

Kickin' It

Tots

Week #4

5/22/21

✓ Warm Up 10 min

- cone stomp - with the ball this time; make the ball touch as many cones as possible
- treasure hunt - if have time to cut up small pieces of paper to serve as "treasure." Put treasure underneath cones. Kids need to dribble ball and peek in the hole to find buried treasure.

✓ Pirater of the Soccer Field 10 min

- all balls in middle of the field
- 3 to 4 pirate ships in corners (can make circle of cones or use Pugs goal) divide kids into groups for each ship.
- kids race to the middle and find their treasure (ball) - bring back and put on their ship
- one at a time like relay race.

✓ Surfs Up Soccer 10 min

- ball is the surfboard
- coaches are crabs on the beach - trying to pinch soccer ball
- essentially sharks and minnows with a different name.

✓ Blob Tag 10 min

- coach is the blob trying to squish soccer ball
- if ball is squished; player joins the blob (link up/hold hands)
- * can talk about keeping the ball close, establish out of bounds lines, etc.

✓ Coacher Dodgeball 5 min

* No Kickin' It Session over Memorial Day Weekend *

Will start to score goals and attempt 1v1 or 2v2 games over the last two sessions