

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: I CAN DO SOMETHING. CAN YOU?

AGE: U6 TIME: 5 MINUTES

ACTIVITY:

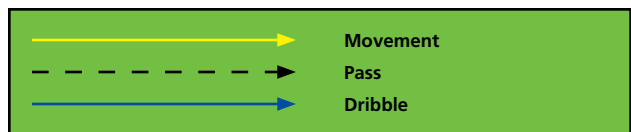
This is a fun, creative and empowering activity. The challenges from the coach can be with or without the ball. For example, the coach says, "I can do something without the ball. Can you?" and begins skipping, at which time the players start skipping in a random fashion within a defined area. Hopping, running and clapping, walking backwards – anything goes!



PROGRESSION:

After providing several opportunities for the players to express themselves, the coach goes through the same challenging phase but this time with the ball: "I can do something with the ball. Can you?"

If you are trying to learn names at a first (or early) practice, have the kids state their names as they participate, i.e., "My name is Nathan and I can punt my ball into the air. Can you?"



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<http://youtu.be/1VapRIL0yBM>

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NOTES:

RECREATIONAL ACTIVITY GUIDE

ACTIVITY: TORNADOES AND VOLCANOES

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

Place an even number of small cones over a designated playing area, with half of the cones placed upside-down. Separate players into two teams: the "Tornadoes" and the "Volcanoes." No balls are used in the initial variation.

ACTIVITY:

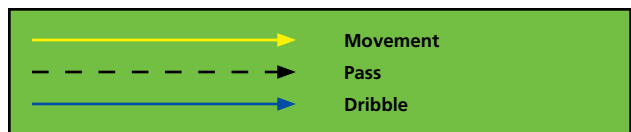
Playing 1-minute rounds, the players have to flip the cones over to represent their team names. The Volcanoes team will flip the cones to their normal position so that the cones resemble volcanoes, and the Tornadoes team will flip the cones upside-down so that the cones resemble the shape of tornadoes.

After 1 minute, the action should stop. The coach counts the cones and awards a point to the team with the most cones representing their team's name.

PROGRESSION:

Play a few rounds this way, and then switch to playing rounds where each player dribbles a ball. In these rounds, players have to completely stop their ball next to a cone before they can turn it over.

Makes sure you have a few more cones than players. The final round can be employed to see who can collect the most tornadoes and volcanoes and bring them off the field. It is a great way to tidy up the area so you may set up your next activity.



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ACTIVITY: BLOB TAG

AGE: U6 TIME: 5 MINUTES

ORGANIZATION:

All players are standing inside a 30x30 yard area.

ACTIVITY:

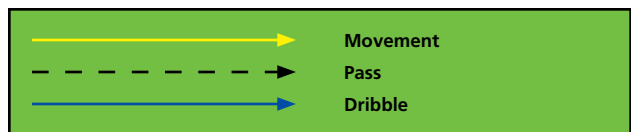
The player that is "it" runs and tries to tag the other players. When a player is tagged, he must join hands with "it" to begin to form "the blob." When the blob reaches the size of 6 players, it can break up and mutate into 2 blobs of 3 players each. Continue until all players are caught. The last player caught starts as "it" in the next round.

VARIATION(S):

- Same game, but all players except the person that is "it" have to dribble a ball instead. "It" moves freely within the area and tries to kick any player's ball out of the area. If a player's ball leaves the area, that player must join the blob. The last player dribbling the ball is the winner. Another twist that the players may enjoy is when the coach starts as "it" or becomes part of the blob.
- Make the grid area smaller to make the game harder for the dribblers.
- Have the blobs break into pairs to make the game harder for the dribblers.

COACHING POINT(S):

- Awareness. Head up and ball under control... Watch out for the blob!
- Dribbling. Changing direction and speeds.
- Blob teamwork. Decision-making. Communication.
- Group success. Giving players a sense of belonging.



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<http://youtu.be/ob1jw4hys1M>

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ACTIVITY: KNOCKOUT

AGE: U6 **TIME:** 10 MINUTES

ORGANIZATION:

Each player has a ball within a 20x20 yard area.

ACTIVITY:

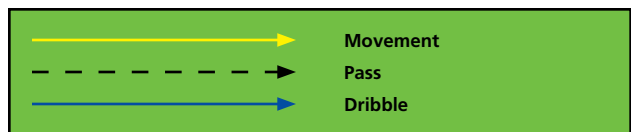
Each player dribbles inside the set area. When the coach says "Knockout," each player tries to keep possession of his ball while trying to kick the other players' balls out of the area. When a player's ball gets kicked away, that player must give immediate chase. If that player can get to the ball before it stops rolling, he can rejoin the game. If however, the ball had stopped rolling, that player must perform a special activity (such as 5 toe taps) before he gets back into the game.

COACHING POINT(S):

- Awareness expands peripheral vision. Keep your head up and be aware of other players.
- Dribbling. Changing direction and speed.
- Keep ball close to the body and under control.
- Play the ball, not their legs.
- Decision-making. Attacking with the ball.
- Shielding: learning to use the body to protect the ball.

COACHING QUESTION(S):

- Do you want to keep the ball close or kick it far when dribbling?
- What can you do to get away from the other players?



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ACTIVITY: 3V3 GAME

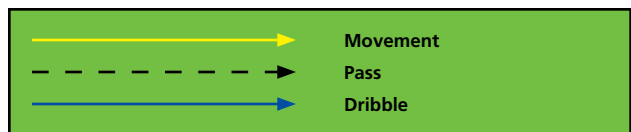
AGE: U6 TIME: 20 MINUTES

ORGANIZATION:

Play 2 teams of 3 players each and 2 small goals.

ACTIVITY:

Teams play 3v3 soccer without goalkeepers.



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