

Practice 1	Title	Description	25 Words or Less Intro
1	Dribble across a square	Make a small “square” with flat cones. (15’ x 15’ or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Name the square if you like. Soccer Island can work	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Escape from Rochester	Half a SuperMod field maximum. All players with a ball on one side of a playing area (not too large – congestion is valuable!) Enlist some parents. Tell them not to hurt themselves. And the players. When you say go to the players they are to dribble across to the other side. At most make this half a SuperMod field to keep them close so they can’t run away and not be part of this. Guaranteed – when the parents “chase” them they will squeal with giggleness. Especially when they know that the environment is safe with their own parents. When they get past the parents, have them do it again. Repeat until they are tired. Or you are.	Get a ball. Get on that line over there. Dribble to that line. And then back to the 1st line. The parents will try to stop you. GO
Water Break			
3	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don’t worry. Run around – or walk swiftly – or walk slowly – you choose. Initially don’t let them hit you. (It’s not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can’t hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO
4	Blob	Half a SuperMod field maximum. Don’t catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT – don’t hold hands – shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO
Water Break			
5	Moving Goals	Half a SuperMod field maximum. Get the parents. Have them link arms and make a goal. Then coach them to move. The kids have to dribble around and shoot the ball thru the hole below the joined arms. The goal! When the kids shoot a goal the goal (the parents) have to yell really loud – goal. Coach the parents (while you are moving) to sometimes be hard to score on and sometimes be easy for certain players who need the self esteem boost.	The goal is the space between the parents. Kick the ball thru the space to get a goal. Score as many goals as you can. GO.
6	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later – Purple light. Make them “turn”. The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won’t get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO
Contingency if you need more games/drills			
7	Egg Hunt	Half a SuperMod field maximum. Put all the balls on the field. Have the goals available easily (you may not want to set the goals up at both ends of the soccer field. It makes it harder to get the healthy congestion you want.) Have them kick the balls in the goals. They will have to dribble to get it to the goals. Enlist some parents to get the balls out of the goals once they are in. Repeat until tired. If you have extra balls great. More is better.	My field is dirty. Look at all those balls. Get all the balls into the goals. With your feet. GO
8	Shark	Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food – often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of the teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It’s a good chance for you the coach to say “FREE YOUR TEAMMATE”. Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.	I’m the shark. You’re my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you’re food again. GO
End of Practice - Spirit Tunnel			

Practice 2	Title	Description	25 Words or Less Intro
1	Egg Hunt	Half a SuperMod field maximum. Put all the balls on the field. Have the goals available easily (you may not want to set the goals up at both ends of the soccer field. It makes it harder to get the healthy congestion you want.) Have them kick the balls in the goals. They will have to dribble to get it to the goals. Enlist some parents to get the balls out of the goals once they are in. Repeat until tired. If you have extra balls great. More is better.	My field is dirty. Look at all those balls. Get all the balls into the goals. With your feet. GO
2	Shark	Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food – often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.	I'm the shark. You're my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO
Water Break			
3	Keep Away to a Goal	Half a SuperMod field maximum. With the Goals. Pair up the Kids. And Get Each Pair a Parent to play defender. 1 ball for every pair. Have the kids pass back and forth and score. The parent tries to defend forcing them to not only dribble but pass also.	Try to score as a pair. Defender will try to stop you. GO.
4	Rumble in the Jungle	Half a SuperMod field max as the jungle. With both goals in it at opposite ends. Have two jungle teams with an elephant, monkey, rhino, and giraffe. Set them up on opposite sides of the jungle. When you shout an animal name, the animal must race around the end cone and through their goal and into the jungle. The coach passes 1 ball into the jungle. It's a battle between the animals to see who can get the ball and score in the opposition's goal. Which team can be first to score 10 jungle goals? Have multiple pairs in the jungle at the same time. No spending lots of time in a line.	Here are your teams. Here are your jungle names. This team over there. This team over the other there. When your jungle name is called run around the cone, thru the goal, and get the ball and score.
Water Break			
5	Follow the Leader	Full SuperMod field maximum. Tell the players to get a ball. Do some moves and have them follow you. Dare you to get on the ground, put your legs and arms in the air, and yell something fun like Soccer. They have to follow you. Switch to have other kids be the leader. Ensure all of them get a chance. About 30 seconds each.	Whatever I do with the ball you do. Follow Me. GO Now Guinevere is the leader. Follow her.
6	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later – Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO
Contingency if you need more games/drills			
7	Moving Goals	Half a SuperMod field maximum. Get the parents. Have them link arms and make a goal. Then coach them to move. The kids have to dribble around and shoot the ball thru the hole below the joined arms. The goal! When the kids shoot a goal the goal (the parents) have to yell really loud – goal. Coach the parents (while you are moving) to sometimes be hard to score on and sometimes be easy for certain players who need the self esteem boost.	The goal is the space between the parents. Kick the ball thru the space to get a goal. Score as many goals as you can. GO.
8	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Name the square if you like. Soccer Island can work	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
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Practice 3	Title	Description	25 Words or Less Intro
1	Gift Chase	Half a SuperMod field maximum. Get something the players can “collect”, like pieces of paper or flat cones or shirts. Call these items gifts. Need about 20 of them. Paper can work well. Enlist the parents. Have each parent participating hold on to some of the “gifts”. The players have to dribble to a gift holder, get a gift, and dribble back to you to deliver the gift. If they need to do more redistribute the gifts to the parents so they can keep going.	Dribble your ball to get a gift. Dribble the ball to bring the gift to me. Then get another one. GO
2	Monkey in the Middle	Half a SuperMod field maximum. Divide the kids into groups of three. One ball per group. Classic keep away! Put a parent in the middle. Coach the parent to coach the kids easily – not to steal the ball often. Have the kids pass the ball so the parent can’t get it. Ask the parent to act like a monkey. The kids will naturally move. That’s what you want. HINT. Demo this first by using their hands. Have them pass the ball with their hands to show what they need to do. Then say use your feet.	Triangles! Three to a group. Monkey in the middle. Keep the ball away from the Monkey. GO
Water Break			
3	Around the Cone & Pass	Line up a number of cones – one for each pair of kids. Pair the kids up & one ball each. Get the kids 5 paces in front of the cone. One first dribbles around the cone and then passes the ball back to their partner and then runs back to the start. The next one repeats what the first one did. Make it into a game by making it a race. Get the parents to help. You will benefit by having one parent per group to help instruct. Three teachings while in play. Once they pass they usually want to see how pretty their pass is. Coach them to follow their pass. Second – they will probably pass the ball all over the place. Say pass it to them (your partner) not through them. Three – when they receive the pass coach them to go and get it and not sit and wait for it.	Dribble your ball around the cone. Pass to your partner and then go back, ready to get the pass. First to 5 wins. GO
4	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later – Purple light. Make them “turn”. The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won’t get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO
Water Break			
5	Race Around the Track	Small square made with cones. Every player with a ball. Have some dribble one way around the “track”, and the others dribble the other way. Promote that congestion. Makes them look up while dribbling. Better than just looking at cones. Cones don’t move. Traffic is valuable. Make it a game by making it a race.	You 4 dribble that way around the cones. The rest dribble the other way around the cones. It’s a race. First to 5 wins. GO
6	Figure 8 Dribbling	Two cones for each group. Two or three to a group. Doesn’t matter as long as you promote congestion. Have them dribble around a cone on one side and then around the other cone. Have them switch feet and switch parts of the feet. Make it into a game by making it a race.	Dribble your ball around the cone. Dribble around the other side of the other cone. First to 5 wins. GO
Contingency if you need more games/drills			
7	Blob	Half a SuperMod field maximum. Don’t catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT – don’t hold hands – shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO
8	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don’t worry. Run around – or walk swiftly – or walk slowly – you choose. Initially don’t let them hit you. (It’s not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can’t hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO
End of Practice - Spirit Tunnel			

