



EMPHASIS/THEME	AGE GROUP	SESSION DURATION
Superhero Training	Active Start	45 minutes

TIME	ACTIVITY	ACTIVITY GOAL
10 - 12 Minutes	Superhero Training	Soccer Coordination with the Ball
10 - 12 Minutes	Game Play	
10 - 12 Minutes	Capture the Villain	Soccer Skills in a Development Setting
10 - 12 Minutes	Game Play	

SUPERHERO TRAINING SKILLS



Created using SoccerTutor.com Tactics Manager

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

To set the scene, the players are at the Superhero Training School and looking to build up their superhero powers and skills before fighting crime. Each player's soccer ball is their Superpower that they must keep close to them as they maneuver around the training school.

Hulk Smash = with a ball, touches on top as if they are smashing the ball with their feet.

Dodge the Bullets = dribble side to side with the ball instead of forwards

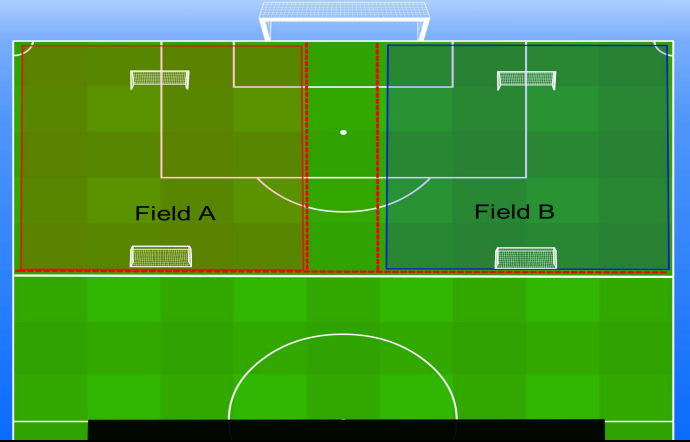
Building Leaps = Hop over the ball as if you are leaping over tall buildings.

Ring the Alarm = with the ball, touch it side to side using the inside of your feet

Upsidedown Ninja Turtle = lie down with the ball on your back like a Ninja Turtle

Superhero's Assemble = get in groups of 2 or 3 (pick a number so everyone has a friend)

GAME PLAY



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

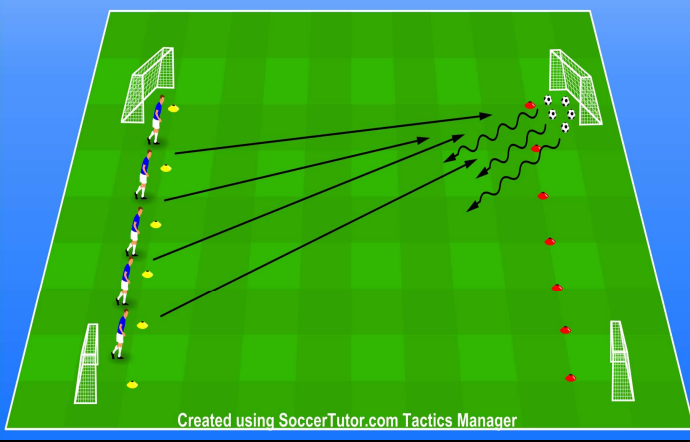
There will be no designated keeper. If a player is standing by the net encourage them to push up the field so that they are not standing directly in the net.

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.

CAPTURE THE VILLIAN



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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.

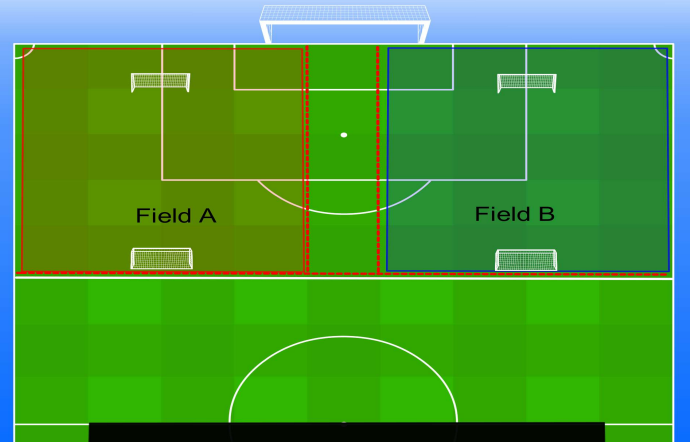
In this game, players are looking to collect their dinosaur egg and bring it back to their safety nest as quick as possible. Once they have completed this, they are going to double check the nest where their balls started in to make sure all the eggs are safe.

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.

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