



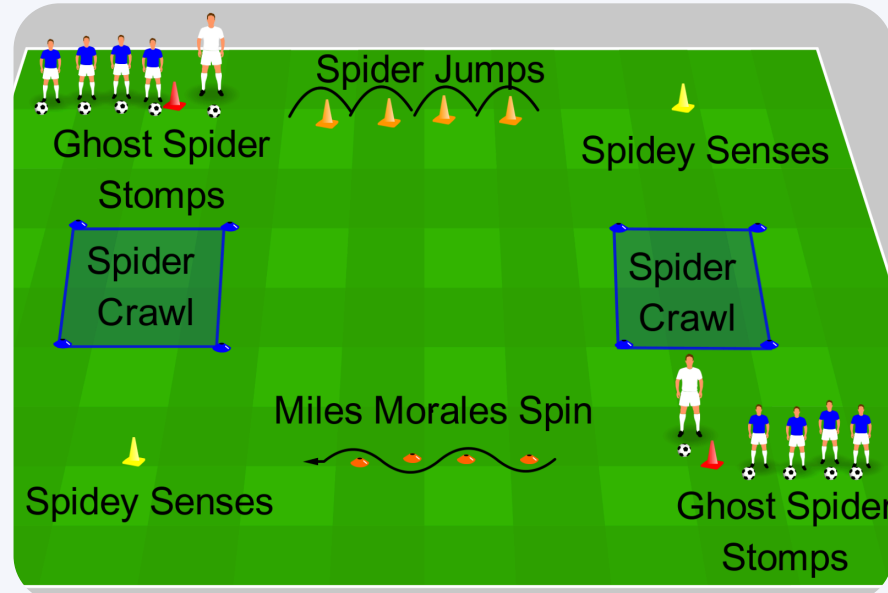
ACTIVE START PROGRAM

SPIDEY AND FRIENDS

SPIDEY AND FRIENDS

SESSION OVERVIEW

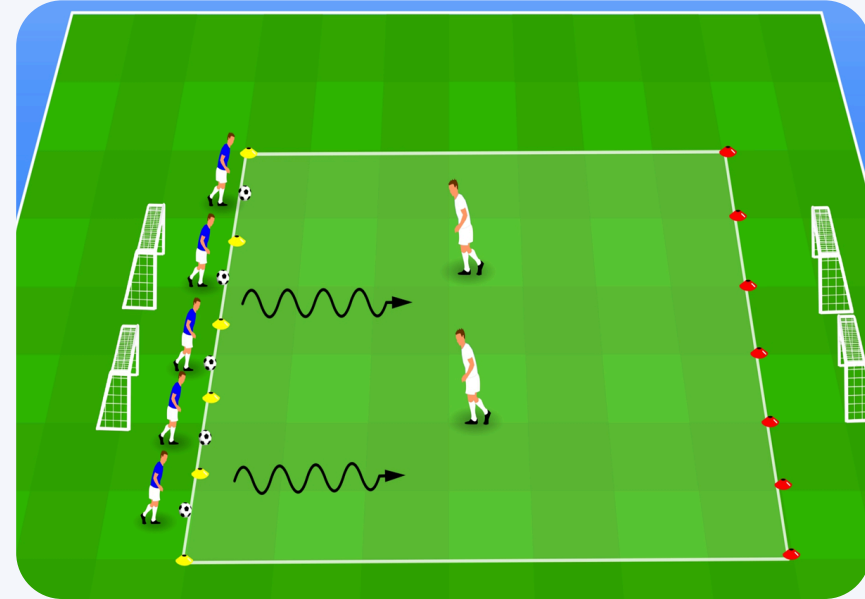
ACTIVITY 1



SET UP

SET UP A SQUARE PLAYING AREA AROUND 20 X 20 YARDS. WITHIN THAT AREA, YOU WILL SET UP CONES ON THE CORNER, A SLALOM OF CONES AND A ROW OF PYLONS ACROSS FROM EACH OTHER. ON THE OTHER SIDELINES, YOU WILL SET UP A 3 X 3 YARD BOX.

