

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

## Gold Rush

Purpose: Dribbling

Equipment: hula hoops, colored disks, cones, soccer balls

Set Up: Put colored disks in a large circle in the middle of the play area to create the Captain's Treasure chest. Fill the master chest with yellow cones (gold). Place one hula hoop per child on the ground in a large circle around the Captain's Chest. Each hoop should be about 15 ft from the Captain's Chest. Have the kids each stand in their hula hoop. Tell the kids that their Hula Hoop is their treasure chest and they want to collect as much treasure (cones) as they can.

Execution:

1. When coach yells, "GO", the kids dribble their ball from their hoop to the captain's chest and grab ONE piece of "gold" (cone). They then dribble back to their hula hoop and deposit the gold by placing it down in the chest. They must trap the ball with their foot while picking-up/dropping-off the gold.
2. Once the gold is in their treasure chest, they dribble to the captain's chest to grab another piece of gold.
3. Once the Captain's chest is empty, ask the kids to count how many pieces of gold they got.
4. Repeat as time allows