PLAYGROUND/SCHOOLYARD MODIFICATIONS SUPPLEMENT

Ready! Set! PLAYSOCCER®
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• Program Leader and Activity Leader Considerations
• Parental Involvement
• Modified Curriculum:
  • Playground
  • Schoolyard
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Introduction

Please find enclosed a collection of modifications to support your Playground and Schoolyard Soccer Programs in what is likely a modified environment. This does not replace the regular Playground and Schoolyard Manuals but is rather a supplement. Additionally, this does not negate the requirement of a Certified Playground/Schoolyard Activity Leader.

We fully appreciate the reality of containing this age group (at the best of times) but we have tried to prioritize *increasing distance while reducing contact*.

At times of challenge, we are forced to provide creative solutions; therefore, please modify the included activities to maximize success with *your* children in *your* environment under *your* local guidelines.

Regardless of the activity, one thing to keep in mind is to make sure every child in your session is comfortable and *willing* to participate (depending on personal circumstances, there is likely a spectrum). Remember, for many this has been a very scary time.

On behalf of everyone at AYSO, thank you for hanging in there and helping us get kicking again.

Your AYSO Programs Team
Genera

- Duration: 1 hour 15 minutes including organizing time and breaks.
- Group formation and session explanation by the Program Leader for all helpers.
- Group support by Activity Leaders.
- Group FMS into the following categories:
  - Locomotor (running, hopping, skipping, etc.)
  - Non-locomotor (balancing and twisting, etc.)
  - Object Control (catching and throwing, kicking, etc.)
- 4 players per group.
- 1 parent/guardian working with each child on the field.
Program and Activity Leader Considerations

- Sessions are led by a Playground/Schoolyard Program Leader who introduces and explains the game or activity and how it applies to certain fundamental motor skills.
- Program Leaders form groups of players on a weekly basis (jamboree style) depending on the players that attend the session.
- In large programs with multiple groups, it is suggested to have a Program Leader for each group to help the cohort with each activity or assign Activity Leaders per group.
- Program Leader should circulate around the groups providing guidance and help as needed.
- After the allotted time, the Program Leader should bring the players and parents back together while respecting physical distancing, briefly recap the activity, discuss the motor and technical development, and introduce the next activity or the conclusion of the session.
- Program Leaders are responsible for establishing the player area according to the recommended grid sizes and using the recommend equipment. The sessions include modifications to the activity to ensure success or new challenges for the players.
- **Program and Activity Leaders should wear a mask.**
- **No physical greeting of players. Verbal acknowledgement only.**
- **Physical distancing, hygiene, keep groups separate, organization...FUN!**
- **If you do mix groups, mix the same groups each time to limit transference.**
**Organization**

Considering reopening variances, plus the benefits of smaller group size for this age group, it is suggested that we work in groups of 4 players.

- 1 activity leader to work with 4 groups. A group consists of 1 player & 1 parent/guardian.
- Each group will work within their own grid for the entirety of the session.
- Keep players together in same small groups and avoid mixing with other groups as much as possible.

This effort limits contact, transference and promotes physical distancing.

For the final game-like activity, consider 2v2 as opposed to 3v3. However, remember that with fewer numbers, there is *more* demand on the children and therefore, run for less time with *more* breaks.

The goal should be to maintain physical distancing. For individual activities, where possible, consider using the **Team-Teaching Station** (shown below) to maintain physical distancing but control and organization:

![Diagram](image)

Diagram shows multiple activities. In actuality, you would run same activity at same time per grid.

This set-up does not restrict *overall* participation; however, the more grids, the more leaders, the more equipment you will need. **It takes 16 cones to mark out this Station (different colors can help).**

**Equipment**

Where possible:

- Limit the handling of equipment (e.g.: cones, disks, etc.); and sanitize as frequently as possible.
- Each group/grid should be given the equipment necessary to run the session.
- All equipment to be thoroughly washed/sanitized between sessions.
- Depending on the number of stations/grids, you might need additional cones, beyond the Playground/Schoolyard bundle. Contact [programs@ayso.org](mailto:programs@ayso.org) for more information.
- Required equipment per individual grid (for one player and one parent) is listed in the weekly curriculum.
Parental Involvement

Encourage parents to:

