



EMPHASIS/THEME	AGE GROUP	SESSION DURATION
Ocean Life	Active Start	45 minutes

TIME	ACTIVITY	ACTIVITY GOAL
10 Minutes	Sailing the Seven Seas	Soccer Coordination with a Ball
10 Minutes	Gone Fishing	Skill Development in a Competitive Setting
10 Minutes	Feeding Nemo	Soccer Skills in a Development Setting
10 Minutes		

**SAILING THE SEVEN SEAS**



Created using SoccerTutor.com Tactics Manager

You have just set sail on the seven seas and you are exploring the ocean as you travel. The soccer ball is the boat and the players are the Captains of their boat. The weather is affecting the speed of your boat.

All the players will have their boat inside the playing area. Before setting sail, all the players will salute the Coach and say "Ahoy me matey, set sail".

The players will start sailing around the ocean (the playing area) and change their speed based on the weather.

**High Winds** = Go Fast

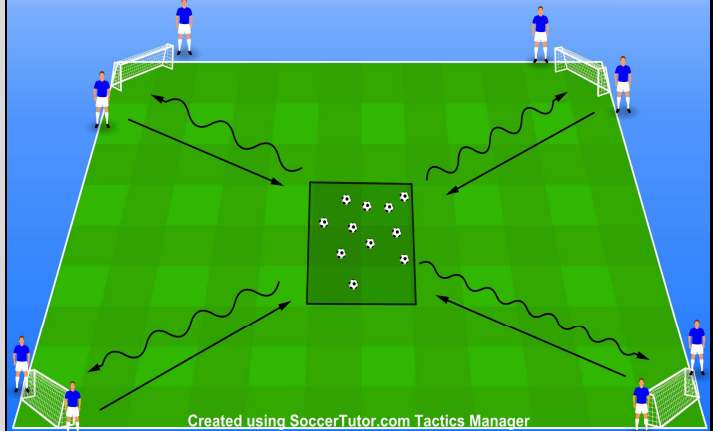
**No Wind** = Go Very Slow

**Hurricane** = Dribble in a Circle

**Rogue Wave** = Go Backwards

To finish off the activity, the coaches turn into a **Tidal Wave** and looks to tag all of the players. If the coach tags the players, their boat has crashed and they can go wait by the waterbottles.

**GONE FISHING**



Created using SoccerTutor.com Tactics Manager

In this activity, players are set up by their fishing boats (the nets) and are looking to collect as many fish (mini cones) as possible by running to the middle and collecting a fish and bringin it back to their ship.

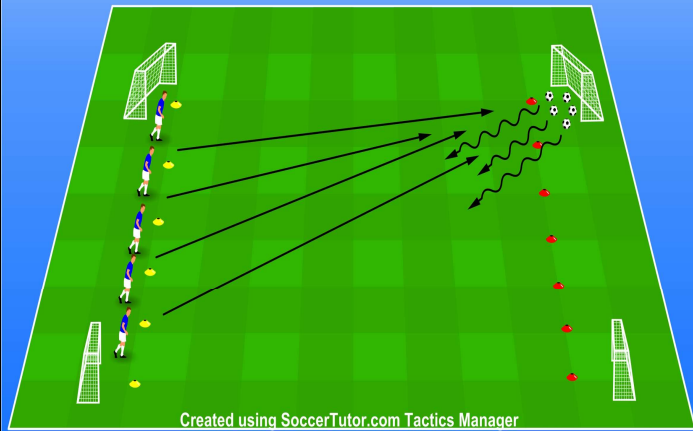
Set up the playing area as pictured above with each player having a ball at their feet and the mini cones in a box in the middle of the area.

On the coach's cue, each player swims out to catch a fish. Once they have caught one, they need to bring it back to the boat. They switch with their teammate and can go out and catch another fish. The boat with the most fish wins the round.

**Variations**

- 1) When players run out to the balls, they can do different physical literacy moves (pretend they are swimming - front stroke, backstroke, doggy padel)
- 2) Call out specific colors of fish to collect each round.
- 3) Add sharks to the water (parents or coaches). If a player gets tagged before they catch a fish, they need to go back to the boat and restart.

**FINDING NEMO**



Created using SoccerTutor.com Tactics Manager

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 opposite the pop up net where all the soccer balls are located in.

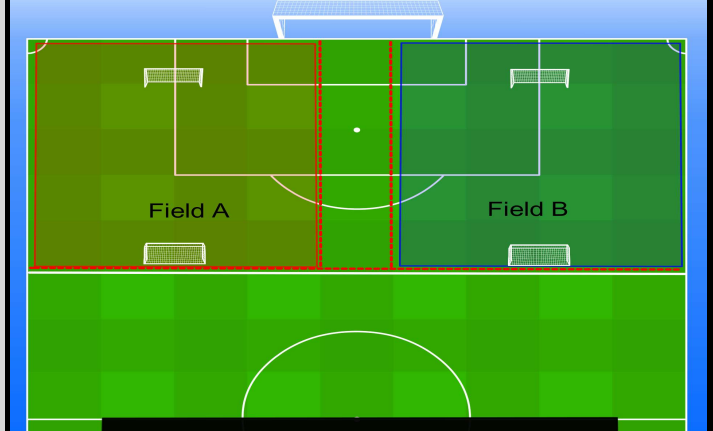
In this game, players are looking to collect save NEMO and bring him back to the safety in the fish bowl as quick as possible. Once they have completed this, the players are going to double check the original lake where their balls started in to make sure all their are no NEMO's left behind.

While waiting at the original lake where they first saved Nemo, they notice Dory is missing from her fish bowl. Now they must save her by bringing her back to a different fish bowl, one of the other two remaining.

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

Continue this process for the duration of the time at the Station, alternating behind saving Nemo and saving Dory from danger.

**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.