



Recreation Soccer

**Curriculum – U6
(Pre-Kindergarten, Kindergarten)**

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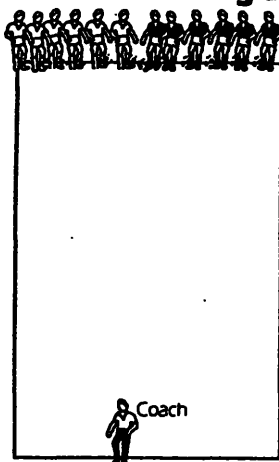
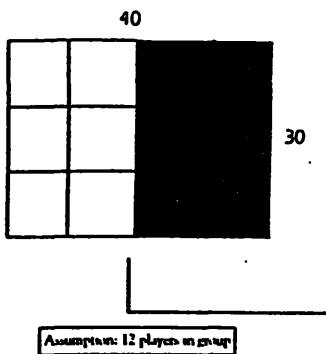
Recreation Soccer

Curriculum – U6 (Pre-Kindergarten, Kindergarten)

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Week 2 Passing and Control	36, 46, 47
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MUNCHKINS.ACTIVATOR - Ball Feeling


How Long Left Ref?





Purpose

To develop fast footwork and close control.

Organization

Set out a 20 x 30 yard area. The  coach stands on one end line with his/her back to the players who are spread along the opposite end line. 1 ball per player.

Game Objective

The players shout out "How long left ref?" The coach  gives them a time; e.g., 5 minutes. The coach counts aloud 1-2-3-4-5 and turns around to face the players who are dribbling towards him. The players must stop the ball with the sole of their foot. Anyone seen moving is sent back to the start line. The  coach turns his back again. Repeat. The winner is the player who tags the coach first.

Story

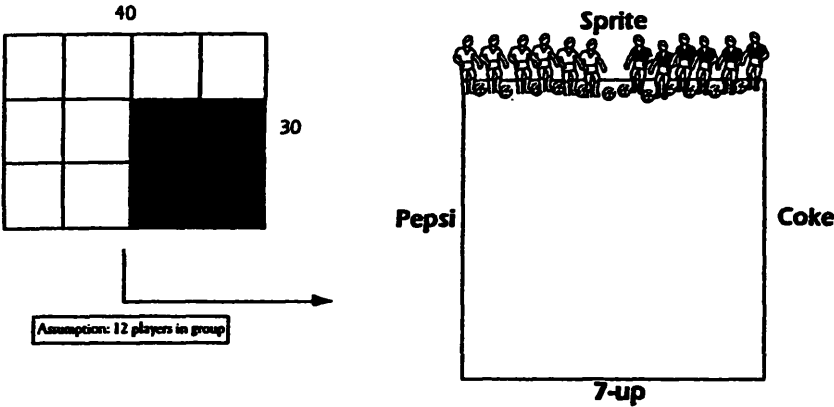
The coach can introduce fun commands 1.) *Injury Time*—kids fall to the ground grab their knee and make lots of noise. 2.) *Red Card*—kids fall onto their knee and beg "Sorry ref, sorry ref". 3.) *Full Time*—coach chases the kids back to the start line.

Key Coaching Points

1. Keep the ball within 2–3 feet between touches.
2. Look up and around between touches.

MUNCHKINS.FUN & GAMES - Running With The Ball

Soda Fountain



Purpose

To develop close control and change of direction.

Organization

Set out a 20 x 20 yard area. All players start on one endline. 1 ball per player.

Game Objective

The coach calls out any of the directions, *Coke*, *Pepsi*, *7-Up*, *Sprite*. The players must dribble their ball towards the line which corresponds to the command. Other commands include 1.) *Milk Shake* – Kids do a forward roll, 2.) *Vertical with Dew* – All players run through the coaches legs, 3.) *AllSport*– All players circle up and link hands to make a human chain around the coach. 4.) *Juice Box* – Hop around on 1 leg, 5.) *YooHoo* – Coach shouts out, “YooHoo!” and kids respond with “BooHoo!”

Story

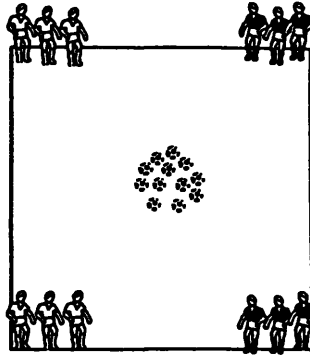
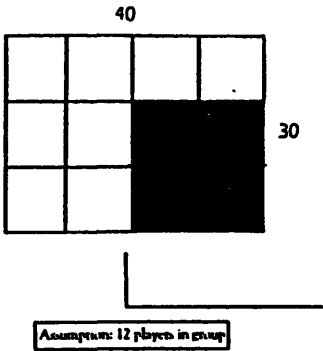
It is a *hot, hot* day and everybody is gasping for their favorite fun time drink.

Key Coaching Points

1. Run through without a ball first so that the players can learn the directions.
2. Change direction by using the sole of the foot to stop the ball and roll it behind you.

MUNCHKINS.FUN & GAMES - Ball Feeling & Turning

The Bedrock Barbeque



Purpose

To develop turning and running with the ball.

Organization

Set out a 20 x 20 yard area. Groups of three. Station one group in each corner of the square. All balls are placed in the middle of the grid.

Game Objective

Each player is numbered 1, 2, 3 in each team. Number 1's run to the middle, turn with the ball and dribble back to the corner. Number 1 tags number 2, who runs to the middle, turns with the ball and dribbles back to the corner. Number 2 relays with number 3. The winning team is the first to have 3 balls in their corner.

Story

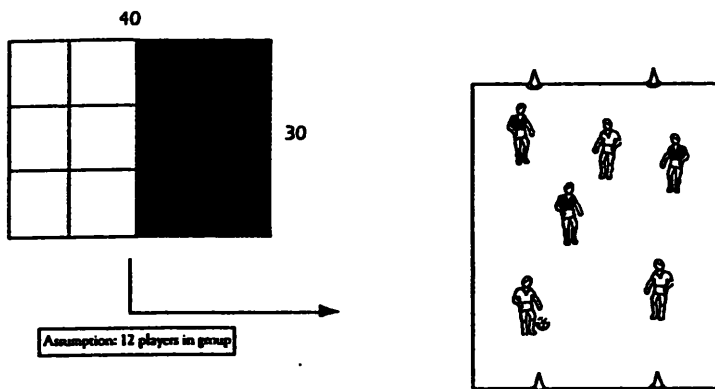
The brontosaurus burgers are cooking nicely until they run out of coals for the fire. Fred, Barney, Wilma and Betty race to the store to buy a new bag of charcoal.