ACTIVITY 2

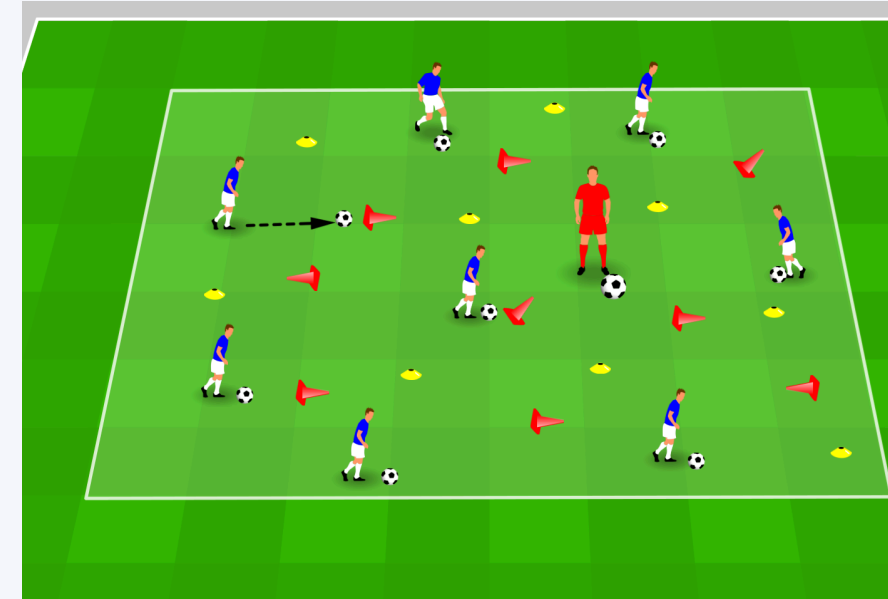


SET UP

SET UP A PLAYING AREAS THAT IS 15 X 15 YARDS WITH NETS SPREAD OUT ON THE END LINE FOR PLAYERS TO DRIBBLE TOWARDS.

NOTE, THIS ACTIVITY CAN ALSO BE DONE WITHOUT GOALS, JUST USING THE END LINE AS THE END POINT.

ACTIVITY 3

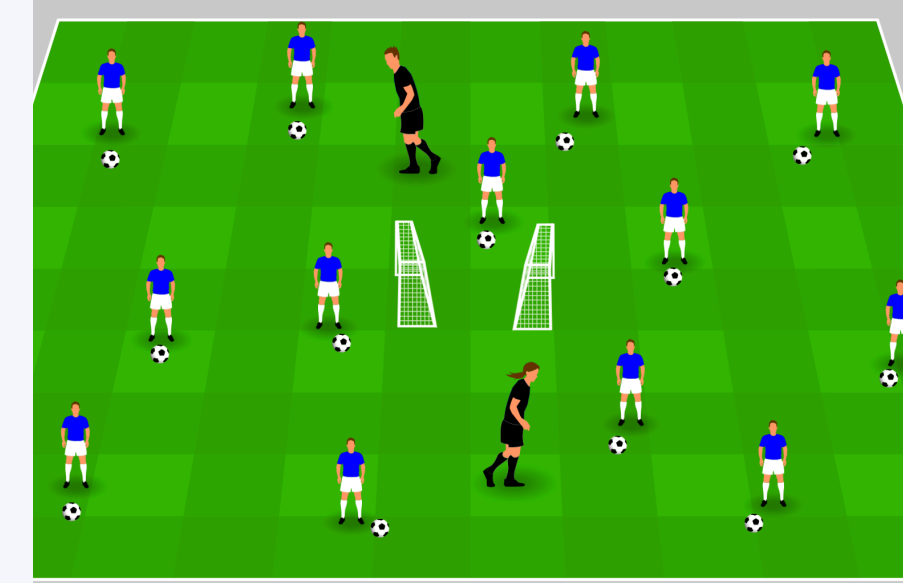


SET UP

SET UP A PLAYING AREA THAT IS 15 X 15 YARDS WITH CONES AND PYLONS SPREAD OUT IN THE PLAYING AREA.