- Be positive and encouraging.
- Monitor players for signs of fatigue, stress, overheating or conditions that compromise their safety.
- Help their child understand the activity and guide them along as needed.
- Help the child gain comfort with the environment, i.e., masks, distancing, lack of touching, etc.
- The role of each parent/guardian is to work one-on-one with that child on the field, helping them through the activity and encourage physical distancing where possible.
- Ensure your child is healthy. Test child’s temperature before departing for the field (if above 100.4, do not attend).
- Recommend that child’s clothing is washed after every session.
- Recommend that all equipment (ball, footwear, shinguards, etc.) are sanitized before and after every session.
- Recommend that you have hand sanitizing products with you at every session.
- Notify your Region immediately if your child or family member becomes ill for any reason.
- Practice physical distancing where possible, place bags and equipment at least 6 feet apart.
- No sharing drinks or use of water fountains at facility (players should mark their own water bottles).
- Limit physical greetings with other children (verbal acknowledgement is encouraged.)
Activity 1: Players remain in their own grid for activity.
Activity 2: Players remain in their own grid for activity.
Activity 3: Cones to be set up inside each grid and will be an individual, fun activity.

Equipment per grid (1 player/1 parent): 4 Disc Cones / 6 Cones / Soccer Ball.

FMS Activity 1: The Big Race (running)
- Coach calls, “Start Your Engines” then yells “Go!”
- The players must run out and go around their opposite cone and back to the starting line.
- The first player back is the winner of the big race.

Modifications:
- Race in teams of two or three players.
- Players race individually against the clock (time trials).
- At midpoint, players must perform an additional FMS, i.e., balance on one leg for 3 seconds.
- Have players skip or gallop.
- Have players walk with bean bag on their head.

FMS Activity 2: Coach Says (balancing)
- Players start on endline with ball at their feet and await Coach commands.
- Players only react if the direction is preceded by “Coach Says.”
- The coach provides various commands:
  - Take one (two, three, etc) - Steps forward
  - Balance on right/left leg - Balance on right/left leg
  - Sit on Ball - One foot on ball
  - Speed up/slow down - Elbow on ball
  - Ear on ball - Pick up ball and bounce
  - Jump over Ball - Etc.

- Balancing on each leg should be a main focus.
- Change the command from “Coach Says.”

FMS Activity 3: Kingpin
(rolling a ball, kicking a ball)
- Players must roll/bow the ball and try and knock down as many cones as possible by using an underarm throw.
- When they knock down a cone, they must run, pick it up and place it on a pile beside them outside the grid.
- Winning player/team is those with most pins.

Modifications:
- Vary distance
- Add time challenge
- Players kick the ball
WEEK 2

Activity 1: Players remain in their own grid for activity.
Activity 2: Players remain in their own grid with parent acting as ‘the chaser’.
Activity 3: Players remain in their own grid and parent will be the Mosquito.

Equipment per grid (1 player/1 parent): 4 Hula Hoops / Soccer Ball.

<table>
<thead>
<tr>
<th>FMS Activity 1: Frog Jumping (jumping/landing)</th>
</tr>
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<tbody>
<tr>
<td>• All children on the start line in two lines facing you at the endline.</td>
</tr>
<tr>
<td>• Kids jump like a frog on each lily pad in their row and then run around the marker and back to the start.</td>
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<tr>
<td>• Sing a “frog” song, while the children jump from lily pad to lily pad. Children should “croak” like a frog while leaping.</td>
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<tr>
<td>Modifications:</td>
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<tr>
<td>• Ask the children to jump in different directions: forwards, backwards and sideways.</td>
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<td>• Increase/decrease distances.</td>
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<th>FMS Activity 2: Hospital Tag (balancing, hopping)</th>
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<tbody>
<tr>
<td>• Every player can tag every player in this game.</td>
</tr>
<tr>
<td>• Players dribble around grid trying to tag teammate.</td>
</tr>
<tr>
<td>• If a player is tagged they hold the body part that is tagged.</td>
</tr>
<tr>
<td>• If tagged again, the other hand holds tagged body part.</td>
</tr>
<tr>
<td>• When tagged for third time, players must go to see the doctor (coach) to get some “medicine” (complete task assigned by coach to get healed, i.e., balance on one leg, hop, etc.).</td>
</tr>
<tr>
<td>• Players re-enter the grid free to tag again.</td>
</tr>
<tr>
<td>Modifications:</td>
</tr>
<tr>
<td>• Get creative with “the medicine” but keep the tasks simple and related to improving the player’s physical coordination and FMS, i.e., balancing on one leg or hopping through 3 hoops, etc.</td>
</tr>
<tr>
<td>• Have players dribble a ball.</td>
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<th>FMS Activity 3: The Mosquito (kicking a ball/rolling a ball)</th>
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<td>• The Coach (the Mosquito) will dash across the grid trying to avoid being hit with the balls that the Exterminators (players) are shooting at him.</td>
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<td>• Before heading back to the starting point, the coach will allow the players to collect their ball and line up on the other side of the grid for one more go at the Mosquito.</td>
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<td>• See who hits the Mosquito the most times in a set number of runs.</td>
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<tr>
<td>• Have players strike the ball with the left and right foot.</td>
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<tr>
<td>• Vary pace of Mosquito.</td>
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<tr>
<td>• Have players roll/bowl the ball.</td>
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WEEK 3

Activity 1: Set up smaller version of the game and players remain in their own grid for activity.
Activity 2: Player/Parent will alternate being the web-slinger.
Activity 3: Instead of a parachute, mark out a small circle with cones on the ground and see if the player can dribble through the circle before the ball hits the ground.