Practice 4	Title	Description	25 Words or Less Intro
1	Soccer Bees	Small square made by cones. Call it their hive. They are the bees. Get three or four parents and equip them with soccer balls. (You will need some extra balls). Have the bees protect their hive by kicking their balls into the soccer balls of the parents when they invade the beehive.	You bees protect your hive. When a wasp – these parents – tries to invade your hive kick their soccer ball with your soccer ball. GO
2	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily – when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT GO
Water Break			
3	Attack of the Clones	Half a SuperMod field maximum. Line up the parents on both sides with any extra balls you've got. If you don't have enough balls for all the kids and some for the parents then only give the balls to the parents. Line the kids up, single file, to go thru the middle of the field. The parents shoot at the kids. The kids have to go back and forth as targets dribbling their balls. After a short time, switch the parents with the kids so the kids do the shooting.	Players over there. Parents with the balls on both sides. Players move thru the middle. Parents shoot at these clones. GO.
4	Triangles	In soccer to move up the field passing we do so in a triangle shape. To practice passing and moving in a triangle shape we set up a triangle with at least 4 players (2 in one corner and 1 in each of the other corners). In a counter clockwise motion the players pass the ball to a teammate and follow their pass to stand in their position. The next player continues to pass to another teammate in a counter clockwise direction and stand in their position. This continues for 90 seconds to see which team can make the most passes.	DEMO THIS ONE – THERE IS NO QUICK WAY TO GET THEM TO DO THIS WITH WORDS.
Water Break			
5	Race Around the Track	Small square made with cones. Every player with a ball. Have some dribble one way around the "track", and the others dribble the other way. Promote that congestion. Makes them look up while dribbling. Better than just looking at cones. Cones don't move. Traffic is valuable. Make it a game by making it a race.	You 4 dribble that way around the cones. The rest dribble the other way around the cones. It's a race. First to 5 wins. GO
6	Monkey in the Middle	Half a SuperMod field maximum. Divide the kids into groups of three. One ball per group. Classic keep away! Put a parent in the middle. Coach the parent to coach the kids easily – not to steal the ball often. Have the kids pass the ball so the parent can't get it. Ask the parent to act like a monkey. The kids will naturally move. That's what you want. HINT. Demo this first by using their hands. Have them pass the ball with their hands to show what they need to do. Then say use your feet.	Triangles! Three to a group. Monkey in the middle. Keep the ball away from the Monkey. GO
Contingency if you need more games/drills			
7	Blob	Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT – don't hold hands – shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO
8	Shoo the Ogre	The farmers (O) have got together to chase the big green smelly ogres (X) out of the swamp. In pairs the players take it in turns to be the farmer and the smelly green ogre. The farmer must chase the ogre and their soccer ball (while dribbling a soccer ball) until they hear the shout of "stuck in the mud" and then they must both freeze. Once frozen the farmer must try and shoot their ball to hit the ogre's ball. The farmer gets 100 points for every successful shot. Continue the dribbling game until the farmer has had 3 shots and then switch the farmer and ogre.	You are Ogres. You are Farmers. Each Ogre Choose a Farmer. Farmers Chase Ogres. While Both Dribble. GO Freeze. Farmer try to hit the Ogre's Ball.
End of Practice - Spirit Tunnel			