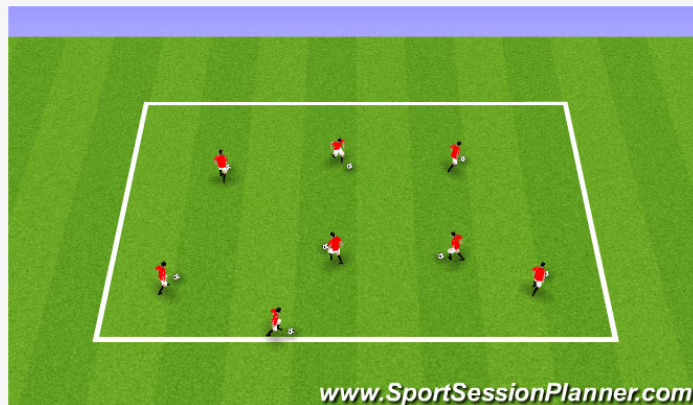




Big Hero 6 Surfaces (10 mins)

Organization- All players with a soccer ball. Have the players try to use the different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right foot laces & 2 touches with the left foot laces; repeat the pattern. Start with 1 surface, then add another surface. Once you have introduced all surfaces, try to put them all together.



Frozen Tag (10 mins)

Organization- The coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with their ball over their head. To get unfrozen, a teammate passes through the frozen players legs.



Troll Hunters vs Bular the Troll (10 mins)

Organization- Each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player is a Troll Hunter & attacks an end line and their partner/opponent Bular, the Troll, who attacks the opposite end line. All pairs play at the same time.

Instructions- play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 20 seconds. Players must stay within the grid.



Saber Tooth Squirrels Acorn Hunt (10 mins)

Organization- 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: the players try to dribble their soccer ball (acorn) anywhere in the grid & avoid the Scrats. The Scrats try to steal the acorns and hide them in any of the 4 goals (trees). Dribblers can steal their ball back from the Scrats or from the goal.

Rules- Play begins as soon as the Scrats enter the field. Scrats get 1 pt. for every ball they take to a goal. Any dribbler with a ball on the field after 90 seconds gets 1000 pts (even if they have to steal it back from a goal).



Play

Organization- 2 goals on each endline

Instructions- 4v4 to two goals