Key Coaching Points

1. Keep the ball within 2-3 feet between touches as if the ball were Dino on a leash.
2. Try to stop the ball in the corner using the sole of the foot to trap the ball.

MUNCHKINS.MINI MUNCHKIN MATCH - Ball Feeling

Fun 3's



Purpose

To develop team play.

Organization

Set out a 20 x 30 yard area. Play 3 v 3 with no goalkeepers. Repeat in another area for a total of 12 players.

Game Objective

The object of the game is to score in the opposing goal through the interplay of players on the same team. This activity is designed to encourage attacking play. Coaches should not discuss defensive techniques at this point in their development.

Story

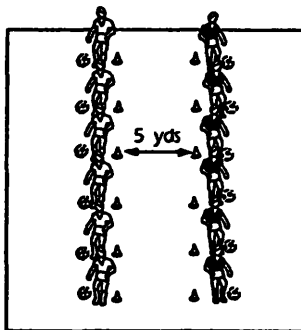
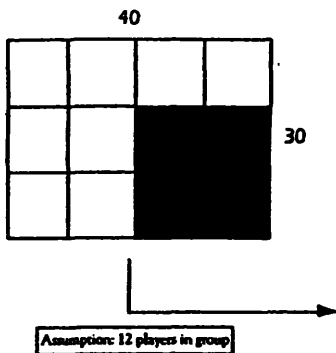
The greatest player in the history of the game was the Brazilian superstar, Pelé. Pelé learned to play the game on the beaches of Rio de Janeiro with a handful of his friends. They used shirts as goal posts, coconut shells for sidelines, and a tennis ball as a soccer ball. Games were never more than 3 v 3 players. The youngsters would imagine what it would be like to some day represent their country as professional soccer players.

Key Coaching Points

1. When attacking, spread out and make a big triangle.
2. Show kids how to score by kicking the ball through the goals.

MUNCHKINS.MORE FUN & GAMES - Running With Ball



Rats & Rabbits






Purpose

To develop close control over a short distance.

Organization

Set out a 20 x 20 yard area. Set out two lines of six discs approximately 5 yards apart. Station one player by each disc. One ball per player. The  players are the "Rats" and the  players are the "Rabbits."

Game Objective

When the coach calls out "rabbits", the  rabbits team chase the rats to the end line. The  team must tag the  players before they reach the safety of their end line. Repeat in opposite direction when the coach calls out "rats." Increase the pace of the game by having players a.) jump over the ball, b.) touch the ball with the sole of their feet, or c.) sit up and down on the ball, when standing in position, etc.

Story

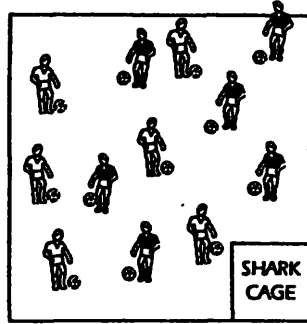
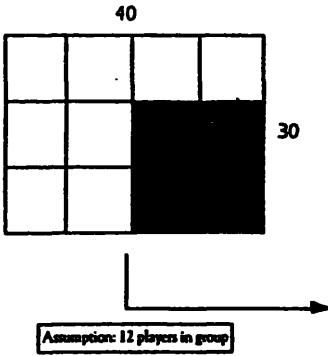
The rats scurry to their sewers while the rabbits dive into their hutch.

Key Coaching Points

1. Cover the ground as quickly as possible when running with the ball.
2. Try to stop the ball on your endline with the sole of your foot.
3. Get the ball out from under your feet.

MUNCHKINS.MORE FUN & GAMES - Running With Ball

All Hands On Deck



Purpose

To develop keeping close control when running with the ball.

Organization

Set out a 20 x 20 yard area. Create a 5 x 5 yard square in one corner of the grid. All players start inside the larger area with a soccer ball.

Game Objective

Players dribble around the area. They must react to the following commands. a.) "Scrub the deck" = move the ball forwards and backwards with sole of foot. b.) "Walk the plank" = players run into the shark cage, c.) "Hoist the main sail" = throw the ball in the air, jump and catch it, d.) "Shark attack" = coach runs into the area to tackle and challenge the dribblers.

Story

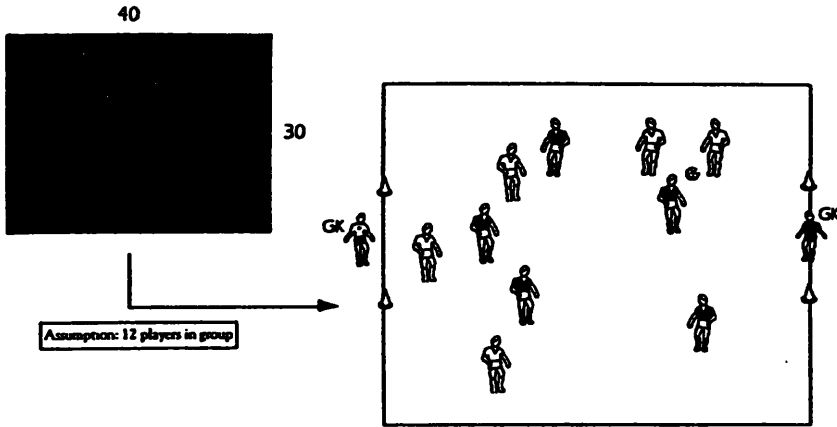
As a fun exercise, anyone tagged by the coach must go to the "shark cage" where they do "Australian push-ups" – lie on your back, hands and feet in the air.

Key Coaching Points

Make the practice fun by putting a cone on your foot and pretending to be a wooden legged pirate.

MUNCHKINS.MASSIVE MUNCHKIN MATCH - Free Play

MLS All Stars



Purpose

To develop soccer skills and team play.

Organization

Set out a 30 x 40 yard area. Play 5 v 5, plus 2 goalkeepers.