Equipment per grid (1 player/1 parent): 8 Disc Cones / 4 Bean Bags / 4 Cones / Soccer Ball.

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**FMS Activity 1: Rob the Nest (running)**

- All players are standing in a corner square.
- The coach yells “Rob The Nest” and all players must run to the center of the grid, collect a bean bag (egg), place it on their head and return to the cone as quickly as possible, dropping the bean bag into their nest.
- They return to the center to get another egg.
- When all the eggs have been collected the player who has collected the most wins.

**Modifications:**
- Add more bean bags to the center and enlarge the grid.
- Once all eggs are taken from the center, players can steal from each other’s nests (watch time on this as it can be very tiring).
- Replace the bean bags with balls and have players dribble the balls.

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**FMS Activity 2: Web-Slinger Tag (balancing, dodging, running)**

- One player is the Web-Slinger, all others are villains.
- Web-Slinger has numerous scrimmage vests (webs).
- Web-Slinger must chase the villains, throw his web and hit the villain to web that player.
- If villain gets webbed, he must freeze & balance on one leg.
- Villains can only be released if teammate taps them on shoulder.
- To complete the game, the Web-Slinger must have all villains frozen at the same time.
- Swap the Web-Slinger often and at every progression.

**Modifications:**
- If a player runs out or is chased out of the area, they are frozen when they come back in and must balance.
- Players can dribble a ball and the Web-Slinger must web their ball to get them out. Increase the number of Web-Slingers. Add a time challenge.

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**FMS Activity 3: Skydiver’s Dribbling (dribbling a ball)**

- Parents hold parachute and place a beach ball in the middle.
- Players on outside of circle with ball at feet.
- As parents toss the beach ball up in the air, children must dribble their soccer ball underneath to a space on the other side, being very careful not to run into another player dribbling through.

**Modifications:**
- Instead of a parachute, mark out a small circle with cones on the ground and see if the player can dribble through the circle before the ball hits the ground.
- Can they make it before the beach ball lands in the parachute?
- Can they use their left foot only? Right foot only?
- Let the parachute land on the players (often).
Activity 1: Players remain in their own grid for activity.

Activity 2: **SUBSTITUTED GAME FOR “FROG JUMPING’ from Week 2**

Activity 3: Players remain in their own grid for activity.

**Equipment per grid (1 player/1 parent):** 4 Hula Hoops / 4 Bean Bags / Soccer Ball.

**FMS Activity 1: Musical Statues**
(jumping, hopping, skipping)

- Children move around the grid to the music, performing a specific skill, i.e., jumping, hopping, skipping, etc.
- When the music stops, the children must freeze on the spot and make a statue until the music starts again.
- Let each child pick the movements that the other children should copy.
- Demonstrate the movements for the children.
- Make this activity non-competitive so that all children remain in the game.

**Modifications:**
- Use music with a slower beat.
- Ask children to perform the actions slowly.
- Combine the locomotor skills, i.e., jump then hop.
- Model different poses for the children to freeze to.

**FMS Activity 2: Frog Jumping**
(jumping/landing)

- All children on the start line in two lines facing you at the endline.
- Kids jump like a frog on each lily pad in their row and then run around the marker and back to the start.
- Sing a “frog” song, while the children jump from lily pad to lily pad. Children should “croak” like a frog while leaping.

**Modifications:**
- Ask the children to jump in different directions: forwards, backwards and sideways.
- Increase/decrease distances.

**FMS Activity 3: Relay Toss**
(underarm throwing, kicking, running)

- First player runs out with bean bag, stops at the disc cone and underarm throws the bean bag into the hoop.
- Upon completion, he turns and runs back to tag his partner who then takes his turn.
- Count the bean bags in the hoops of the whole group.

**Modifications:**
- Vary distance of throws.
- Count the bean bags in the hoops per pair.
- Add time challenge.
- Play music.
- Parents stand up hoops for players to “kick” a soccer ball through.
WEEK 5

Activity 1: Set up smaller version of the game and players remain in their own grid for activity.
Activity 2: Activity Leader sets up centrally and players dribble to the corner of their own grid.
Activity 3: Players remain in their own grid for activity with the parent playing the role of coach.

