



Simon Says (10 mins)

Organization- All players have the ball and dribble around the grid.

Rules- Coach is Simon

Ideas for Simon:

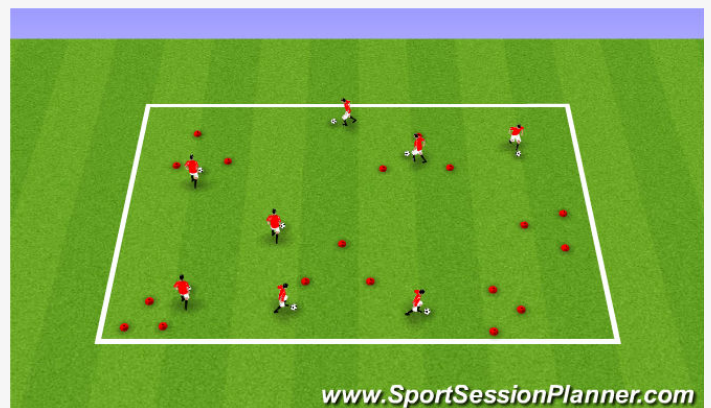
1. Toe taps
2. Inside foot touches back and forth(tick tocks)
3. Stop
4. Roll the ball
5. Dribble fast
6. Dribble slow
7. Bunny hops- without the ball
8. Jumping jacks
9. Act like your favorite animal
10. Put your knee on the ball
11. Pull back



Dribbling Galaxy Hoppers (10 mins)

Organization- With several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as they can. Players dribble from one galaxy to another (triangle on the field).

Rules- Play when coach says, "Go explore the Galaxy". Interval 1- how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.



Guardians of the Galaxy (10 mins)

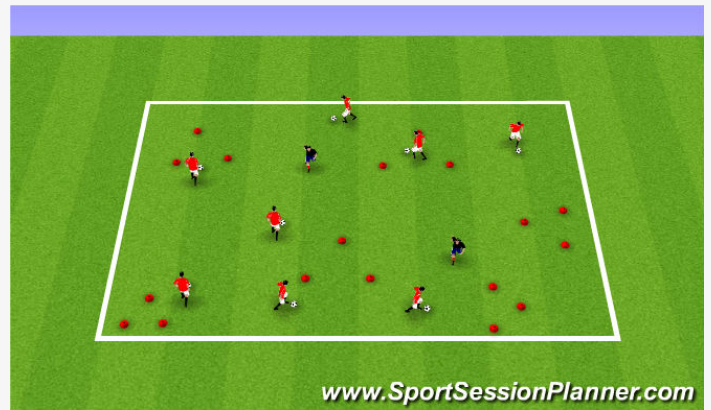
Organization- With several 3 yard Space Ships (bases). The 2 coaches are it. They have the ball in their hands. The rest of the players dribble their soccer ball and are space fighters who are safe if they can land on a ship.

Rules- Play when coach says, "Go save the Galaxy". Coaches can only toss their soccer ball underhand to hit the space fighter's ball. Space fighters are safe if they can stop in a triangle. Count how many bases you can land on. If your ball is hit, you lose your points.



Monsters Inc (10 mins)

Organization- With several 3 yard triangles (closets to hide in). Select 2 players to be it (they are Boo) & do not need a ball. The rest of the players are Mike & Sully (from Monsters Inc). They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid. Rules: Play when coach says, "look out for Boo". Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet. Award points as needed for getting into a closet.



5v5 (15 mins)

Put 5 yard cone goals at either end of your grid and play 5v5. One goal should be on the track side and one goal towards the middle of the field. Please take water breaks as necessary.