Game Objective

The object of the game is to score a goal in the opposing goal past the goalkeeper. When the ball rolls out of bounds, it should be rolled in underhand by a player.

Story

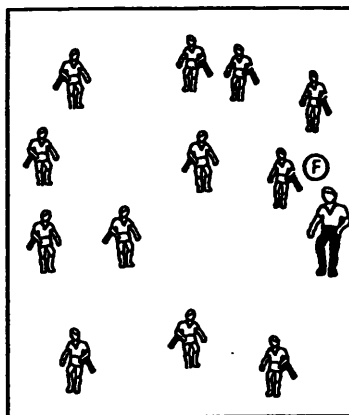
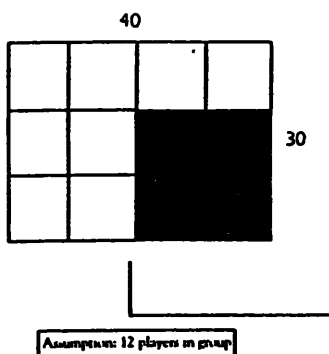
It's the MLS All Star Game and the best of the best are gathered to compete in front of 70,000 screaming fans.

Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.
5. At goal kicks, make players from both teams go through the coach's legs to ensure that the ball enters the field of play.

MUNCHKINS.ACTIVATORS - Moving

Fox & Rabbits



Purpose

To activate players with large body movements.

Organization

Set out a 20 x 20 yard area. Groups of 12 players.

Game Objective

The rabbits (players) have a pinnie in the back of their shorts. The fox (coach) moves the area catching rabbits by pulling out their "tails" (pinnies). The rabbits try to avoid the fox who is looking to get their tails by ducking, diving, dodging and twisting. However, once they are caught, they also become a fox. Conduct the activity without a ball at first and then introduce a ball to both the fox and the rabbits.

Story

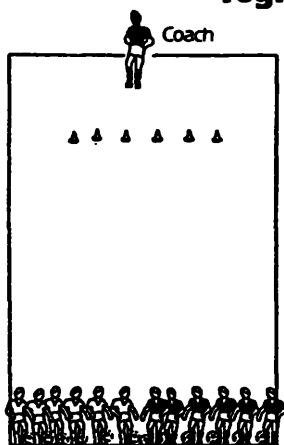
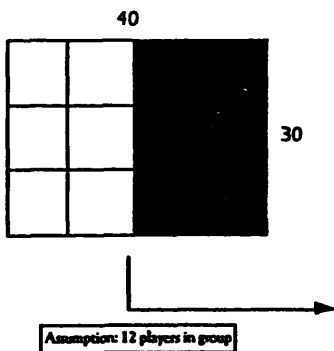
The fox is looking to have a little fun chasing rabbits around the meadow. The fox is especially attracted to the rabbits white, fluffy tails. Can the rabbits outfox the fox?

Key Coaching Points

1. Change speed and direction.
2. Use every part of your foot to move the ball.

MUNCHKINS.FUN & GAMES - Running With The Ball

Yogi's Lunch



Purpose

To develop close control with speed.

Organization

Set out a 20 x 30 yard area. The coach stands on one endline with his back to the players who are spread along the opposite endline. Place 6 discs behind the coach. 1 ball per player.

Game Objective

When the coach has his back to the players, the players must dribble toward the opposite endline. When the coach turns around he/she shouts "Look out Yogi." At this point the players must stop the ball with the sole of their feet. Anyone seen moving is sent back to the startline. The Coach turns his/her back again. Repeat. The first 6 players to pick up a disc get to eat lunch.

Story

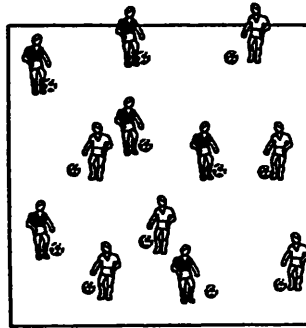
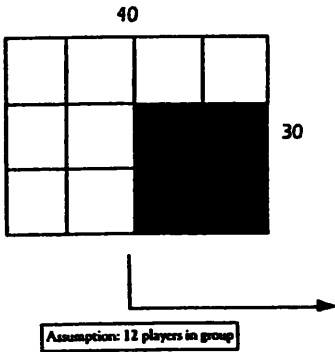
Yogi is out and about in Jellystone Park looking for tourists with picnic baskets. Yogi must sneak up behind Ranger Smith and steal a picnic basket.

Key Coaching Points

1. Try to keep the ball on a leash 2-3 feet in front between touches.
2. Encourage the children to find a balance between speed and control without directly teaching them these fundamentals.
3. Next time coach does not turn around and shout but just turns around to encourage players to look up between touches.

MUNCHKINS.FUN & GAMES - Dribbling

Traffic Control



Purpose

To develop start and stop techniques.

Organization

Set out a 20 x 20 yard area. All 12 players have a ball and must stay within the confines of the area.

Game Objective

All players dribble around the square using the inside, outside and laces of the foot. They must react to the following commands given by the coach. "Green" = Go, "Amber" = Touches on the ball on the spot, "Red" = Stop with the foot on the ball, "Crash" = all fall to the ground, "Stop Sign" = Stop 3 seconds and go, and "Runaway Truck" = Coach runs in and kicks the balls out of the square.

Progressions

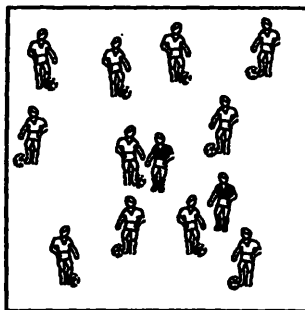
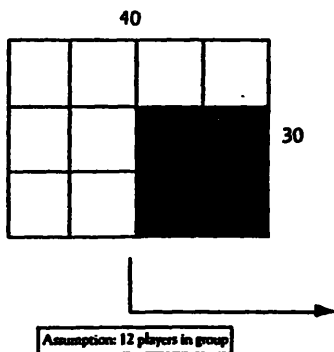
It is busy rush hour commuter traffic. To avoid accidents, everyone has to obey the laws of the road.

Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. Look to move into space.
3. Use the sole of the foot to stop the ball.