Equipment per grid (1 player/1 parent): 4 Cones / Soccer Ball.

FMS Activity 1: Scoops of Ice Cream (running)
- Give both sides team names.
- On coach command, players run into middle pick up cone/ball to make an ice cream cone (parents help as needed) and carry it back to their starting cone.
- Play continues until all balls have been collected.
- Count number of balls each player collects.

Modifications:
- Vary distance.
- Players dribble the ball back.
- Add a FMS challenge on way back, i.e., stop and balance on one leg for 5 seconds.
- The ice cream scoop is freezing so players must throw it in the air and catch it on way back.

FMS Activity 2: Mr. Wolf (Balancing, hopping, trapping a ball)
- Players spread around edge of the circle with a ball each.
- The coach stands in the middle and is Mr. Wolf.
- Every child is a sheep and asks the question very loudly, “What time is it, Mr. Wolf?”
- The Wolf says a time, i.e., “2 o’clock.” Each player must then dribble the ball forward two steps & stop the ball with their foot.
- Wolf can also request a FMS challenge, i.e., ”Balance Time”...balance on right leg for 5 seconds, etc., or “Hopping Time”... players hop forward for 2 then hop back for 2, “Trapping Time”...players kick their ball to the Wolf who rolls it back for them to trap.
- When players get close enough to the center the coach may announce, “Dinner Time” and attempts to steal the soccer balls from the sheep.
- Players must turn and get back to cone outside circle before being caught.
- When sheep is caught, she becomes baby wolf in middle to help Mr. Wolf.
- Winner is last remaining sheep.

Modifications:
- Play without a ball.

FMS Activity 3: Catchy Rounders (catching)
- Children stand in a circle with coach in the middle.
- Softly bounce the ball to each child in the circle in a clockwise direction; the child catches and bounces the ball back to you.
- The children who are not catching clap on the bounce and raise their hands high on the catch.
- Throw the ball to each child in the circle.
- Sing a song as the game is played.

Modifications:
- Make the circle smaller/larger.
- Use beach ball.
- As child bounces ball back to coach, they run clockwise around the circle and back to their space.
- Randomly select a child to throw the ball to.
WEEK 6

Activity 1: Players remain in their own grid for activity with the parent playing the Ogre.
Activity 2: Players remain in their own grid for activity with the parent playing the role of coach.
Activity 3: Set up smaller version of the game and players remain in their own grid for activity.

Equipment per grid (1 player/1 parent): 4 Bean Bags / 8 Disc Cones / Soccer Ball.

FMS Activity 1: What Time is it, Ogre? (running and hopping)
- Ogre stands with back turned in 1 swamp (square) with lots of food (bean bags).
- Fairy tale creatures (kids) stand in opposite square (forest).
- Objective is for fairy tale creatures to sneak up on the Ogre and steal his food and take it back to their forest.
- To move, kids shout “What time is it, Mr. Ogre?”
- Ogre says a time, i.e., “2 o’clock.” Each player must then take two steps forward.
- When the Ogre shouts, “Dinner Time” he turns and chases the kids who have to run back to their forest and start again.
- If a kid gets caught (tagged) by the Ogre, they must perform a FMS challenge to keep playing, i.e., balance on one leg for 3 seconds. Keep all players in game.
- When fairy tale creatures get to the swamp (always) they get to steal all the Ogre’s food and take it back to their forest.

Modifications:
- Players dribble a ball.
- Players hop on way out, run back.

FMS Activity 2: Big Bad Bear (running, dodging, balancing)
- Coach is the “Big Bad Bear” and must try to tag the players as they run around the area. (Bears must always be growling).
- The “Big Bad Bear” cannot capture the players if they can run into and hide in one of the caves.
- The players can only stay in a cave for 10 seconds and must go to the other cave to avoid capture.
- While in the cave, players must perform a FMS, i.e., balance on one leg for 5 seconds, etc., before they exit.
- If a player is captured, they become a “Wee Bad Bear” and help the “Big Bad Bear” capture the remaining players.
- Last player to be captured is the winner.

Modifications:
- Only 1 player in cave at a time.
- All Bears must hold hands (or a scrimmage vest) while trying to capture the remaining players.
- Players dribble balls.

FMS Activity 3: Soccer Croquet (dribbling, kicking and trapping a ball)
- Players dribble ball through the area.
- Upon coach command, player must dribble to a free gate and pass the ball through to the other side.
- Players collect balls at other side and keep dribbling until coach calls again.

