

Purpose

To develop running with the ball.

Organization

Set out a 20 x 20 yard area. Station the coach on the far end line with his or her back to the area. Place a soccer ball for every player directly behind them. Position the remaining players on the opposite side of the area to the coach.

Game Objective

When the coach turns his back on the players, the game begins. Players must creep up on the coach when his or her back is turned, attempting to steal one of the soccer balls placed at his feet. When the coach turns around to face the area, he or she shouts out, "Oh, it's chilly". Upon hearing this command, players are required to freeze. If a player does not freeze (whether with or without the ball) by the time the coach counts to three, that player is sent back to the start line without their ball to begin the activity again. The object of the game is to dribble the soccer ball back to the start line without being caught moving by the coach.

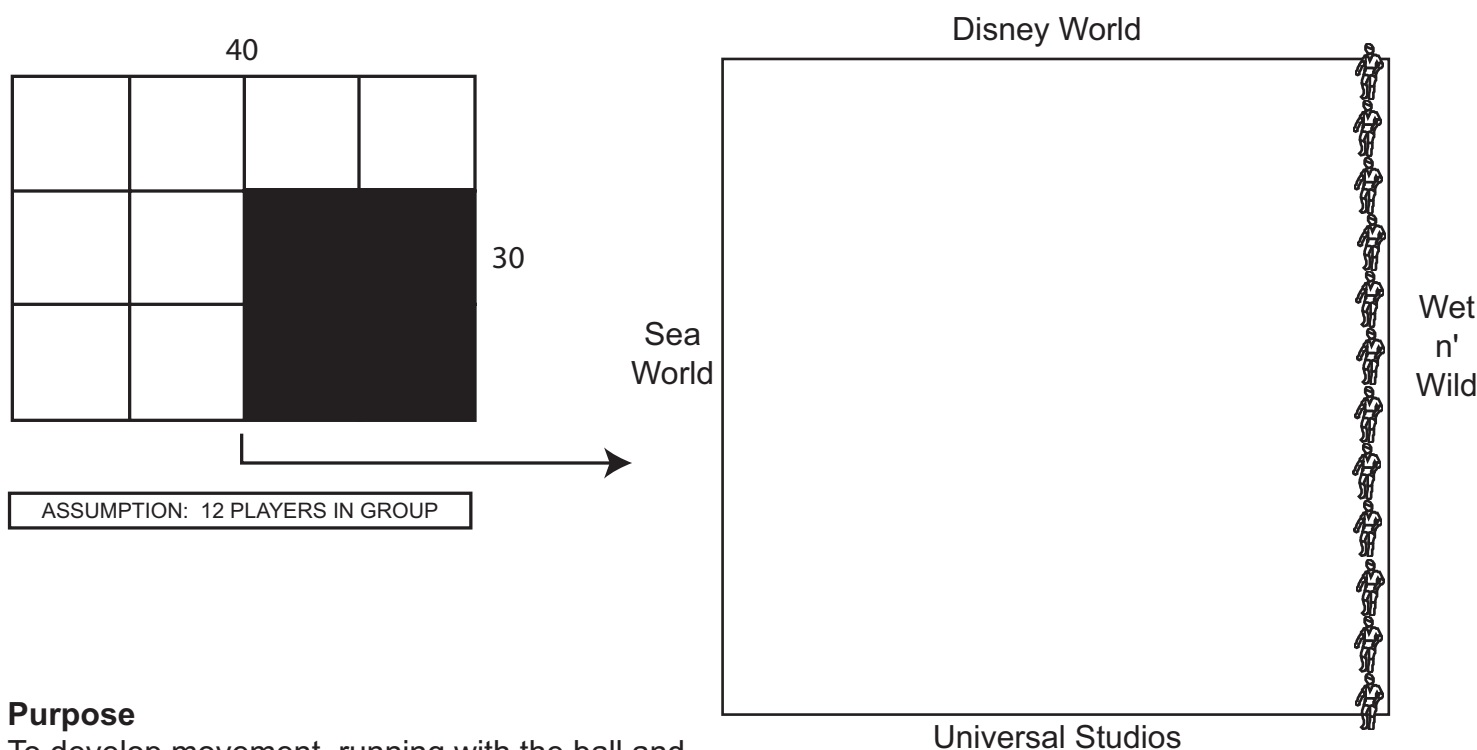
Progressions

1. The coach chases the players back to the start line when he turns around.

Story

I scream, you scream, we all scream for ice cream. There's just one problem. The local Dairy Mart lost power during the night and the ice cream is beginning to melt in the freezer. Last one to the store gets the ice cream "mush"!

Pet Vacation



Purpose

To develop movement, running with the ball and dribbling technique.

Organization

Set out a 20 x 20 yard area. Position players on one end line of the area. Begin the activity without a ball but once players are familiar with the commands and the directions, introduce a ball per player.

Game Objective

The coach begins the game by explaining the dimensions of the area. Each of the sides of the area has a name of a theme park in Florida. The dimensions are: Disney World – top; Universal Studios – bottom; Wet n' Wild – side; Sea World - side.

Players follow the coach's command and run to the side of the area that the coach calls out. If they get to the line, players must stop on the line until they hear the next command. During general movement, the coach can introduce several mimic commands, including:

Meow like a cat, snort like a pig, moo like a cow, howl like a hyena, bark like a dog, jump like Shamu.

Progressions

1. Introduce a ball per player encouraging them to stop the ball with the sole of the foot when they get to a destination line.