MUNCHKINS.FUN & GAMES - Dribbling


The Big Bad Wolf & The Little Piggies








Purpose

To develop close control, shielding & turning in a confined area.

Organization

Set out a 20 x 20 yard area. 10  "piggies" players have a ball and 2  "big bad wolves" players do not have a ball.

Game Objective

The  players must dribble around the area. The  players must attempt to kick the balls out of the area. Once a  player has lost his ball or has dribbled outside the area, he must bring it back into the area and stand with the ball above his head with his legs apart in a stationary position.  players are released only when a  teammate dribbles his ball through their legs. Once released, players return to the game.

Story

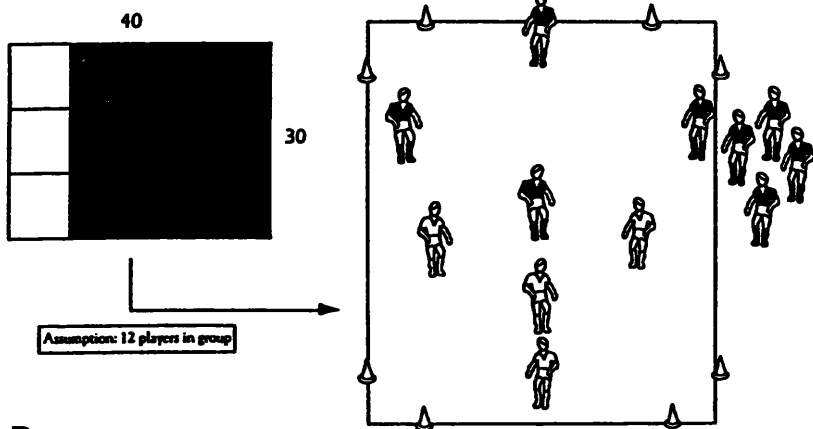
The "big bad wolf" will huff and puff and he'll blow your house down.

Key Coaching Points

1. Use your speed and change of direction to evade the "big bad wolf."
2. Use your body to shield the ball from the "big bad wolf."

MUNCHKINS.MINI MUNCHKIN MATCH - Dribbling

Fabulous 4's



Purpose

To encourage players to spread out.

Organization

Set out a 30 x 30 yard area with a goal in each corner. Play 2 teams of 4 v 4 with another team of 4 players waiting to play the next game.

Game Objective

The object of the game is to score a goal by dribbling the ball through any of the 4 corner goals. Players should be encouraged to spread out and play in the entire area, changing directions and attacking all goals. Rotate teams every 2 minutes. As a further progression, players may opt to pass or shoot the ball through the goals.

Story

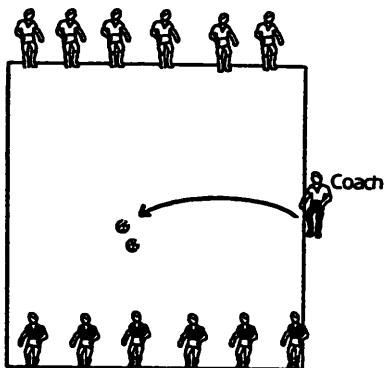
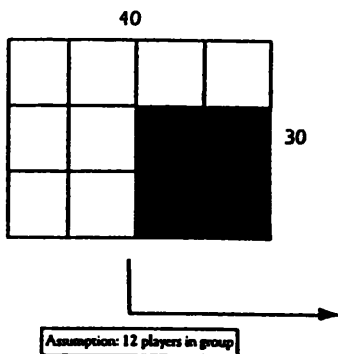
The Dutch revolutionized the way the game is played through the application of small sided 4 v 4 games in training. Players were encouraged to experiment and try new skills while touching the ball much more frequently than in a regular 11 v 11 game.

Key Coaching Points

If the players get bunched up, the coach should shout out, "Team 1, Runaway Train!" (or "Team 2!"). All the players of that team must then run up to the coach and crawl through his legs before they are back in the game.

MUNCHKINS.MORE FUN & GAMES - Running & Turning

Catch The Pigeon



Purpose

To develop change of direction with speed.

Organization

Set out a 20 x 20 yard area. Divide the players into two teams of six. Number each player from 1 to 6. Position teams on opposite end lines.

Game Objective

The coach rolls two balls into the middle of the area and calls out a number corresponding to one player on each team. The respective players run out and bring their ball back to their own team's end line. The game is not over until the ball is stopped on the line.

Story

Dick Dasterdly and Mutley are flying the Red Baron to catch up with the Pigeon messenger.

Progressions

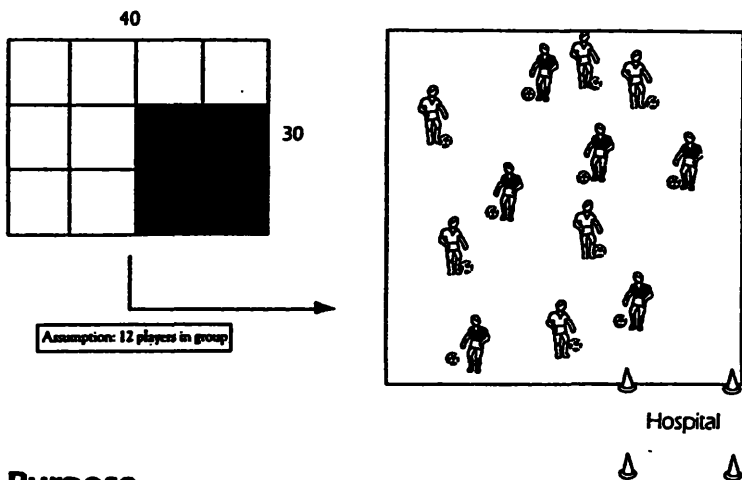
Coach now throws out only 1 ball.

Key Coaching Points

1. Speed to the ball.
2. A good turn on the ball if you are first to the ball.
3. Good pace over the ground when running with the ball.

MUNCHKINS.FUN & GAMES - Dribbling

Gladiators



Purpose

To develop close control and tackling.

Organization

Set out a 20 x 20 yard area. 1 ball per player. All players must stay within the confines of the area.

Game Objective

Each player has to attempt to knock out another player's ball while keeping control of their own ball. Any ball that is a.) dribbled outside or b.) kicked outside of the square, is considered out. These players must then go to the hospital and do a big toe turn ("chop" turn, using inside of foot). Players return to the area upon completion of the turn.

