ball and must run around re-freezing the ice creams that have been tagged. When an ice cream is tagged it must stay still and begin to melt and flop to the ground.

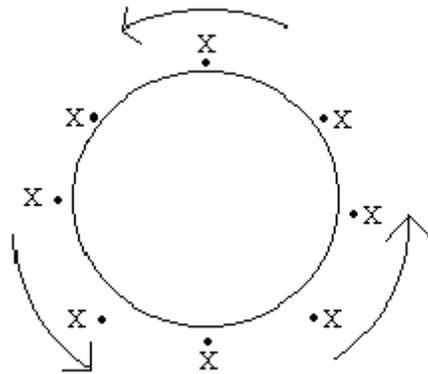
The game is over if all ice creams are de-frosted at once or the player without the ball is tagged by one of the players dribbling the ball! Repeat using different players for different roles.

Drink Break (5 min)

Game 3 (10 min)

Round the Circle Dribble Make a circle of players, each with a ball. The coach taps a player on the head who then dribbles around the circle back to his/her place. Tap two or three kids at once and have them chase one another around the circle. Challenge players to catch the person in front of them.

Be sly: introduce “Change!” which changes the direction of travel around the circle.



Multiball Scrimmage (10 min)

Cool-Down (5 min)

Take a slow jog around the area. Stretch. Review the session. Check for understanding by asking which activities were used in the session, and what was the focus of each.

General Coaching Tip: Tee It Up

Children find laces shots (kicking the ball with the instep of the foot, toes pointed down into the ground) extremely difficult. Often, a major problem is that children stub their toes! Use a disc as a tee (or some other safe elevated tool) to assist with this practice. Remember to keep your eyes on the ball and your toes pointed down for this kick.

LESSON VIII

Warm-Up (10 min)

Down on the Farm The players pretend to be sheep and dribble their balls around the farmyard, through gates (6-10 gates, depending on the number of players) that the coach has set up with pairs of discs. The coach pretends to be a sheepdog and attempts to round the sheep up, barking accordingly. Next, the coach becomes an angry farmer and attempts to stop the sheep going through the gates by standing in the gate. Sheep have to turn and dribble away, baa-ing loudly.

The game practices dribbling control and dribbling with your head up. Have the players pretend to be chickens (chased by a fox), horses (chased by a cowboy) or pigs (chased by a tractor!).

Game 1 (10 min)

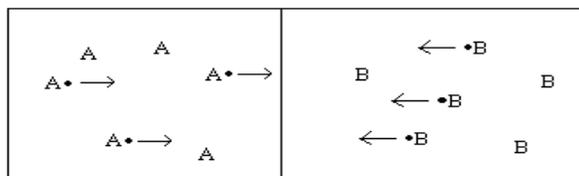
Ten-pin Bowling Divide the group into teams of 2 or 3 players. Set up a triangle of cones at one end of a lane (use discs to mark out); two teams play in each lane. Players take turns to shoot a ball at the cones and score a point per cone knocked down. If a player scores a Strike! (all 3 cones down in one shot) the score is doubled to 6 points. Have one parent supervise each lane and reset cones.



Coach players to pass the ball with the inside of the foot and to aim for the cones. Practice throw-ins instead of passes also.

Game 2 (10 min)

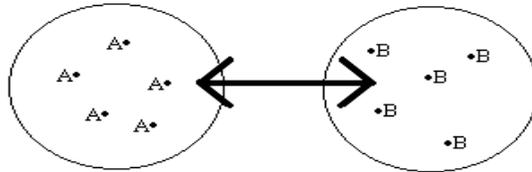
Clean your Room Divide the group into two teams. Each team stays in its own room. Players must kick soccer balls out of their room into the other team's room, and win the game by having all of the soccer balls in the other team's room. Coaches must retrieve all balls outside of the playing area and put them back in. Use half the number of balls as you have players. Create an area with discs approximately 10 yards square per room (based upon two teams of 6 players).



Drink Break (5 min)

Game 3 (10 min)

Fantasy Island Divide the group into two teams. Each player has a ball. Each team stays on its own island (marked out with discs) and dribbles their coconuts (balls). On a signal from the coach, players must exchange islands. There are many variations: leave your balls behind; dribble your balls; carry your balls; for 15 seconds, raid your neighbor's island; run around your island; include 2 neutral taggers in the ocean; etc. All of these variations are performed on the transition from one island to the other. Be creative, coach!



This game practices speed, dribbling and hustle. The more energy that is put into this activity the more the players respond, so go all out!

Multiball Scrimmage (10 min)

Cool-Down (5 min)

Take a slow jog around the area. Stretch. Review the session. Check for understanding by asking which activities were used in the session, and what was the focus of each.

