

### ACTIVITY 1

|           |       |            |     |            |   |                |         |                |        |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|
| Duration: | 8 min | Intensity: | Med | Intervals: | 4 | Activity Time: | 1.5 min | Recovery Time: | 30 sec |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|

ORGANIZATION - (Physical Environment / Equipment / Players )

#### MARIO KART:

In a 15W x 20L yard grid scatter cones of different colors around the playing area. (example diagram uses Red, Yellow and Blue cones) Each racer has to be a character from the game Mario's Kart and drive their kart (ball) around the track. Players will compete in races. e.g Race around the red cones by dribbling your ball and making a turn at each cone. If a driver hits a cone or goes out of bounds, then they will spin out, and have to run round their ball twice before carrying on.

#### ACTIVITY VARIATIONS

Round 1: Players race around the Red cones only. (If players finish quickly ask them to repeat 2 or 3 times)

Round 2: Add in parents, coaches or players to act as shells. (Shells will pass their soccer ball to try and hit other players) If a shell hits you or your ball, then you spin out!

Round 3: Tag Team! Players choose a partner. One player will be the leader, while the other must follow them around the track.

Round 4: Switch Partners, the follower now becomes the leader.



### ACTIVITY 2

|           |       |            |     |            |   |                |         |                |        |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|
| Duration: | 8 min | Intensity: | Med | Intervals: | 4 | Activity Time: | 1.5 min | Recovery Time: | 30 sec |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|

ORGANIZATION - (Physical Environment / Equipment / Players )

#### PACMAN:

In a 15W x 20L yard grid scatter cones of different colors around the playing area. (example diagram uses Yellow and Blue cones) Split the players into 2 teams - Pacman / Ms Pacman and Ghosts. Pacman / Ms Pacman will start without soccer balls and are trying to run around the playing area and collect the dots (cones) by picking them up. Ghosts will dribble their ball and try to hit Pacman / Ms Pacman by shooting their ball at them. If a Pacman gets hit (knee height or below) then they must drop all of their dots, the coach (or ghosts) can then redistribute the dots around the playing area.

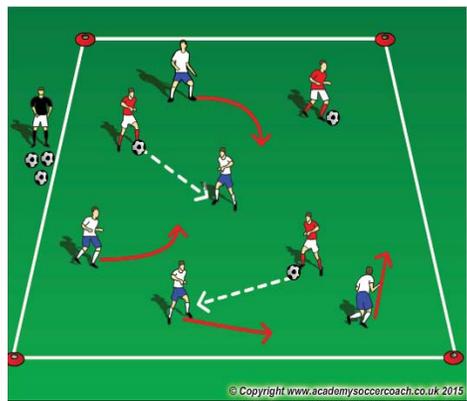
#### ACTIVITY VARIATIONS

Round 1: Play as described above

Round 2: Switch Team roles

Round 3: If a Pacman / Ms Pacman gets hit, they must collect their ball and join the ghost team!

Round 4: Pacman / Ms Pacman dribble soccer balls while collecting dots



### ACTIVITY 3

|           |       |            |     |            |   |                |         |                |        |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|
| Duration: | 8 min | Intensity: | Med | Intervals: | 4 | Activity Time: | 1.5 min | Recovery Time: | 30 sec |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|

ORGANIZATION - (Physical Environment / Equipment / Players )

#### ANGRY BIRDS:

In a 15W x 20L yard grid, select two or three players to be Angry Birds. All other players will be Bad Piggies. Angry Birds will begin with a soccer ball, Bad Piggies begin the activity without a ball. Angry Birds will dribble their ball around and try to tag the Bad Piggies with their hands. Once a Bad Piggie is tagged, they collect their ball and become an Angry Bird.

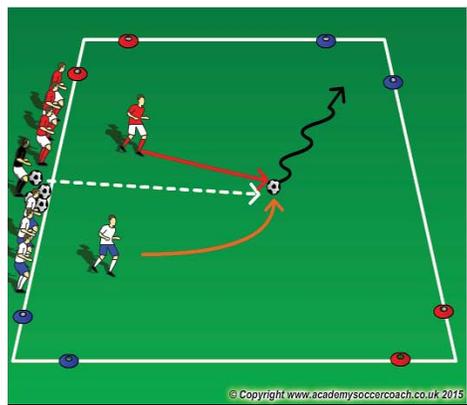
#### ACTIVITY VARIATIONS

Round 1: Coaches begin as Angry Birds and tag Bad Piggies with their hands

Round 2: Select players to start as Angry Birds

Round 3: Angry Birds must tag Bad Piggies by passing their soccer ball at them (knee height or below)

Round 4: Bad Piggies also have a soccer ball and must dribble the entire time until they are tagged



### ACTIVITY 4

|           |       |            |      |            |   |                |        |                |        |
|-----------|-------|------------|------|------------|---|----------------|--------|----------------|--------|
| Duration: | 8 min | Intensity: | High | Intervals: | 8 | Activity Time: | 20 sec | Recovery Time: | 40 sec |
|-----------|-------|------------|------|------------|---|----------------|--------|----------------|--------|

ORGANIZATION - (Physical Environment / Equipment / Players )

#### SUPER SMASH BROTHERS:

1v1 to 4 Goals - In a 15W x 20L yard grid, set up 4 diagonal goals in each corner. Players should be split into two teams and line up next to the coach. The coach will begin with all soccer balls. When the coach passes in a ball, the first player from each team will enter the playing area and attempt to score on any goal.

#### ACTIVITY VARIATIONS

Coach can choose to adapt the game using the following options:

Multiple players on each team (2v1, 2v2, 3v2, 3v3)

Multiple Soccer Balls

Teams have specific goals to score in (e.g Red Goals only)"

U6: 3v3 - Dual Field Scrimmage

Set up two fields 20W x 30L yards with a 5 yard space between them in order to keep as many players playing as possible. Allow plenty of breaks for water and rest!

25 mins