Modifications:
- Remove command and let players dribble gate to gate.
- Add a time challenge.
- Can players jump over the gate to get their ball?
- Players in pairs. Player 1 passes through gate for Player 2 to trap the ball. Player 2 passes back Player 1 to trap. Once both players have trapped the ball, they move onto an open gate to start again.
AYSO SCHOOLYARD SOCCER  
WEEK 1

Activity 1: Players remain in their own grid for activity.  
Activity 2: Players remain in their own grid for activity and work with parent.  
Activity 3: Players can remain in their own grid or join small group for this activity.  
Equipment per grid (1 player/1 parent): 4 Pinnies / 4 Cones / Soccer Ball.

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FMS Activity 1: Web-Slinger (running)
- One player is the Web-Slinger, all others are villains.  
- Web-Slinger has numerous scrimmage vests (webs).  
- Web-Slinger must chase the villains and throw his web and hit the villain to web that player.  
- If a villain gets webbed they must freeze, put their hands in the air and open their legs (can only be released if a teammate crawls through their legs like a snake).  
- To win, Web-Slinger must freeze all the villains.  
- Swap the Web-Slinger often and at every progression.  
- If a player runs out of area, they are frozen when they come back in.  
- Players can dribble a ball and the Web-Slinger must web their ball to get them out.  
- Increase the number of Web-Slingers.

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Soccer Activity 2: Sharks & Minnows (dribbling and running)
- The minnows have a tail in the back of their shorts.  
- The shark (Coach) moves around the grid catching minnows by pulling off their tails.  
- The minnows try to avoid the shark but when a minnow has lost its tail, it must leave the grid (the pond).  
- To re-enter the pond, the minnows must perform a FMS challenge, i.e., balance on one leg for 5 seconds, perform 5 ball bounces, etc.  
- Minnows can start without a ball.  
- Caught minnow’s can become baby sharks.  
- Limit players to only use L foot, R foot, outside of R or L, or use inside of both feet.

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Game-Like Activity 3: Any Goal (score!)
- Coach rolls numerous balls onto field (at least one per player and ideally a few extra).  
- Players look to collect a ball, dribble and score in any of the goals.  
- Have parents behind goals to re-distribute balls and keep the game flowing.  
- Purpose is for players to understand the aim of soccer is to score goals!  
- Once the balls are in the goals, reset and begin again, but now the players must try and score in a different goal.  
- Add a set period of time.  
- Add corner goals.
WEEK 2

Activity 1: Players remain in their own grid for activity.
Activity 2: Players remain in their own grid for activity and work with parent.
Activity 3: Players join small group (1v1, 2v2) for this activity.

Equipment per grid (1 player/1 parent): 4 Cones / Soccer Ball.

FFMS Activity 1: Coach Says (balancing+)

- Players start on end-line with ball at their feet.
- The coach provides various commands: TAKE ONE (TWO, THREE, ETC.) STEPS FORWARD, *BALANCE ON RIGHT/LEFT LEG, also add: SIT ON BALL, ONE FOOT ON BALL, SPEED UP, SLOW DOWN, ELBOW ON BALL, EAR, PICK BALL UP AND BOUNCE, JUMP OVER BALL, etc.
- Balancing on each leg should be a main focus.
- However, players only react if the direction is preceded by “Coach Says.”
- > Change the command from “Coach Says.”

Soccer Activity 2: Slippery Snake (dribbling & balancing)

- Players dribble around the area.
- All players form a snake-like line; each player has a ball & must follow the lead player (the head of the snake).
- When the coach yells “Shed Your Skin” the player at the end of the snake dribbles forward and becomes the head of the snake.
- > Limit players to only use L foot, R foot, outside of R or L, or use inside of both feet.
- > Ensure that all players become the head of the snake at one time or another.
- > Have the players add their favorite soccer fake (move) when they are the head of the snake for others to copy.
- > Add FMS commands: Stop, balance on left leg, etc., Go!

Game-Like Activity 3: Numbers 1 (direction)

- Two teams, numbered 1-3, line up either side of coach in central position on touch line. Coach determines which team attacks which goal (mark goal(s) with the same colored scrimmage vest as team).
- Coach rolls 2 balls into the field to start play.
- Coach calls a number and players with that number from both teams run out to a ball (one for each player).
- One team have to score in one goal and the other team in the opposite one.
- This is to help players understand direction.
- Keep score.
- Have numerous balls on hand to keep the game flowing.
- > Provide extra points to the player who scores first.
WEEK 3

Activity 1: Players remain in their own grid for activity and work with parent.
Activity 2: Players remain in their own grid for activity and work with parent, switching roles each game.
Activity 3: Players can remain in their own grid or join small group for this activity.