General Coaching Tip: Keep the Players Interested

At age 4-6, children have a short attention span. Make sure the players remain interested and focused by having a punchy, energetic, enthusiastic and quick coaching style. One of the techniques to employ is to minimize the amount of talking time between activities. Use your assistant coaches to continue an activity while you set up another one, so that transition from one game to the next is rapid. Any time that the children are seated or waiting for more than one minute will allow their attention and enthusiasm to wane.

LESSON IX

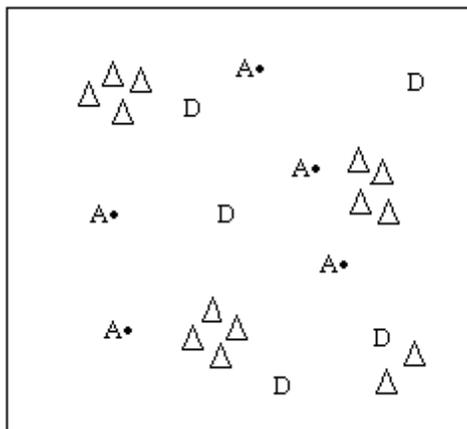
Warm-Up (10 min)

Steal the Pinny Coach – if you do not have pinnies then bring your own (you do not need pinnies, just think “Flag Football”) for this game. There are many variations of this game, all based upon yanking the pinny from the waistband (the pinny is tucked either in the back or the side, not at the front) from your opponent. Set up an area about 20x20 yards, and enjoy! Here are some of the incarnations:

- 2 teams, steal a pinny from your opponent to score a point. Take the pinny to the coach, then your opponent checks in to reclaim the pinny and rejoin the game.
- Same as above but with three teams (hence, 3 colors of pinnies).
- Two players do not have pinnies and must chase the rest of the players. Tagged players are eliminated and juggle until the next round.
- Individuals, sudden elimination.
- 2 teams, sudden elimination until only one color remains.

Game 1 (10 min)

King Cone Divide the group into two teams. In your area, arrange several groups of cones, as many cones as you can. One team are attackers and have a ball each. The other team are defenders and do not have a ball. The attackers have two minutes to knock down as many cones as possible, then switch the teams. Play two rounds.



Game 2 (10 min)

Batman & Robin Select two players as Batman & Robin (or Batgirl) and two as baddies (Penguin, Mr. Freeze, Catwoman, Joker, etc.). The baddies are taggers who chase all the other kids (citizens of Gotham City). Once tagged, citizens are frozen. Batman & Robin run around the area holding hands, and release frozen players by forming a circle around them. Released players must continue to avoid the baddies, who are trying to freeze all the people of Gotham City.

Progression: Add soccer balls for the people of Gotham City (Batman, Robin and Baddies); give soccer balls only to the baddies, who then freeze people by passing their soccer balls to hit citizens below the knee to freeze them.

Batman & Robin is one of those games where the coach can encourage imaginative interaction

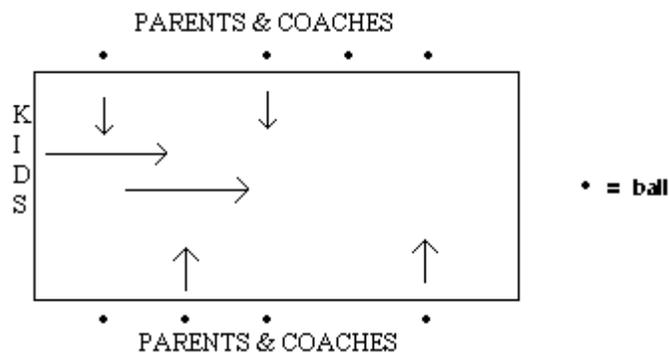
with the players. Ask them to name the heroes and villains, and have them suggest different ways of freezing and defrosting citizens. This is an elementary education teaching tool.

The game practices running, turning and agility. In addition, teamwork is promoted through Batman & Robin.

Drink Break (5 min)

Game 3 (10 min)

Meteor Storm Enlist the help of other parents and coaches to set up an area with adults along both long sides and kids on one short side. The kids (spaceships) must run from one end to the other while avoiding the meteors (balls rolled in by the adults). Every time a spaceship is hit they lose a point from their energy shield; five hits and the spaceship explodes! Play several rounds (keeping score is not important), then switch. Let the kids be the meteor storm and the adults be spaceships (keep some adults on the side to help the kids).



Multiball Scrimmage (10 min)

Cool-Down (5 min)

Take a slow jog around the area. Stretch. Review the session. Check for understanding by asking which activities were used in the session, and what was the focus of each.

