

## Warm Ups / “Sponge” Activities:

***[No Laps or Stretching is needed at this age. Just get them playing!]***

### Street Soccer:

As players arrive, get them playing street soccer against the coach (at first) and other players. Use cones for goals 10 yds. apart. To score, coach (if playing) must hit a designated turned over cone while players **MUST DRIBBLE THROUGH** either goal (in either direction) to score as many goals as possible.

Players keep the ball after scoring, players join as they come, (1v1v1...), or 2v1 and the 1 can score on either goal but the 2 can only score on 1 goal, or play 2 v 1...3 v 4 with each team defending a goal OR let them create the rules!

SCORING is still accomplished by DRIBBLING THROUGH either direction. Players explain the rules of the game to new players.

Play with an extra ball or two, or three if there are players not scoring. Have them play for 1-2 minutes. Whoever has the most goals wins. Donkey kicks for the others. (Hands on ground, kick and “Hee Haw” like a donkey.)

### Mexican Hat dance:

All players with the sole of one foot on their ball and the other foot on the ground; while singing and clapping to tune, change from one foot to other. Get into a rhythm and increase speed.

**Variation:** As player changes from one foot to the other, player rotates around the stationary ball.

### Touch Step/Touch Step:

All players stand next to ball with their feet together. Lift closest foot to ball above ball, tap ball, step over ball; lift second foot above ball, tap ball, step over. Now both feet are on opposite side of the ball. Have to leave room for second foot when placing first foot on other side. Get into rhythm/dance.

**Variations:** Move from front to back or back to front; beginnings of 'step over' dribbling technique.

### Low Energy “Passing”:

This is helpful on warm days. As players arrive, ask them to stand in a particular spot on the field (marked with a cone or two) and try to “Pass” the ball (using the inside of the foot) toward one of the lines on the field (or a line of cones). Who can pass the ball so it stops closest to or on the line? Repeat using other foot. Ask them to keep track of how many times they score.

### Low Energy “Juggling”:

As players arrive, ask them to put the ball under their arms and start “marching” around the field. Knees up high (so thighs are parallel to the grass). Then, have them drop the ball onto their thigh (knee?) as they bring the knee up. Bump it up and catch. Can they bump it twice before they catch it? Three times? Can they “march” and bump it multiple times?

**Variations:** Put the ball on your head and let it roll off. Try to touch it with your foot before it hits the ground.