Story

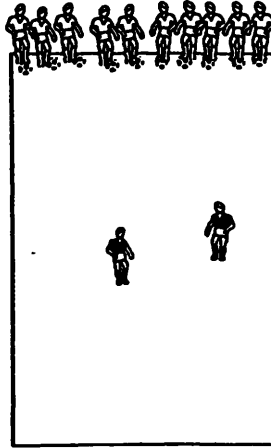
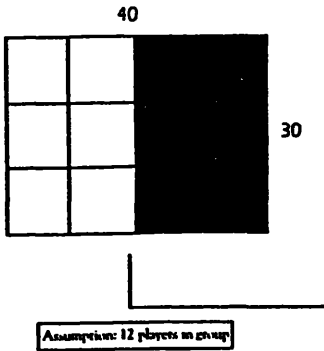
Who will win this battle of the muscle masters – only the strong will survive.

Key Coaching Points

1. Use your body to shield the ball from an opponent.
2. Encourage turns to get out of danger.

MUNCHKINS.FUN & GAMES - Dribbling

Hungry Hippos









Purpose

To develop rounding an opponent under pressure.

Organization

Set out a 20 x 30 yard area. 10 players start on one end line, each with a ball. 2 defenders are stationed in the middle without soccer balls.

Game Objective

The 2  players start as *hippos*. All  players must dribble past the  defenders to the safety of the end line. If the  player manages to kick the  player's ball out of the area, then that player also becomes a *hippo*. Continue until 1  player remains.

Story

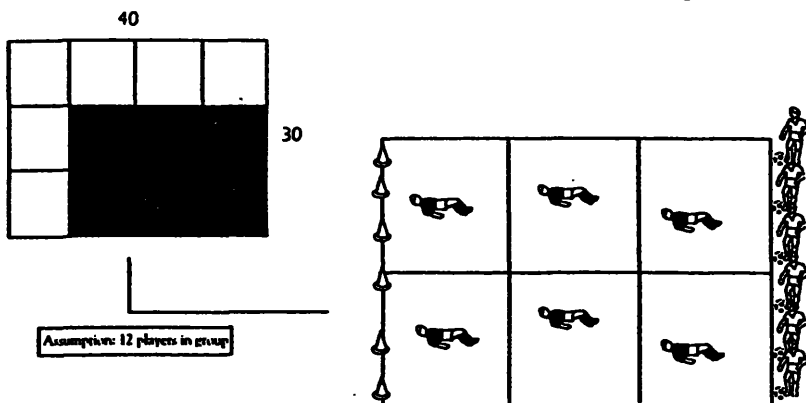
Just as in the game of "Hungry Hippo," the hippo will snap up your marble if you are not careful.

Key Coaching Points

1. Accelerate into the spaces to the sides of the defenders.
2. Try to stop the ball with the sole of the foot on the far endline.
3. Pretend to go one way, then go the other way before the hippo catches you!

MUNCHKINS.MORE FUN & GAMES - Dribbling

Captain Hook



Purpose

Beating the opponent under passive pressure.

Organization

Set out a 30 x 20 yard area in 10 yard grids. Station 1 player in each grid in the *crab* position. (belly up - on hands and feet). 6 players start on one end line with a ball. Station discs at the opposite end line.

Game Objective

The 6 players must dribble across the area without being tackled by the *crab* players. At the opposite end line they pick up the disc and wear it as an earring or a hat as they dribble back to the starting line.

Story

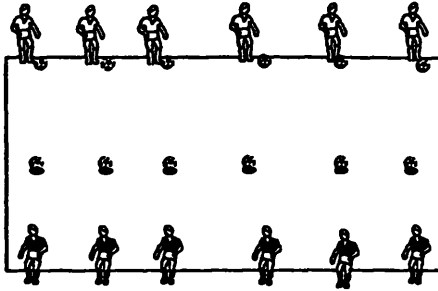
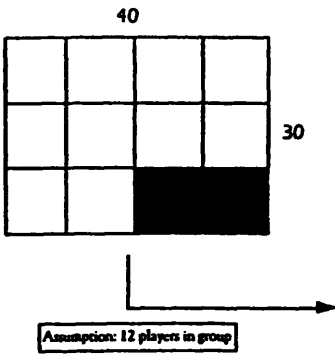
Peter Pan's brother "Frying Pan" and Tinkerbell fly across Never Never Land avoiding the evil Hook on their journey.

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 side and accelerate into the space.

MUNCHKINS.MORE FUN & GAMES - Passing

Topple Me Coconuts



Purpose

To develop passing accuracy and receiving.

Organization

Set out a 20 x 10 yard area. Pair up the players on opposite sides of the grid. Place six discs across the middle of the area. Place a soccer ball on each disc, or use cones to make more balls available. 1 ball per pair.

Game Objective

The 6 players play the ball across the area at the same time, attempting to knock a ball off a disc in the center of the area. The player on the opposite side should shuffle across when necessary to receive the ball. Repeat in the opposite direction.

Story

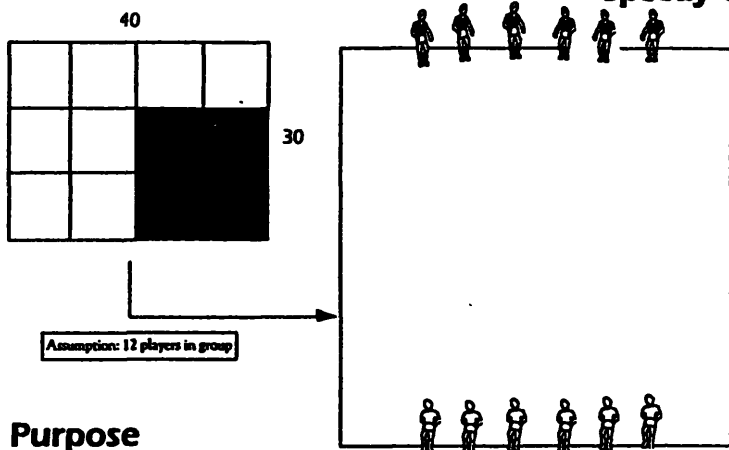
How many coconuts can you knock off the stand at the summer fair?