General Coaching Tip: Participation vs. Competition

Many of our activities involve children competing; who can score most goals, who can complete the most tasks, etc. It is important to remember the psychological impact of competition. Wherever possible, in games that are fast paced, whether in small groups or in two teams, a good outcome to a game is a tie! 18-18 is often an ASC multiball scrimmage result! In games that require elimination (tag games, for instance), make sure that players are kept busy once eliminated. A simple solution is for players to rejoin the activity with no forfeit, but other possibilities include practicing juggling, throw-catch with an assistant coach, or dribbling around the perimeter. Be creative!

LESSON X

Warm-Up (10 min)

Musical Discs All children dribble and keep their balls under control. On the command “Now!” players stop their ball and run to another one, placing a foot on the new ball. Repeat this activity several times. Then progress to a game like musical chairs: scattered around the area are many discs, turned upside down. On the “Now!” signal, all players must find a disc and stop their ball in it. Demonstrate the technique of using the sole of the foot to roll the ball into the disc. Play several rounds.

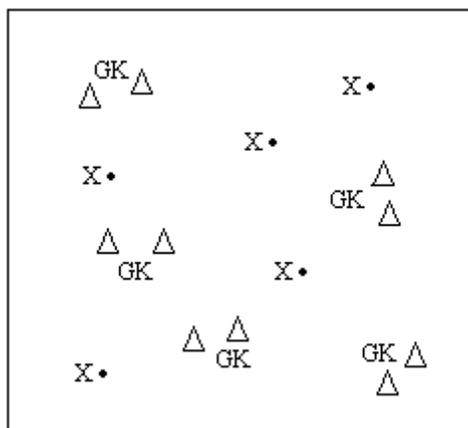
Try singing, dancing and humming to make the activity more fun and energetic, just like the real Musical Chairs. As we discussed at orientation, the more energy and creativity you put into your session, the more the kids will get out of it.

Variations: Introduce a scoring method that adds an element of competition. Each time a player stops his/her ball on a disc, a point is scored. As discs are removed, the scoring of points becomes increasingly difficult. Players are not ejected from the game if they do not find a disc; they simply do not score a point. This method means that children are never out of the game and the coach achieves maximum participation.

Bonus round: if you have different colored discs assign points values to each. Note that children will tend to dribble close to the discs, so add a rule that children must dribble to a side-line on your command of “Now!” before they move to a disc, or dribble once around your area.

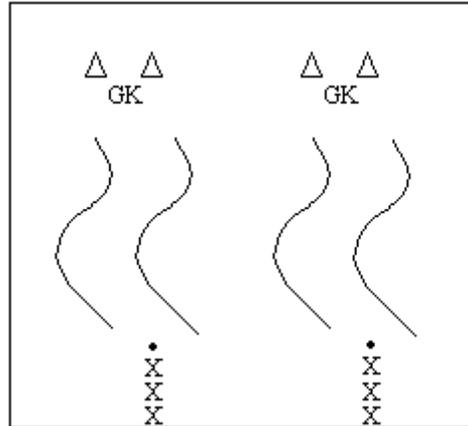
Game 1 (10 min)

Goalie Wars Create a number of small goals in the area, approximately 20x20 yards. Make the goals about 4 yards wide. Position parents and coaches in the goals as goalkeepers (GK). Each player (X) has a ball and dribbles around until he or she comes to a goal, at which point the player shoots. Score, save or miss, the player retrieves the ball and is then sent on towards a different goal. Play for 4 or 5 minutes then switch so that players become GKs and adults dribble and shoot on them. Encourage the children to dive on the ball and gather it in their arms.



Game 2 (10 min)

Bobsled Create two identical “bobsled runs” using discs, each with a goal at the end. Divide the group into two teams. Each team sends one player at a time, dribbling a ball, through the run, and then shoots at a coach in goal at the end. Players retrieve their ball, return to the beginning, and go through the run three times each. The winning team is the one that scores most goals. Give bonus points for speed and creating an Alpine cheer or cowbell noise.



Drink Break (5 min)

Game 3 (10 min)

Gas Stations Scatter parents (gas stations) all over your playing area. The children dribble (drive) around the area making car noises and must keep stopping at the gas stations for a fill up. In order to get the gas they must perform a task: high-5, dribble in a circle, throw back and forth, etc.: **be creative!** Give each parent a different task. When the kid has completed the assignment the parent must pretend to fill them up with gas and send them on their way!

Multiball Scrimmage (10 min)

Cool-Down (5 min)

Take a slow jog around the area. Stretch. Review the session. Check for understanding by asking which activities were used in the session, and what was the focus of each.