LOOK TO HAVE THE CONES TIPPED OVER FOR THE CONES TO LIFT UP USING THEIR FEET.

ACTIVITY 4



SET UP

SET UP A PLAYING AREAS THAT IS 15 X 15 YARDS WITH TWO NETS SET UP BACK TO BACK INSIDE THE PLAYING AREA.

EVERY PLAYER WILL NEED A BALL FOR THIS ACTIVITY.

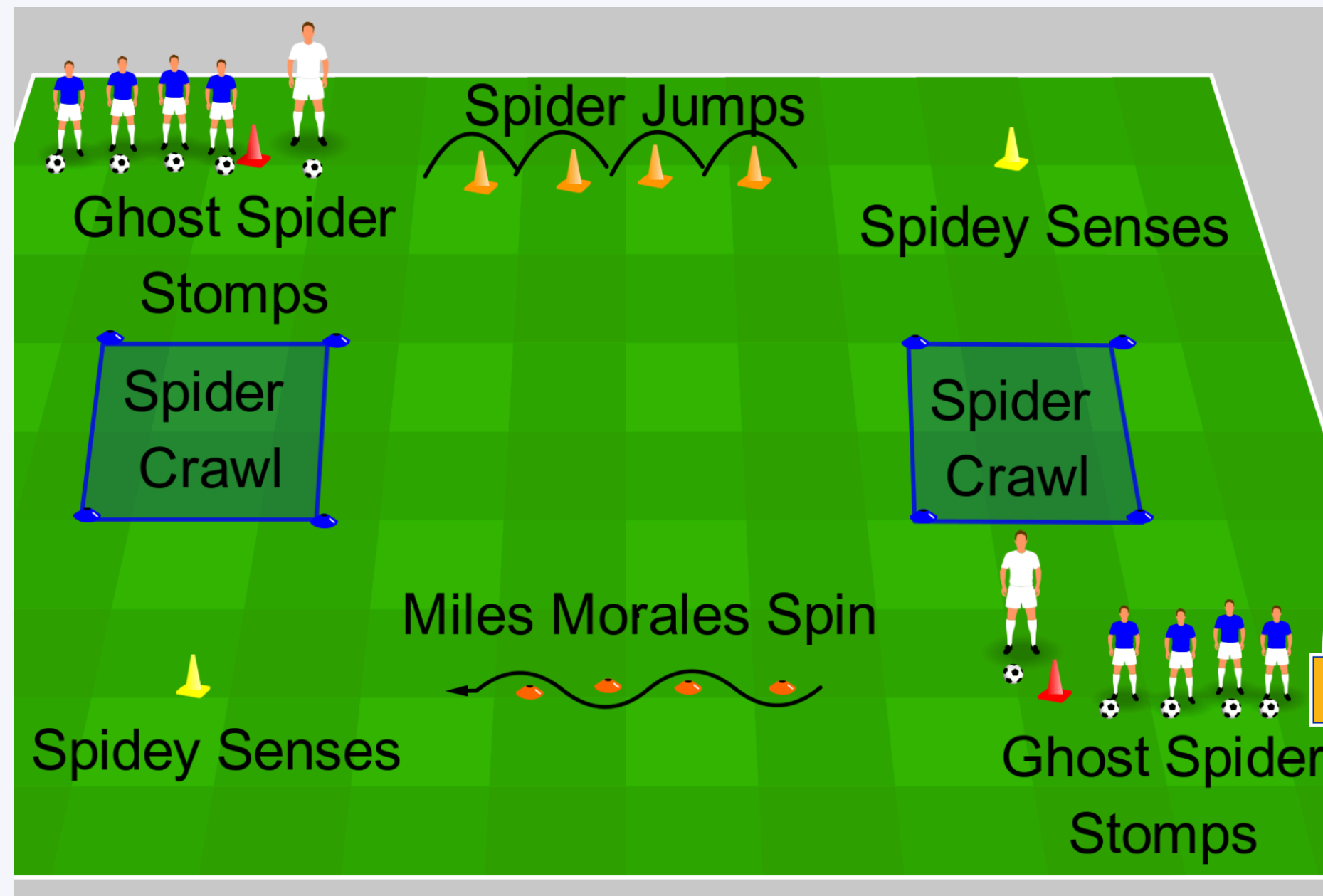
Note: Remove the Obstacle Course activities to fit in the Game Station if the program permits game play.