Key Coaching Points

1. Take a 2 - 3 pace run up at the ball.
2. Place the non-kicking foot 8-10 inches to the side of the ball.
3. Strike the ball with the inside of the foot.

MUNCHKINS.ACTIVATORS - Running With The Ball

Speedy Gonzales



Purpose

To develop spatial understanding and movement skills.

Organization

Set out a 20 x 20 yard area. Station 6 players on opposite end lines as shown in the diagram. No balls are required at the start of the game.

Game Objective

The object of the game is for players to run across the area without bumping into players running in the opposite direction. Players should be encouraged to spread out to the touch lines instead of running through the middle of the area.

Story

Speedy races through the white sands of New Mexico in search of Carlsbad Caverns yelling, "Arriba, arriba . . . andale, andale!"

Progressions

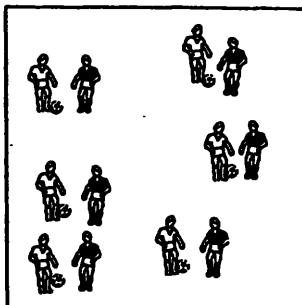
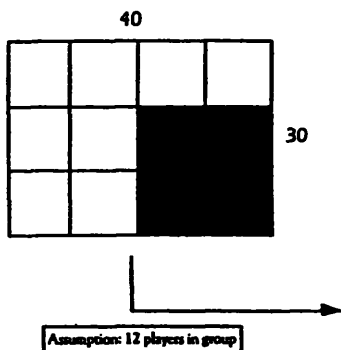
Introduce a soccer ball.

Key Coaching Points

1. Change your speed and direction.
2. Go slow and look around as you are moving—better to go slowly than too quickly and bump into people.

MUNCHKINS.ACTIVATORS - D



Toe









Purpose

To develop turning and running with the ball.



Organization

Set out a 20 x 20 yard area. Group in pairs, 1 ball per pair. The  player stands behind their  partner. The  player is in possession of the ball.

Game Objective

The objective of the game is for the  player to lose his shadowing  player. The  player must dribble at speed to track the  player. When the coach shouts out "Catch me if you can," both players freeze. The  player has to try to pass the ball through the legs of his  partner to score. Rotate positions.

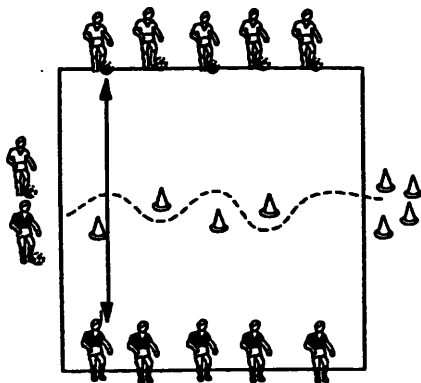
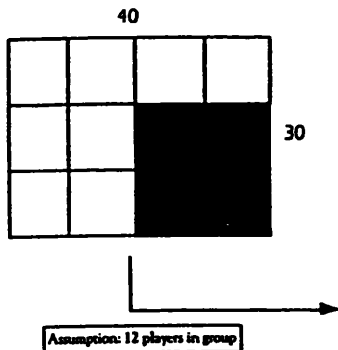
Story

Player  is Jerry,  player is Tom. Tom is chasing Jerry around the yard.

Key Coaching Points

1. Push the ball with the laces.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up and around between touches.

Super Mario Brothers



Purpose

To develop passing accuracy.

Organization

Set out a 20 x 20 yard area. Group players in pairs. Position them across from one another on opposite sides of the area. Station 2 other players on the mid-point of one end line. Place a staggered row of discs across the area and 4 discs at the far end line.

Game Objective

The two mid-point players take turns to dribble in and out of the discs in order to collect the discs on the far side of the grid. Players on the outside of the area must attempt to pass their ball to hit the dribbler on or below the knee as they cross. Count the number of strikes until all 4 cones have been retrieved.

Story

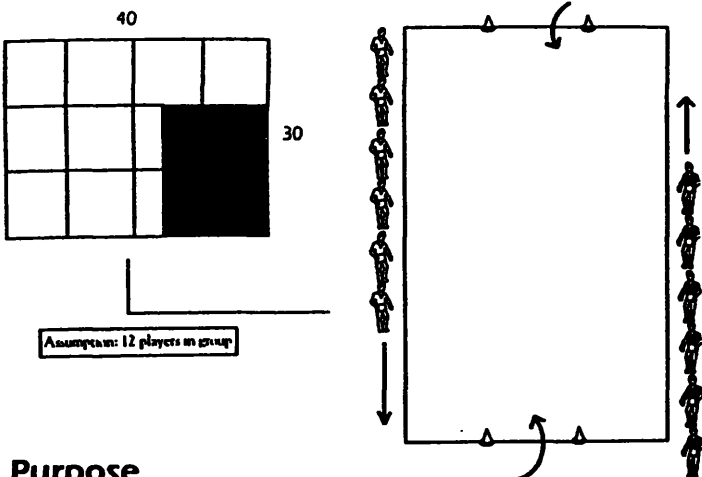
Super Mario has to make his way across the street to the hardware store.

Key Coaching Points

1. Use the inside of the foot when passing.
2. Move into line early when receiving the ball.
3. Take at least 2 steps back before striking the ball.

MUNCHKINS.FUN & GAMES - Shooting

Bedknobs & Broomsticks



Purpose

To increase pressure when dribbling and shooting.

Organization

Set out a 15 x 20 yard area. Position players in 2 lines on each side of the area as shown in the diagram. Number each player from 1 - 6.

Game Objective

The coach calls out a number between 1 and 6. The numbered player from each team must run around the outside of the field and through the goal at the top or bottom of the diagram onto the field of play. The coach serves a ball into the middle of the area. Players must compete to win the ball and attempt to dribble or shoot the ball through the goal at the opposite end of the area from which they entered.

Story

This game is a throw back to the Disney classic, *Bedknobs & Broomsticks*. All the animals from the jungle are assembled for the Animal Cup Final.

Progressions

1. Call 2 numbers—players must pass before they can score.

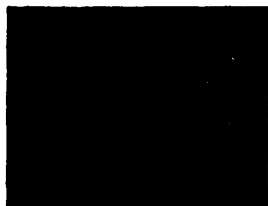
Key Coaching Points

1. Serve the ball to 1 player.
2. Tell attacker to stop the ball, then fake like he is trying to dodge the other player. The attacker is a cheetah ready to change direction.