Equipment per grid (1 player/1 parent): 8 Disc Cones - 4 Pinnies / 4 Cones / Soccer Ball.

FMS Activity 1: Hunters and Hunted (running, twisting, pivoting, dodging)
- Players tuck tails into back of shorts and line up on opposite sidelines.
- On coach command, hunters chase hunted and try to grab tails.
- Hunted use twists, pivots and dodging to escape hunter.
- If hunter catches hunted, they throw the tail to the ground and chase another player.
- If caught, the hunted runs outside grid, around the flag (tree), back into the grid (woods) to retrieve their tail and join in again.
- Play for one minute, then break for 30 seconds. Continue a few rounds.
- Change hunters and hunted.
- > Players dribble a ball.

Soccer Activity 2: Big Bad Bear (dribbling & twisting, pivoting & dodging)
- Coach is the “Big Bad Bear” and must try to capture the players as they dribble around the area.
- Bears must always be growling.
- “Bear” cannot capture players who hide in one of the caves.
- The players can only stay in a cave for 10 seconds and must go to the other cave to avoid capture.
- If a player is captured, they become a “Wee Bad Bear” and help the “Big Bad Bear” capture the remaining players.
- Last player to be captured is the winner.
- > Only 1 player in cave at a time.
- > While in the cave, players must perform a FMS, i.e., balance on one leg for 5 seconds, etc., before they exit.
- > All Bears must hold hands (or scrimmage vest) while trying to capture the remaining players.
- > Play without balls.

Game-Like Activity 3: Numbers 2 (competition)
- Two teams, numbered 1-3+, line up on opposite touch lines within two cones. Coach determines which team attacks which goal (mark goal(s) with the same colored scrimmage vest as team).
- As coach calls a number, player’s from both teams with that number run to their right, go around the corner cone, and cut into the field to compete 1v1 to goal.
- As players are running, Coach rolls out one ball for players to compete.
- Once goal is scored or ball goes out of play, the play is over and players return to their team.
- Encourage players to try to steal the ball & not run into each other (serve ball more to one side to avoid collision).
- Have numerous balls on hand to keep the game flowing.
- > Change directions.
**Activity 1:** Players remain in their own grid for activity.
**Activity 2:** Players remain in their own grid for activity and work with parent.
**Activity 3:** Players can join small group (2v2) for this activity.

**Equipment per grid (1 player/1 parent):** 6 Cones / 4 Disc Cones / Soccer Ball.

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**FMS Activity 1: Kingpin (rolling a ball)**
- Players must roll/bowl the ball and try and knock down as many cones as possible by using an underarm throw.
- When they knock down a cone they must run, pick it up and place it on a pile beside them outside the grid.
- Winning player / team is those with most pins.
- > Vary distance.
- > Add time challenge.
- > Players can kick the ball.

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**Soccer Activity 2: The Mosquito (passing & rolling a ball)**
- The Coach (the Mosquito) will dash across the grid trying to avoid being hit with the balls that the exterminators (players) are shooting at him.
- Before heading back to the starting point, the coach will allow the players to collect their ball and line up on the other side of the grid for one more go at the Mosquito.
- See who hits the Mosquito the most times in a set number of runs.
- > Have players strike the ball with the left and right foot.
- > Vary pace of Mosquito.
- > Have players roll/bowl the ball.

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**Game-Like Activity 3: Numbers 3 (teamwork)**
- Two teams, numbered 1-3, line up on opposite touch lines within two cones.
- Coach determines which team attacks which goal (mark goal(s) with the same colored scrimmage vest as team).
- The coach will call two player's numbers (i.e., 1 and 2).
- As coach calls the numbers, player's from both teams with those numbers run to their right, go around the corner cone, and cut into the field to compete 2v2 to goal.
- As players run, Coach rolls 1 ball for players to compete.
- Encourage players to work together to introduce teamwork.
- Once goal is scored or ball goes out of play, the play is over and players return to their team.
- Have numerous balls on hand to keep the game flowing.
- > Players can sit crossed legged, facing different direction, bouncing, etc., challenging them to react.
- > Players run round corner and through goals to enter game.
WEEK 5

Activity 1: Players remain in their own grid for activity and work with parent

Activity 2: Players remain in their own grid for activity.

Activity 3: Players can join small group (2v2) for this activity.

Equipment per grid (1 player/1 parent): 8 Disc Cones / 4 Cones / Soccer Ball.

