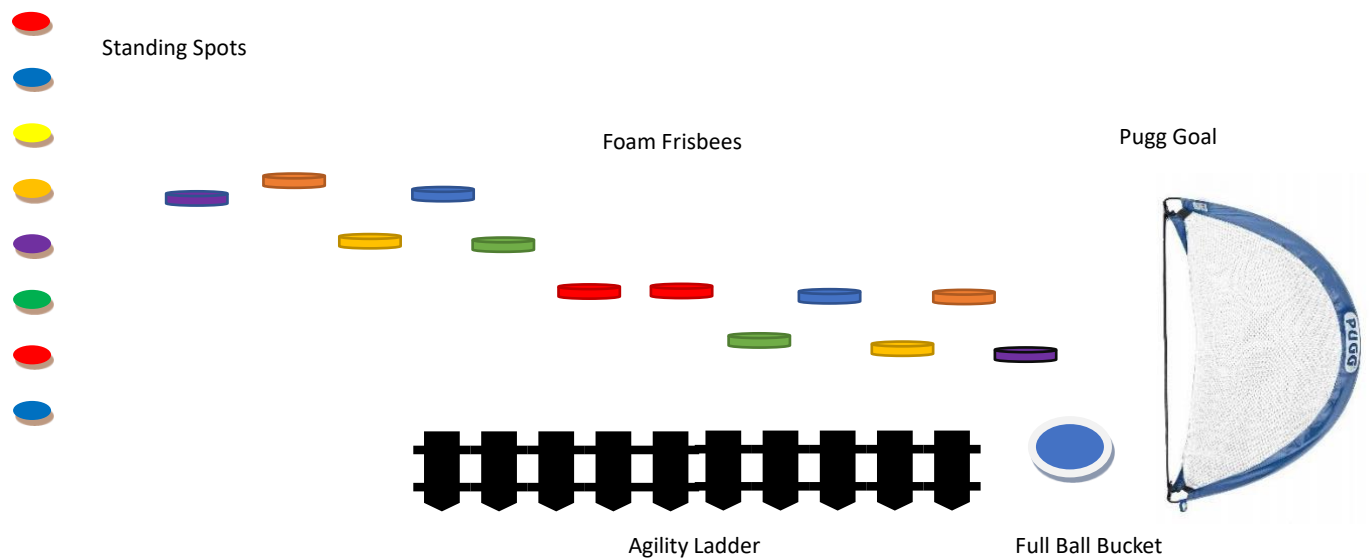


### Feed the T-Rex w/ Lava Rock Challenge

Purpose: Shooting

Equipment: Soccer Balls, Pugg Goal, Spots, Ball Bucket/Hula Hoops, Foam Frisbees

Set Up: Put down spots in a horizontal line to the net. Put a second ball bucket/hula hoop (full with balls) between the player spots and the hoop.



### Execution:

- Teach players proper Shooting Technique (Breakdown, Demonstrate).
- Grab the Empty Ball Bucket and have each player shoot the ball into the net to score a goal
- The only way to get onto Dinosaur island is to walk on the lava Rocks (Foam Frisbees). The only way to get off the island is to cross the bridge (agility ladder) by stepping one foot on each blue bar.
- The kids are the dinosaur keepers and it is their responsibility to feed the T-Rex's their favorite food...Soccer Ball Eggs" which are currently in the food dish (Full Ball Bucket).
- The Soccer Net is their T-Rex,
- Have standing spots to show the kids where to shoot from so they don't stand too close to the net.
- Coach calls up the first player who walks on the Lava Rocks to the Soccer Net. The coach puts a net in front of the net. The player crosses the Lava Rocks, Kicks the Ball in the net, and yells GOAL!
- On the players 3<sup>rd</sup> attempt, the coach should tip the missed shot into the net.
- Players take the lava bridge back to their spot.
- Start with 12 Foam Frisbees down in a vertical line as shown above.

- Once every player has gone select one of the players to take away **one** of the Lava Rocks (Can't the first or last rock – Purple one in this example)
- Have the players cross again, calling names one at a time.
- Don't eliminate players, but give a point to the player(s) who make it across without stepping in the Lava
- Continue until none of the players can make it across, or time elapses.
- Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
- Recap Shooting Technique and when/why it is used in Soccer

Variations:

- Jump the river – Same activity but instead of the Lava Rocks you put down a tarp (river). Start with the tarp folded up so it is easy to jump over. Each round, open the tarp up to make the river larger and larger.
- Hop-Scotch Challenge - The only way to get onto the island is to hopscotch on the Lava Pads. Large Spots – Jump Both feet together on the same spot. Small Spots – Jump both feet apart). The only way to get off the island is to cross the bridge (agility ladder) by stepping one foot on each blue bar. Eventually you can add in the 1-small spot which means “jump on one foot”: 2-feet apart, 2-feet together, 1-foot, 2-feet apart, 1-foot, etc.

