



EMPHASIS/THEME

Cars

AGE GROUP

Active Start

SESSION DURATION

45 minutes

TIME

10 - 12 Minutes  
10 - 12 Minutes  
10 - 12 Minutes  
10 - 12 Minutes

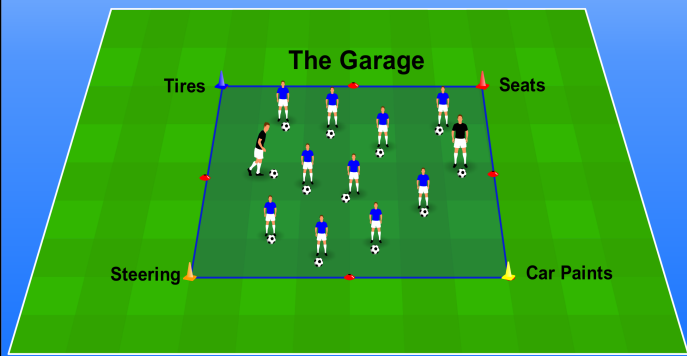
ACTIVITY

Racecar Builder  
Lightning McQueen  
Under the Bridge  
Game Play

ACTIVITY GOAL

Soccer Coordination with the Ball  
Soccer Skills in a Development Setting  
Skill Development in a Competitive Setting

RACECAR BUILDER



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

To introduce the players to the activity, tell them they are entering the garage where they will get to build their very own racecar. Before they can begin to assemble their car, they will need their toolbox (their soccer ball).

As the players dribble around with their soccer balls, ask them what they need to put on their car. **For example, a player may shout "TIRES", and all of the players will dribble to the corner and buy their tires.** Have the players hold their "tires" up above their head. By doing this, they won't be able to hold the ball with their hands.

Once they get back to the garage, have the players pretend to assemble the part they've collected by making the noise of the machine that would be used. For example, a drill, a spray paint can, the noise that a horn may make.

The key here is that the players decide what go on their car so have fun with it.  
Repeat the process until the car is completely built.

LIGHTNING MCQUEEN



Every player has a ball inside a square that is 15 yards x 15 yards, with cones/pylons spread out randomly across the area.

The players will dribble around the square while the coach gives commands for the players to perform.

Red Light = Stop, one foot on the ball

Reverse = Foot on ball, roll it backwards

Yellow Light = Go Slow

Fuel Up = Roll the ball back and forth

Green Light = Dribble

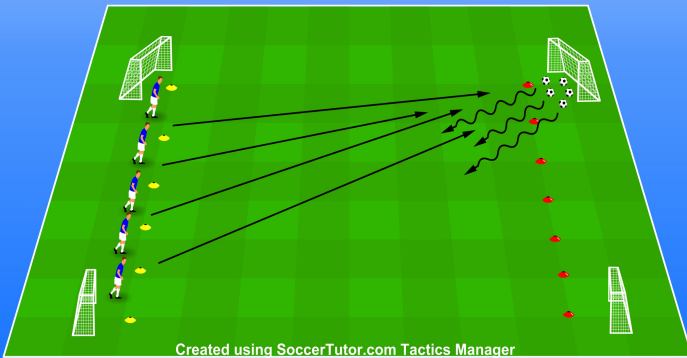
Road Block = Dribble around the cone in a circle

Super Green = Dribble as fast as you can

Go to the Garage = dribble around the pylons

Traffic Jam = One foot on the ball, shout "Beep Beep"

TAXI DRIVER



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 taxi drivers and are looking to pick up passengers and bring them to a new destination. Once they have completed this task, they are going to double check the original destination where their balls started in to make sure no passenger was left behind.

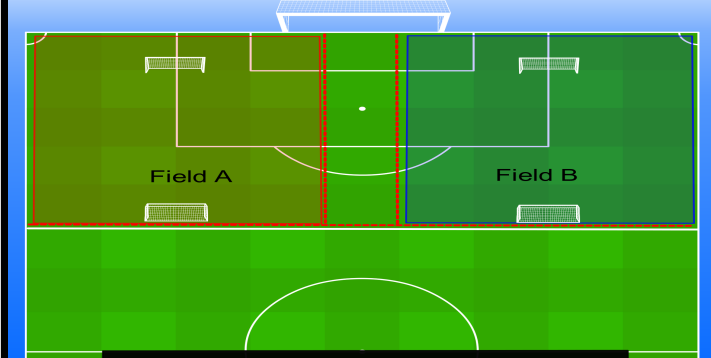
While waiting at the original destination where their passengers were first placed, they notice another group of passengers are ready to be picked up and taken to a new destination. they just placed their balls in. Now they must pick up those passengers and drop them off at one of the other two destinations.

Once they have completed this task, they are going to double check the original destination where their balls started in to make sure no passenger was left behind.

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

Each destination you pick them up from, change the location. Some examples could be a pizza place, a playground, the ice cream shop, the swimming pool, etc. To make the players feel included in the session, have them select the destinations that they would like to go to.

GAME PLAY



Players will be divided up into 2 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.