

Thank you to the photographer. Here are the activities that I can remember doing last night. Thanks for being a great group to spend time with. Good luck on Thursday and remember to have fun! I think a great way to manage your time is to start with a game as the players show up. Stop the game to do a couple activities and then play Get Outta Here which turns into a game to finish the time you have with them.

“Everybody’s It” – tag as many people as you can without getting tagged yourself. Try not to get tagged. Have them keep track of how many they tagged. Can they beat their score from last time? Either try to tag more or get tagged less. Do without a ball and then add a ball in their hands and then at their feet. Talk about big toe and little toe and what the game asks their eyes to do? We talked about the importance of the ABC’s (agility, balance, coordination, speed)

“Ouch” – players hit the coach with the ball below the knee to say ouch. Good for practice kicking the ball while moving, ball control, changing direction and keeps their head up.

“Gophers and Trees” – with a partner decide who is a gopher and who is a tree. Gophers roll balls underneath the trees or which we did not do play without a ball first and have them crawl through the legs. Have them switch roles. Remember trees hold their ball over their head.

“Freeze Tag” – This is a good one to do after gophers and trees. Assign a tagger or two that wear a vest. If tagged become a tree, can be turned back into a gopher if given a high five or which we did not do could crawl through the legs when doing the game without a ball. When playing with a ball the ball can be rolled through the legs to unfreeze them.

Variation: played with a partner linking arms, holding hands or holding a ball between the two.

Variation: played with a ball between two. The freezer can only tag the person with the ball and the person with the ball can pass to their partner to avoid getting tagged.

“Get Outta Here” – Great game to finish with. Play 1v0, 1v1, 2v2, 3v3.

Variation: added more goals and then movable goals. I reduced the number of goals to make it harder with less options.

I hope this summary helps.

Thanks,

John

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