

# Soccer Camp Teamwork & Technique (ages 6-12)

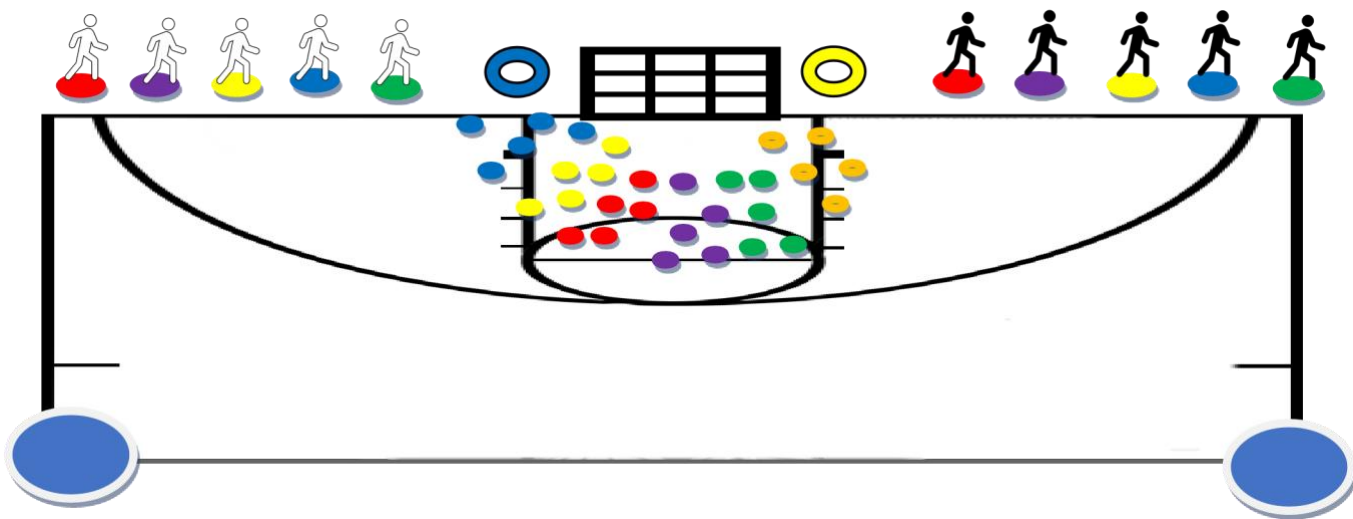
## Activity Refence Guide

### Fruit Smoothie

Purpose: shooting

Equipment: Pugg Goal, large spots, small spots, hula hoops, Soccer Balls

Set Up: Place the Pugg Goal hoop on the baseline. Place 4-6 spots of each color in a semi-circle around the basket from an age appropriate distance. The spots are Fruit. Place a standing spot on the Baseline. For 1-group, put all of the spots on one side of the basket. For 2-groups, place half on either side. Put a colored hula hoop next to each groups standing spots, between the spots and the hoops. Put a large bucket filled with Soccer Balls across from each group around half-court. If you don't have a large bucket, use another Hula Hoop.,



Execution:

- Tell the kids that as a team we must Pick the Fruit and put them in the Blender (Hula Hoop)
- Have two players go at a time.
- The two players grab a ball and choose what Fruit they want to Pick.
- To Pick a Fruit, a player must put the ball on the Fruit, and kick the ball into the net.
- If they make the ball in the net, they grab their Fruit and put it in the Blender, hula hoop.
- If they miss, they try from another color Fruit.

- Once player has put the Fruit in the net, the coach calls the next player(s)
- Go until all the Fruit Is Picked, or time expires and then count-up how many Fruit of each color the group collected.