MUNCHKINS.MINI MUNCHKIN MATCH - Passing

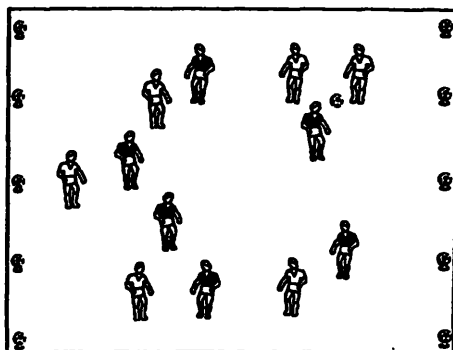
Crazy 6's

40



30

Assumption: 12 players in group



Purpose

To develop shooting accuracy in a small sided game.

Organization

Set out a 30 x 40 yard area. Play 6 v 6. Place 5 discs with soccer balls on them on each end line.

Game Objective

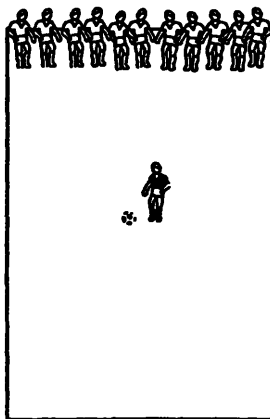
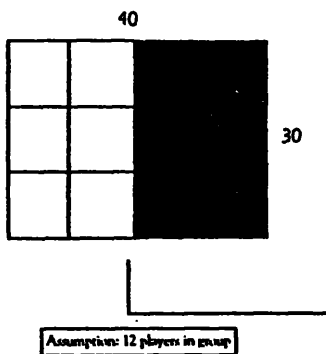
Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object is to score by knocking one of the balls off a disc on your team's attacking end line.

Key Coaching Points

1. Encourage the players to strike the ball at the target whenever possible.
2. Encourage the players to spread out.
3. Use the inside of the foot for accuracy.

MUNCHKINS.MORE FUN & GAMES - Passing

Spider Man







Purpose

To develop fast footwork and close control.

Organization

Set out a 20 x 30 yard area. 1 defender starts in the area with a ball. The remaining players start on one end line without balls.

Game Objective

The  player must strike his ball to hit the  player on or below the knee as they run across the area. When a  player is hit, he too becomes a  player.

Story

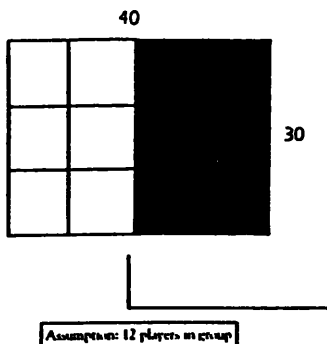
Spiderman  stands alone in the metropolis. As the villains wreak havoc in streets, Spiderman snares them with his sticky web.

Key Coaching Points

1. Strike through the midline of the ball.
2. Follow through at the target.
3. Aim your pass in front of the runner.

MUNCHKINS.MORE FUN & GAMES - Passing

Batman & Robin








Purpose

To develop dribbling techniques leading to a short range, accurate pass.

Organization

Set out a 20 x 30 yard area. 2  players are stationed in the center of the area, one ball between the two. The remaining  players start on one end line. 1 ball per player.

Game Objective

The  players must dribble their ball to the opposite endline without a  player striking his ball to hit the  player's ball. When they are hit, they become a  player. Where possible try to keep the  players in pairs with one ball between them.

Story

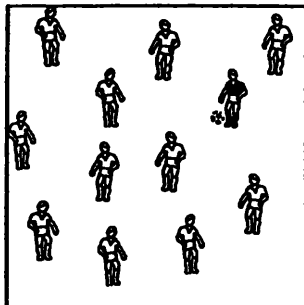
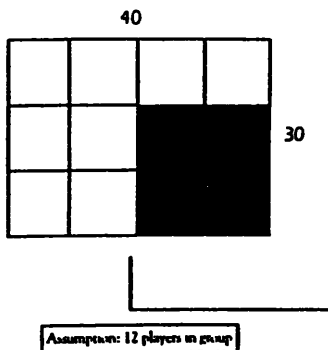
The *caped crusader* and the *boy wonder* must save the people of Gotham City from the disparate clutches of the Joker, Penguin, Riddler, Cat Woman and Mr. Freeze (aka Ahhhhh-nold). When the bat phone rings, the dynamic duo spring into action.

Key Coaching Points

The  players must work in tandem, passing the ball back and forth and dribbling to get a closer passing opportunity.

MUNCHKINS.MORE FUN & GAMES - Passing

Top Gun









Purpose

To develop passing accuracy over a short distance.



Organization

Set out a 20 x 20 yard area. One defender starts in the area with a ball. The remaining players are randomly spaced in the area without balls.

Game Objective

The  player must strike his ball to hit the  player on or below the knee. When a  player is hit, he too becomes a  player. Encourage the  player to dribble as close to the  target player before striking the ball.

Story

 player is Iceman who is trying to shoot down Maverick . The last Maverick to be "hit" becomes Top Gun.

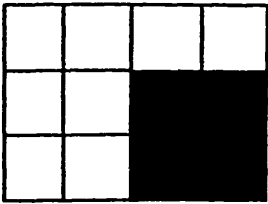
Key Coaching Points

1. Head over the ball.
2. Strike the ball with the inside of the foot.
3. Keep the ball on the ground.

MUNCHKINS.ACTIVATORS - Dribbling

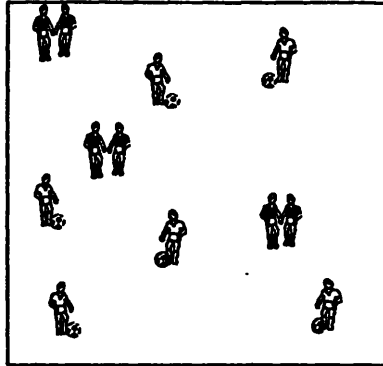
Crocodiles

40



30

Assumption: 12 players in group





Purpose

To develop change of direction and movement with and without the ball.