ACTIVITY STORYLINE

The players are exploring the city and learning how to navigate their new powers as Spider Kids.

In this activity, players will learn how to crawl like spiders, jump like spiders, stomp like Ghost Spider. In addition, they will learn how to develop their spidey senses and move like Miles Morales through obstacles.



ACTIVITY DESCRIPTION

Spider Crawl - On your hands and feet, crawl like a spider through the playing area

Spider Jumps - Players will jump over the pylons with their soccer balls in their hands.

Spidey Senses - move the ball from side to side as if you are looking around for danger or villains in the city causing trouble.

Miles Morales Spins - Can we move through this cones like Miles Morales would. Allow players to get creative with their movements and act like Spin with or without their ball.

Ghost Spider Stomps - At this station, players are going to perform toe taps (tapping the top of the ball with their toes) as if they were climbing up a tree to get a better view of the city.

Activity StoryLine

This activity is played similar to British Bulldog but with a Spidey and Friends twist.

Throughout this activity, the players will navigate saving their family member (the ball) by getting beyond Doc Ock and the Octobots.

Each time they get past the Doc Ock and save their family member, they get rewarded with a high five.

Activity Description

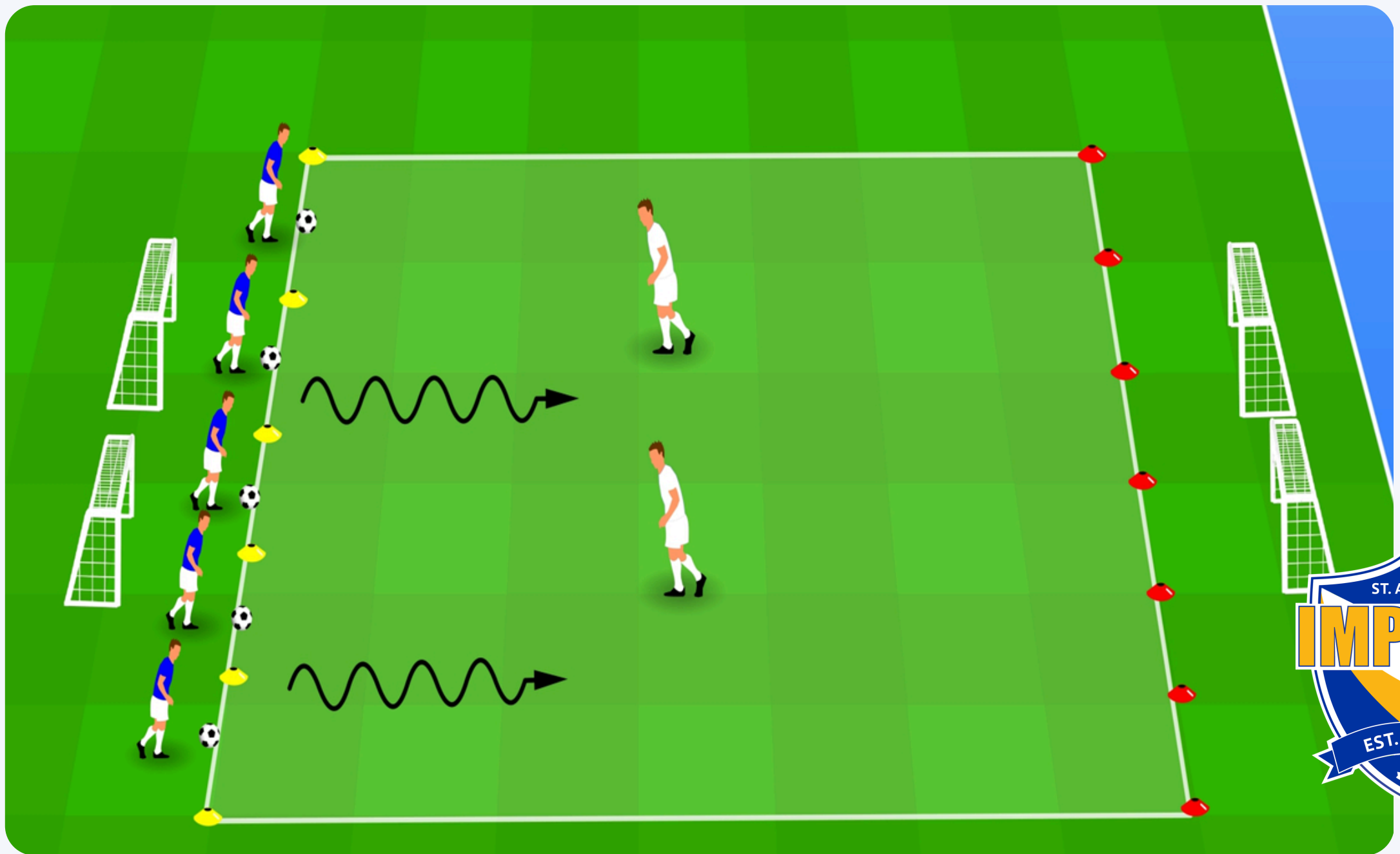
Level 1 = The players with their family member (the ball) work to keep their family safe by getting to the other side. Doc Ock is not in this level.