FM Activity 1: Kentucky Derby
(jumping/landing, catching a ball)
• Players move through the grid from gate to gate with ball in hands.
• At each gate, players stand 1-2 yards apart on either side.
• One player throws underarm (softly) to the other to catch. Once the ball is caught, the thrower then jumps over the scrimmage vest to join their partner.
• After each gate, the pair move onto another set of empty gates to score (catcher becomes the thrower and so on).
• Each pair counts how many gates they score in a set period of time.
• > Increase number of times pair must throw and catch the ball through gates before moving on.
• > Players can pass the ball on the ground.

Soccer Activity 2: One Pin Bowling
(passing & jumping/landing)
• One at a time each player tries to knock the ball off the cone directly in line with them.
• Let each player try it once before you start over from player 1.
• After each player has attempted five shots, the player who has knocked the most balls off the cone is the winner.
• As the players collect their ball, they try and jump over the target cone.
• > Have players roll/bowl the ball.
• > Have players strike the ball with their left and right foot.
• > Change the distance that the balls are away from the players.
• > Try to get all five balls at the end of the grid by the end of the training session.

Game-Like Activity 3: Change Game (simple rules)
• Two teams try to score in each other’s goal.
• The “Centipede” in goal cannot break the link to make saves, rather they must move as unit.
• The other group play on the field and try to score a goal.
• Centipedes switch places with the field players on coach command “change” and/or each time ball leaves playing area.
• Players will begin to understand that play stops when the ball leaves the playing area.
• Introduce very simple rules (as they occur in the game):
  • Free-kicks (kicking, tripping, etc)
  • Kick-offs (start game, when goals are scored)
  • Ball in and out of play (touchline and goal line)
  • Throw-ins (don’t worry about technique) Don’t worry about enforcing strict rules, simply introduce them and keep the game flowing.
WEEK 6

Activity 1: Players remain in their own grid for activity.
Activity 2: Players remain in their own grid for activity and work with parent
Activity 3: Players can join small group (2v2) for this activity.

Equipment per grid (1 player/1 parent): 8 Disc Cones / 4 Cones / Soccer Ball.

FMS Activity 1: Treasure Hunt
(skipping and hopping)
- Lay out orange cones only.
- Start players at one corner cone.
- Upon start, players "skip" around the grid (prioritize technique).
- The object of the game is to collect as many cones (gold coins) as possible.
- Once all cones have been picked up, the player with the most cones is the winner.
  - Add the blue (or other) color cones.
  - When the players come upon a different colored cone, they have to "hop" over it before picking it up. These special cones are worth 100 points each.

Soccer Activity 2: Pac Gal
(dribbling and skipping)
- The Pac Gal chases the players.
- Any player that dribbles outside the grid or has their ball kicked outside the grid by the Pac Gal, becomes the Pac Gal.
- The initial Pac Gal will use the ball of the player who dribbled out of the grid or whose ball was kicked out of the grid.
  - Limit players to only use L foot, R foot, outside of R or L, or use inside of both feet.
  - The Pac Gal must skip through the area.
  - Player who get caught become Pac Gals also.

Game-Like Activity 3: The Big Match (3v3)
- 3v3 game to goal.
- Very simple rules:
  - Goals
  - Free-kicks (kicking, tripping, etc)
  - Kick-offs (start game, when goals are scored)
  - Ball in and out of play (touchline and goal line)
  - Throw-ins (don't worry about technique)
  - Have two halves and switch ends, just like the big match.
  - Don't worry about enforcing strict rules, simply introduce them and keep the game flowing.
WEEK 7

Activity 1: Players remain in their own grid for activity. Cones must be provided for each participant.

Activity 2: Players remain in their own grid for activity.

Activity 3: Players can join small group (2v2) for this activity.

Equipment per grid (1 player/1 parent): 6 Cones / 8 Disc Cones / Soccer Ball.

FMS Activity 1: Scoops of Ice Cream (running)
- Give both sides team names.
- On coach command, players run into middle pick up cone/ball to make an ice cream cone (parents help as needed) and carry it back to their starting cone.
- Play continues until all balls have been collected.
- Count number of balls each player collects.
  - Vary distance.
  - Players dribble the ball back.
  - Add a FMS challenge on way back, i.e., stop and balance on one leg for 5 seconds.
  - The ice cream scoop is freezing so players must throw it in the air and catch it on way back.

Soccer Activity 2: Soccer Croquet (dribbling, kicking and trapping a ball)
- Players dribble ball through the area.
- Upon coach command, player must dribble to a free gate and pass the ball through to the other side.
- Players collect balls at other side and keep dribbling until coach calls again.
  - Remove command and let players dribble gate to gate.
  - Add a time challenge.
  - Can players jump over the gate to get their ball?
  - Players in pairs. Player 1 passes through gate for Player 2 to trap the ball. Player 2 passes back Player 1 to trap. Once both players have trapped the ball, they move onto an open gate to start again.

