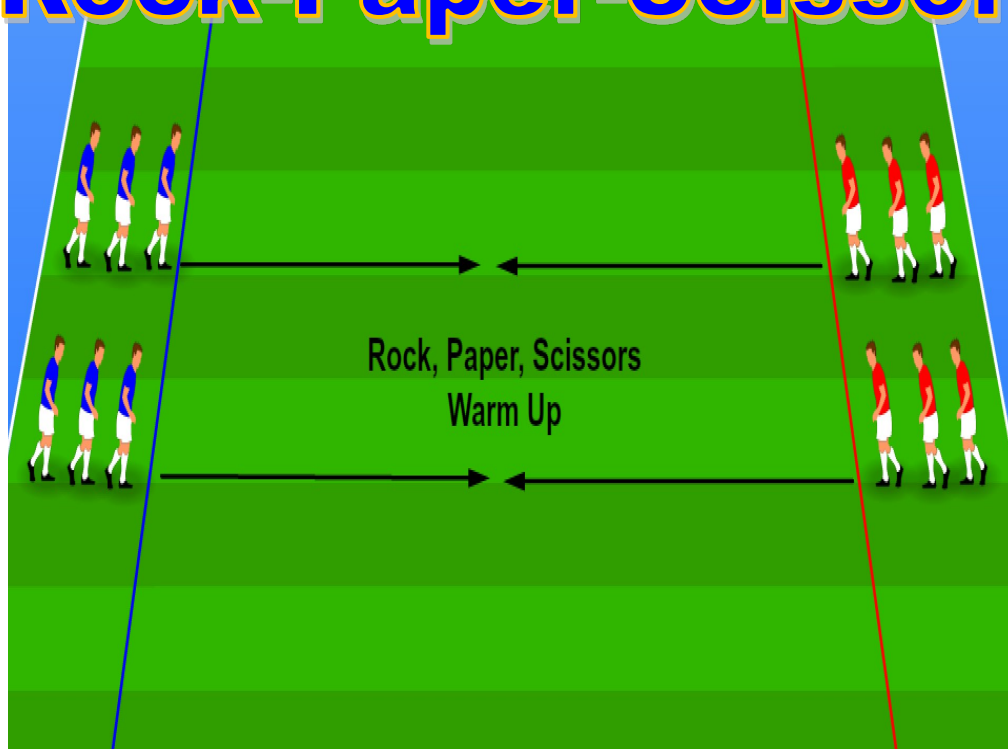


Rock-Paper-Scissor



Organization

- Players will line up across from each other
- The goal is for the one team to get their player across the other team's endzone to score a point.
- If you win the Rock-Paper-Scissor Battle, then you get to keep running forward until you meet a new opponent.
- If a player loses their Rock-Paper-Scissor Battle, they must run to the back of their line and a new teammate will run out to battle the winner.
- To enter the end zone you must win a final Rock-Paper-Scissor Battle.

Set up

Total Duration = 10 minutes

- Total Grid Size = 10 - 15 yards length
- Number of Players = 12 - 16 players, split into 4 - 6 lines
- Number of Soccer Balls = No Soccer Balls
- Number of Goals = No goals

Skill Focus

- ⇒ Social-Emotional - fun, peer learning
- ⇒ Physical - speed, agility, quickness
- ⇒ Psychological - awareness

Progressions

- ⇒ Players will dribble a soccer ball and must be in control of their soccer ball when they begin their Rock-Paper-Scissor Battle.