Level 2 = The players and their family member (the ball) go back and forth. The coach is Doc Ock who stands in the middle of the area and tries to catch the Spider Kids. If the players get caught, they do 3 star jumps before they can join the other players on the end.

Level 3 = Same as Level 2, except if the Doc Ock gets close to the Spider kids, they can spray their spider web toward Doc Ock freezing them from catching the Spider Kids.

Level 4 = Like British Bulldog, if the Spider Kids get caught by Doc Ock, they become a Octobots and look to catch all of the other Spider Kids (with no balls).

Every time the players make it to the end line, we congratulate them with high fives.



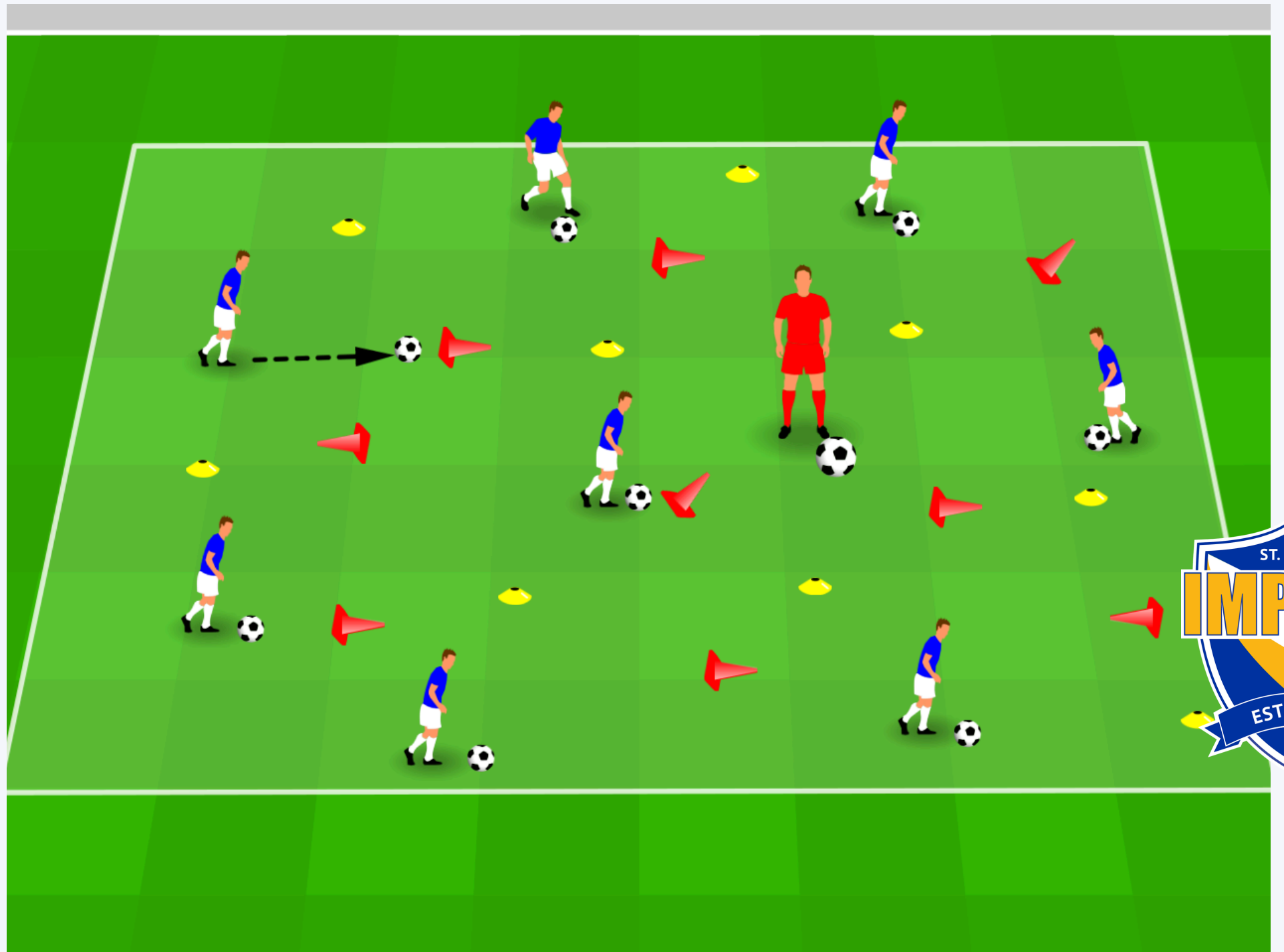
ACTIVITY STORYLINE

Peter Parker, Miles Morales and Gwen Stacy are out on the city enjoying their day, when they suddenly my transform into Spiderman, Spin, and Ghost Spider to save their family.

Before they can get to their family, they must go through a variety of obstacles to build up their skills so that they can safely defeat the villains, Rhino, Doc Ock, Green Goblin and Electro.

ACTIVITY DESCRIPTION

Players will dribble freely around the grid waiting for instructions from the coach. If two coaches are available, the group can follow one of the coaches around the playing area while the other coach provides instructions.



- **Spider Senses** - Stop with one foot on the ball and shout “Spidey Sense!”
- **Miles Morales Spin** - Run around the ball in a circle
- **Spider Jump** - Jump over the ball 3 times
- **Ghost Spider** - Stop, One Foot on the Ball, roll it back and forth
- **Go Web Go** - Players will dribble up to a pylon that is tipped over on it’s side and using their feet, they will tilt the cone back up to standing position.

ACTIVITY STORYLINE

All of the villains have teamed up to rob the bank and it's up to the Spidey team to stop that from happening.

Each of the Spider Kids will have a coin that they must bring back to the bank and put them into the safe (the net), while the villains (the coaches) will work to ensure that the coins don't go back into the safe.