Game-Like Activity 3: The Big Match (3v3)
- 3v3 game to goal.
- Very simple rules:
  - Goals
  - Free-kicks (kicking, tripping, etc)
  - Kick-offs (start game, when goals are scored)
  - Ball in and out of play (touchline and goal line)
  - Throw-ins (don't worry about technique)
  - Have two halves and switch ends, just like the big match.
- Don't worry about enforcing strict rules, simply introduce them and keep the game flowing.
Activity 1: Players remain in their own grid for activity.
Activity 2: Players remain in their own grid for activity.
Activity 3: Players can join small group (2v2) for this activity.
Equipment per grid (1 player/1 parent): 4 Hula Hoops / 4 Cones / Soccer Ball.

FMS Activity 1: Frog Jumping (jumping/landing)
- All children on the start line in two lines facing you at the end line.
- Kids jump like a frog on each lily pad in their row and then run around the marker and back to the start.
- Sing a “frog” song, while the children jump from lily pad to lily pad. Children should “croak” like a frog while leaping.
- Ask the children to jump in different directions: forwards, backwards and sideways.
- Increase/decrease distances.

Soccer Activity 2: LA Freeway (dribbling)
- Coach is the “Big Bad Bear” and must try to capture the players as they dribble around the area.
- Bears must always be growling.
- “Bear” cannot capture players who hide in one of the caves.
- The players can only stay in a cave for 10 seconds and must go to the other cave to avoid capture.
- If a player is captured, they become a “Wee Bad Bear” and help the “Big Bad Bear” capture the remaining players.
- Last player to be captured is the winner.
- Only 1 player in cave at a time.
- While in the cave, players must perform a FMS, i.e., balance on one leg for 5 seconds, etc., before they exit.
- All Bears must hold hands (or scrimmage vest) while trying to capture the remaining players.

Game-Like Activity 3: The Big Match (3v3)
- 3v3 game to goal.
- Very simple rules:
  - Goals
  - Free-kicks (kicking, tripping, etc)
  - Kick-offs (start game, when goals are scored)
  - Ball in and out of play (touchline and goal line)
  - Throw-ins (don’t worry about technique)
  - Have two halves and switch ends, just like the big match.
  - Don’t worry about enforcing strict rules, simply introduce them and keep the game flowing.
ADDITIONAL ACTIVITIES

Freeze
Kids run around a 20x20 yd grid and freeze when the coach commands. The object is to stand still and balance once the coach calls freeze. **Give commands like balance on left leg, hold arms out, etc.**

Simon Says
Kids stand directly in front of the coach and must copy everything the coach does exactly, but only if they precede it with “Simon Says”. **Do not eliminate kids for getting it wrong.**

Dribble Around
Each kid dribbles their ball around the grid. The coach calls instructions out, ‘freeze’, ‘left’, ‘right’, ‘sit down’ etc. The players must follow instructions. **Encourage the campers to keep looking up between touches to avoid crashes.**

Follow the leader
The coach runs around the square with the kids following behind. The kids must copy every turn and twist that the coach makes. **Hop, turn and jump to increase activity levels.**

Traffic Lights
Kids run around the square and stop when the coach calls red light. Orange light and kids can start walking and green light they can run again. **Encourage kids to make car noises.**

Marching Up and Down
Have kids put one foot on the ball and then on the coach’s command, they change feet. **Can kids bounce from one foot to the other?**

Side-to-Side
Kids try to move the ball back and forth, sideways between the insides of their feet. **Make sure they can look up at you while they do this.** Hold up colored cones and have them call out the color to check.

Roll the ball
Kids place their foot on the top of the ball and then see how many times they can roll it back and forth in 30 seconds. **Have them try with their weaker foot.**

Ball Jumps
Kids jump sideways over the ball. Try 1 footed and 2 footed jumps. **Begin by stepping sideways over ball.**

Toe Taps
Kids do toe taps or side-to-sides or just log on the spot. The coach calls out a part of the body, and the players must put that body part on the ball. **Change activity from toe taps to side to side to foot rolls.**

Circle-Circle
The kids stand behind the ball and then move completely around it without changing the way they are facing. **Do this in both directions and then try doing it backwards.**

Flatten the Frog
The kids throw their balls into the air and attempt to put their foot on the ball as it lands. **Vary the height of the throw and allow them to try with both feet.**