

## FOXES & FARMER

### GAME OBJECTIVES

The Farmer (coach) runs around the area attempting to pull the bibs out (tails). When a player's bib is pulled out, he/she becomes a farmer, too. Play until 1 fox is

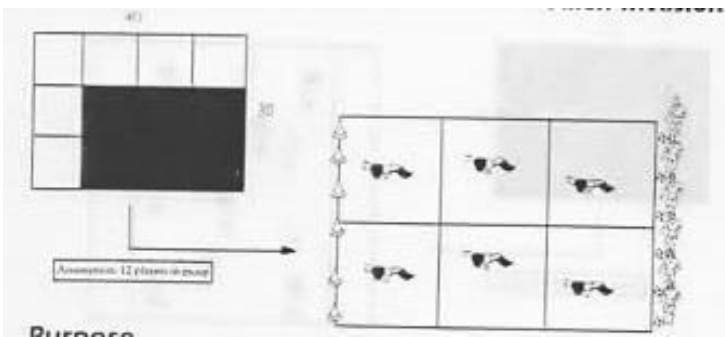
left. The players must remain within the area throughout the activity.

### PROGRESSIONS

1. Make the farmer(s) dribble a soccer ball as he chases the foxes
2. Make the foxes dribble a soccer ball as they are being chased

### KEY COACHING POINTS

1. Change speed and direction to avoid the farmers
2. Don't stand still. Keep moving. Get ready to run
3. Watch out for other farmers. Keep your head up.



## ALIEN INVASION

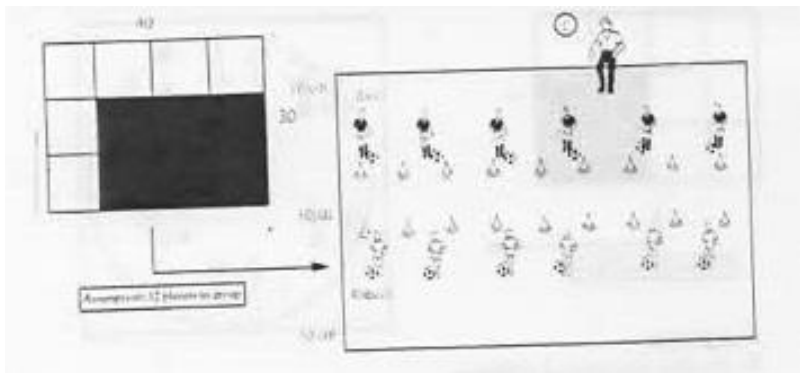
### GAME OBJECTIVES

Players must dribble across the area without being tackled by the aliens, who are trying to kick the balls out of the area. If the ball is kicked out, the player stays in the

game and tries to help his/her teammates get other balls across. The object of the game is to see how many times the player can dribble across the area until no soccer balls are left.

### KEY COACHING POINTS

1. Push the ball 2-3 feet in front of you between touches
2. When approaching a defender, push the ball into an open space to his/her side and accelerate into space
3. If you have lost your ball, get in a space where a teammate might pass to you
4. Two ways to beat defender; pass or dribble



## RAT & RABBITS

### GAME OBJECTIVES

When the coach shouts out “Rats” the players (assigned Rats) must try to chase the “Rabbits”. The object of the game is for the player in pursuit

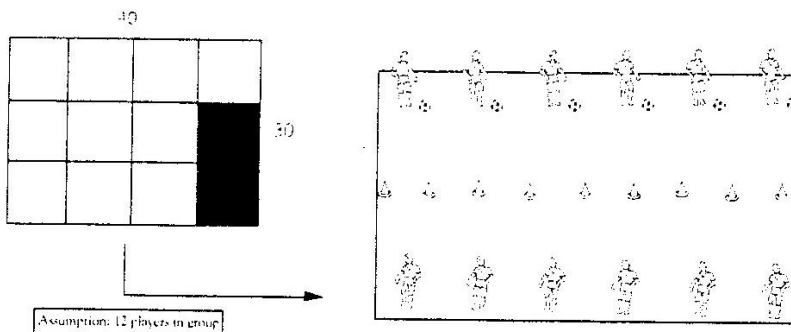
to tag his opposing partner on the back, before they reach the end line.

### PROGRESSIONS

The team in pursuit attempts to strike their ball to hit the opposing player on or below the knee.

### COACHING POINTS

1. Get the ball out of your feet quickly
2. Cover the area quickly
3. Use your laces to run with the ball – point your toes down.



## PAW PATROL

### GAME OBJECTIVE

Players must attempt to knock down as many cones and or soccer balls on cones as possible. The ball may be thrown, rolled or passed,

depending on the skill level. Players on the opposite side of the field retrieve the ball and make a similar attempt.

### PROGRESSIONS

1. Increase the distance
2. Only allowed to kick the ball