Organization

In a 20 x 20 yard area, have 3 pairs start by holding hands and all other players with 1 ball each.

Game Objective

The players  dribble around trying to avoid the crocodiles . If a crocodile kicks a player's ball out of the area, the player then links hands with the crocodile. Together, they chase other players. Play until 1 player remains.

Story

Kids, always remember the adage, "Never smile at a crocodile." Especially a cranky, hungry one.

Progressions

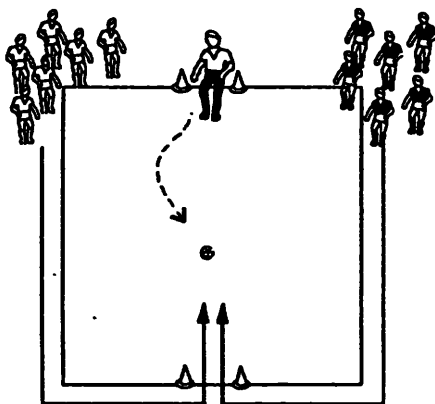
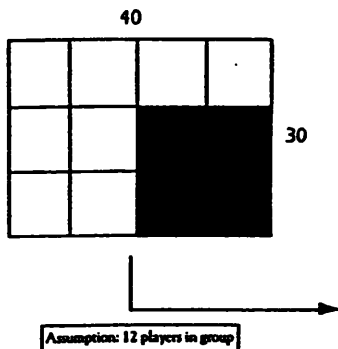
1. Crocodiles also have a ball.
2. Coach, Al Gator, runs in and kicks ball out of the area.

Key Coaching Points

1. Change direction.
2. Keep the ball close.
3. Look up.

MUNCHKINS.FUN & GAMES - Shooting

Babe



Purpose

To develop finishing in the goal area.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same end line. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is both goalkeeper and server.

Game Objective

The coach calls out a number from 1 to 6. The respective players from each team follow the directional arrow as shown in the diagram to the gate at the end of the grid. The coach drops the ball in the center of the area. The 2 players compete to shoot on goal.

Story

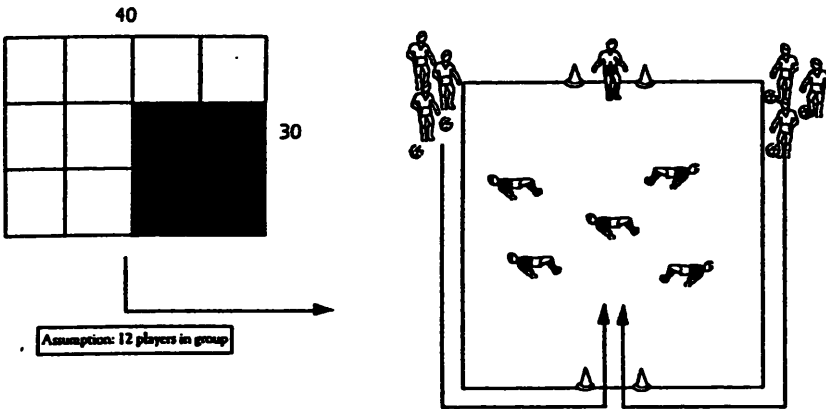
The Babe, the infamous piglet sheep "dog," rounds up the sheep from the mountainside and puts them in the pen before sundown.

Key Coaching Points

1. Good running speed to the gate.
2. Keep the head down on the ball.
3. Strike the ball with the laces.
4. Shoot at earliest opportunity.

MUNCHKINS.MORE FUN & GAMES - Shooting

The Temple Of Doom



Purpose

To develop dribbling to goal and shooting on sight.

Organization

Set out a 20 x 20 yard area. Station 3 players on each corner of the goal line. Position 5 crab player in the center of the area. 1 goalkeeper.

Game Objective

One player at a time from each team simultaneously dribbles down the side-line around the corner and through the gate towards the goal. Each player must dribble in and out of the crab defenders to get a shot on goal.

Story

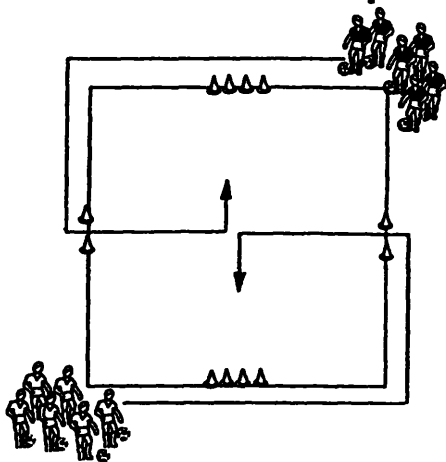
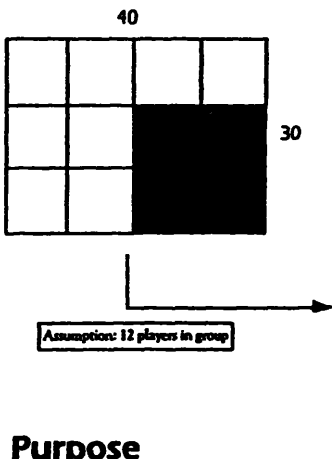
Indiana Jones is creeping through a tunnel littered with sewer rats, snakes and bugs. As soon as he sees daylight (the goal), he lassos himself (shoots) out of the tunnel.

Key Coaching Points

1. Use your speed and change of direction to beat the crabs.
2. Shoot on sight – do not try to dribble the ball into goal.

MUNCHKINS.MORE FUN & GAMES - Shooting

F.A. Cup Final



Purpose

To develop dribbling and shooting under pressure from an opponent.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the grid. Number the players from 1 to 6. 1 ball per player. Position discs as shown in the diagram.

Game Objective

The coach calls out a number from 1 to 6. The numbered player from each team dribbles around the area (as shown on the diagram) and enters the area through the side gate. The object of the game is for the player in possession to knock down 1 or all of the cones on the opponent's goal line.

Story

The F.A. Cup Final is England's biggest soccer game of the year. The winning team gets to lift the Cup in front of 100,000 excited fans.

Progressions

The first ball to cross the line is used while the other ball is discarded. The two players compete to score a goal by knocking down the opponents discs.

Key Coaching Points

1. Strike the ball with the laces.
2. Focus on accuracy before power.
3. Shoot at the earliest opportunity.

