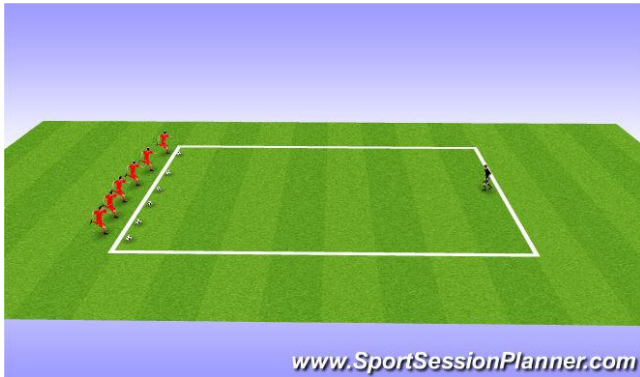


PreK-2nd - S5

Category: Technical: Ball Control | Difficulty: Beginner



Am-Club: TSF Academy
Mark White, Young Member



Howling Wind Game (15 mins)

The Howling Wind Game is a variation of "What's the Time, Mr Wolf". All players at one end of the area, the coach at the opposite end. Players have a ball at their feet (for the younger players you can have them hold the ball). The players shout out "What's the Weather Today?" The Coach will respond with weather ideas for example "It is snowing; it must be WINTER time" or "It is getting warm, and the flowers are starting to bloom, it must be SPRING" or "It's very sunny, time for the beach and ice cream, it's SUMMER time" or "It's cloudy, and looks like rain, it is WINDY FALL time". For each season the following action is taken:

WINTER - players take 1 step forward with the ball

SPRING - players take 2 steps forward with the ball

SUMMER - players take 3 steps forward with the ball.

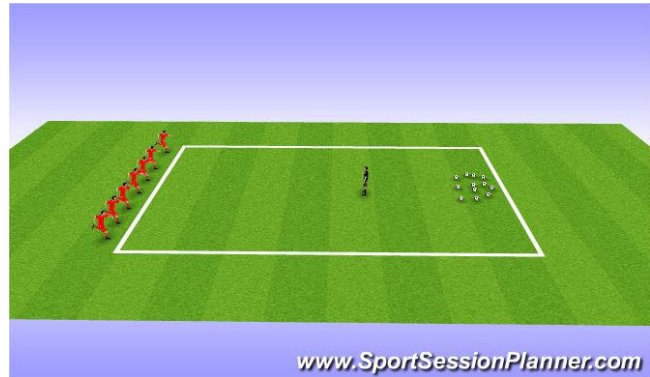
If Coach says "WINDY FALL TIME" The players must dribble the ball back to the beginning before the coach can 'steal' their ball.

To make this fun, have the Coach spin like a tornado when it is FALL. Ask the players to blow like the wind. Ask them what happens in different seasons.



PJ Masks Save The World (15 mins)

Coach starts by telling the players they are members of the PJ Masks team (Catboy, Owlette and Gekko) and they can choose



The Squirrel Game (15 mins)

All Players line up at end of area. At opposite end are all soccer balls. Tell the players they are the squirrels and they are looking for Acorns (the soccer balls). Game is basically "May I" with Players saying "Can I Find An Acorn ?" Coach must respond with "Yes You May" and follow it with how many steps the squirrels can take. If, for example, Coach responds with just a "take 1 step" players cannot move. If they do they have to go back to the beginning.

When they get to the soccer balls, they dribble the ball back to the start.



The Recycling Game (15 mins)

Set up area with a small square in one corner which is the 'Recycling Center'. Spread out pinnies and discs all around the

which character they want to be. Tell them the Night Ninja is attacking the World and has sent meteors to blow up the world. The job of the players (PJ Masks) is to get rid of all the meteors to save the world. Set out area with discs spread out randomly. Each player dribbles around area. When coach shouts out "Meteor Attack" the players have to collect as many of the discs in a 10-second time span. Players give the collected cones to Coach and carry on dribbling. Coach builds up the story and once again shouts out "Meteor Attack" and players once again pick up as many discs as they can in 10 seconds. Repeat, remembering to tell a story. Progression with Coach adding more discs (meteors) as the players are collecting others. Give players longer time to collect discs.

area. Players are to dribble around avoiding the discs/pinnies. On Coaches command players pick up ONE item only and take it to the Recycling Center. They carry on dribbling. Coach repeats command until all items are in the recycling center. PROGRESSION - Have a "Litter Bug" (either coach or a player) who keeps emptying out the recycling center - one item at a time.



Dragons & Knights (15 mins)

All players are at end of area They are the Knights. All soccer balls, pinnies and discs are marked off at the far end, boxed off. The Coach is the "Dragon" who protects the Castle Treasure (soccer balls, pinnies & discs). On Coaches command the players have to run into the castle and collect one piece of treasure (name it - ball; disc; pinnie). Coach is looking to tag players to stop them getting treasure (be nice and allow the players to be successful).

To make sure the players are not scared, tell them that the Dragon is scared of the Knights and is old and slow.