

## ✓ Warm Up

- "don't touch a cone"
- have kids dribble ball, following you, around the field without letting the ball touch a cone

## ✓ Foxes and Hounds - need to get pinnies from shed to play

- each player uses a pinnie to make a tail by sticking in back of shorts. Kind of like a flag in flag football
- coaches are the hounds - attempt to pull the foxes tails. When caught, kids do some thing silly or a soccer move to re-enter the game.
- round 2 - kids can be hounds but need to keep their ball with them.

If not enough pinnies;  
can replace with different game.

## ✓ Goals Galore

- set up as many PUSG goals as we have. Coach/volunteer starts in each goal.
- kids score as many goals as they can in 1-2 minutes. Can't score on the same goal two times in a row.
- can add a coach or player as a defender → go to a goal that isn't being defended.

## ✓ 1 v 1 / 2 v 2

- if all has gone well so far...
- divide into two teams/groups → 4 teams if have enough volunteers
- one player from each team goes in the center and play 1 v 1
  - if ball goes out of bounds or goal is scored; go back and sit with team.
- if you have a lot of kids, can try to get 2 games going at the same time.

\* This does not always go well...  
The concept of sharing a ball is difficult for some.  
It starts to fall apart - just move on to a different game \*

## ✓ Coaches Dodgeball