



EMPHASIS/THEME	AGE GROUP	SESSION DURATION
Treasure Island	Active Start	45 minutes

TIME	ACTIVITY	ACTIVITY GOAL
10 - 12 Minutes	Captain Says	Soccer Coordination with the Ball
10 - 12 Minutes	Treasure Hunting	Skill Development in a Competitive Setting
10 - 12 Minutes	Treasure Island	Soccer Skills in a Development Setting
10 - 12 Minutes		



Every player has a ball inside a square that is 15 yards x 15 yards

To set the scene, the players are sailors on a boat and must perform a number of tasks for the captain before they can set sail on the seven seas.

The players will dribble around the square while the coaches give commands for all of the players to perform.

All Aboard = Toe Taps on the ball as if they are climbing an imaginary ladder onto the boat.

Scrub the Deck = Inside Taps side to side with the ball as if they are mopping the floor with their feet. **** At first, see how they would use their soccer ball to scrub the deck ****

Captain's Coming = Place 1 foot on the ball and salute the captain by saying "aye ay Captain".

Fire the Cannons = Players dribble to the edge of the grid and yell "cannonball" and kick their ball toward the other pirate ships.



Set up nets on the corners of a 15 yards X 15 yards square, with a 3 yard X 3 yard box in the middle full of soccer balls. Divide the players up equally amongst the 4 corners.

When the coach yells "Go!", one player at a time will run to the deserted island and take a "treasure" (soccer ball) and bring it back to their pirate ship (the pop up net). Make sure the pirates only takes one.

Once the pirate gets back to their starting cone, the next player can go and retrieve their treasure from the middle. Repeat this process until all of the treasures are collected.

At the end of the round count up how many treasures each pirate ship collected. Give the pirates a high five for every treasure they have collected.

Repeat the activity by resetting all of the soccer balls back on the island.

To advance this activity, players can steal treasures from other pirate ships. Perform this activity as a timed event and help guide players to where to steal their next treasure from.

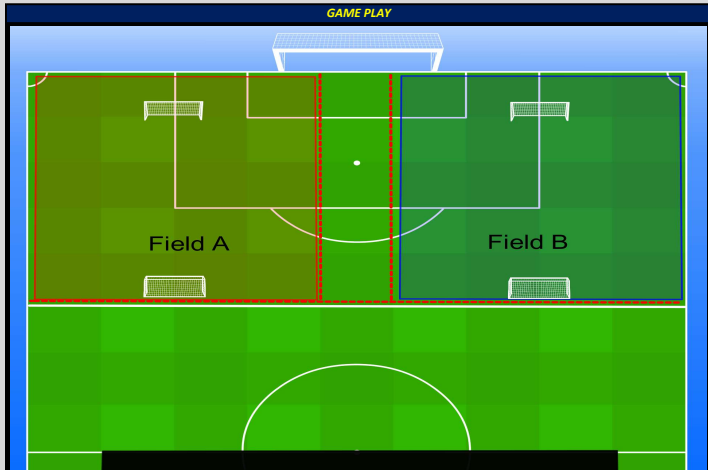


This activity is performed as a continuous event with the balls set up in the middle and players set up by the two pirate ships. Coaches will also be standing by each pirate ship to help guide the players.

On the Captain's (coaches) Cue, players will rush out to find their treasure and put it on their pirate ship. Once the ball is put on the pirate ship, the Coaches will throw the ball out and the pirates will have to rush out and collect it again.

Every time a player brings their treasure back to the pirate ship, they collect a point. At the end of a designated time frame (3 minutes), ask the players how many points they've got.

For the next round, challenge the players to beat their previous totals. If they are successful, give them rapid air high fives.



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.