



EMPHASIS/THEME	AGE GROUP	SESSION DURATION
Jurassic Fun	Active Start	45 minutes

TIME	ACTIVITY	ACTIVITY GOAL
10 - 12 Minutes	Jurassic Park	Soccer Coordination with the Ball
10 - 12 Minutes	Jurassic Forrest	Skill Development in a Competitive Setting
10 - 12 Minutes	Dino Hunt	Soccer Skills in a Development Setting
10 - 12 Minutes	Game Station	

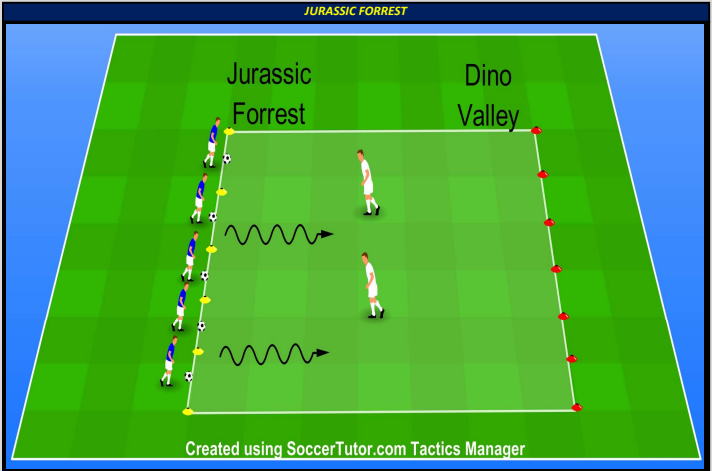


Pretend the players are dinosaurs who are exploring the Jurassic Park. As they maneuver through the park, they transform into different dinosaurs.

Each player will have a ball, that ball is their dinosaur egg that they must protect by keeping it close to them as they explore the park.

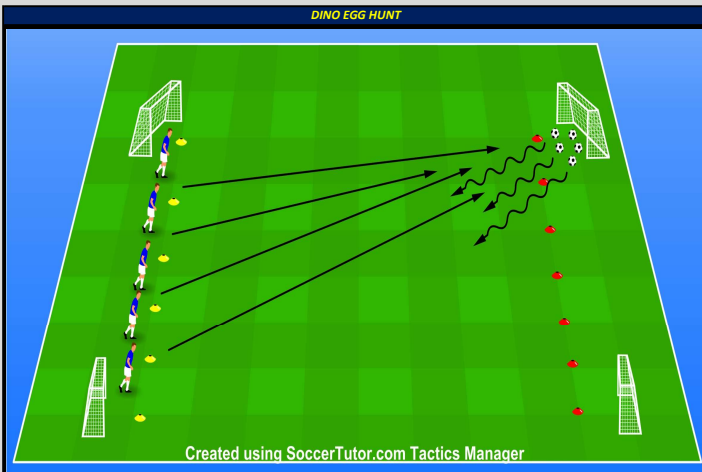
Actions to Perform while Exploring	Dinosaurs to Act Like
Hot Lava = with the ball, touches on top as if the ground was hot and the ball cools off their feet.	T-Rex = Stand with one foot on the ball and roar like a T-Rex
Roll Your Egg = By yourself, roll the ball back and forth using the inside of your feet	Raptor = with the ball in between your feet, try jumping from one area of the grid to another.
Hop Over the Fire = with the ball, hop over the fire.	Pterodactyl = standing on one foot, try flapping your arms back and forth. Try both feet.
Swim Through the Water = perform a roll with or without the ball to get through the water.	

The key in this activity is to encourage the players to use their imagination.



This activity is played similar to British Bulldog but with levels.

- Level 1 = The players with Dinosaur Eggs go back and forth as they discover different areas of the
 - Level 2 = The players and their Dino Eggs go back and forth. The coach is a Hunter who stands in the middle of the area and tries to catch the dinosaurs. If the dinosaurs get caught, they owe 3 star jumps before they can join the other players on the end.
 - Level 3 = Same as Level 2, except if the Hunter gets close to the Dinosaurs, they can roar real loud to scare the hunter away from catching them.
 - Level 4 = Like British Bulldog, if the Dinosaurs get caught by the Hunter, they become a hunter and look to catch all of the other Dinosaurs.
- Every time the players make it to the end line, we congratulate them with high fives.



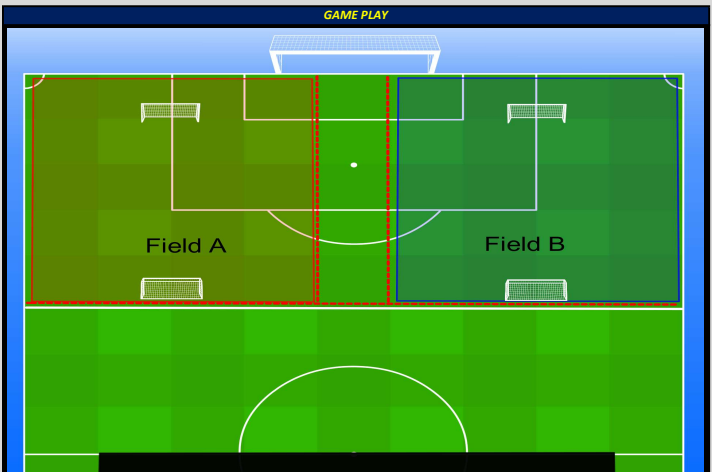
Set up 4 pop up nets in the corners of a 20 yard x 20 yard grid (as pictured). The players will start on the line sideline opposite the pop up net where all the soccer balls are located in.

In this game, players are looking to collect their dinosaur egg and bring it back to their safety nest as quick as possible. Once they have completed this, they are going to double check the nest where their balls started in to make sure all the eggs are safe.

While waiting at the original nest where their eggs were first placed, they notice an angry dinosaur is trying to steal their eggs from the nest they just placed their balls in. Now they must save their egg by bringing it to a different nest, one of the other two remaining.

After the balls are placed in a new nest, the dinosaurs will always go back and check the nest they just came from to ensure nothing is left behind.

Continue this process for the duration of the time at the Station.



Players will be divided up into 4 teams and split between 2 game fields.

There will be no designated keeper. If a player is standing by the net encourage them to push up the field so that they are not standing directly in the net.

When the ball goes out, stop the ball on the line and have players dribble the ball back into play.

When a goal is scored, have the scoring team retreat back to their net to receive high fives from the coach. As the players are retreating back to their net, the team that got scored on can start the game up again, without waiting for the other team to get set up.

By having the team retreat back to their net, it will allow the team that got scored on to have the opportunity to dribble the ball out of their own end and advance up the field.