ACTIVITY DESCRIPTION

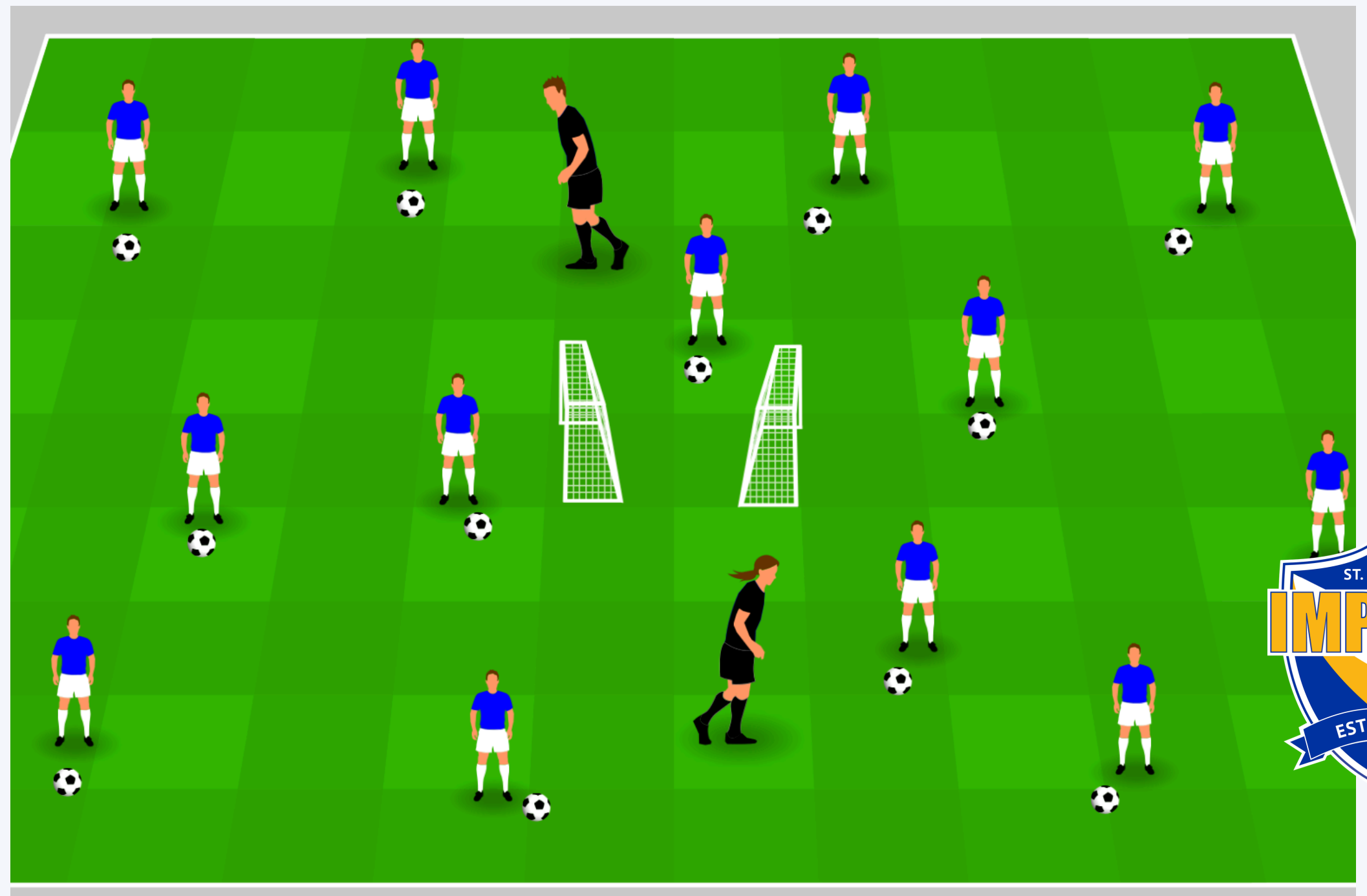
This activity is performed as a continuous event with every player having a ball and working to dribble around the playing area avoiding the coaches while trying to put their coins (the balls) back into the safe.

While dribbling around, they must avoid the coaches who are trying to either tag the players, steal the players ball away from them and make sure that they don't make it into the net.

Perform this activity for 3 minutes. Then take a rest and congratulate the players on a job well done in keeping the city safe.

For the next round, the players can be the villains and the coaches can be the heroes trying to save the city while the villains (the players) try to put the coins in their secret villain base away from the heroes.

Note: this activity can also be done by splitting the players into 2 groups, Spidey and Friends vs the Villains. After the 3 minute round, the 2 groups would then switch roles.



ACTIVITY SET UP

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.

ACTIVITY DESCRIPTION

A NORMAL SMALL SIDED GAME IS PLAYED.

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.

