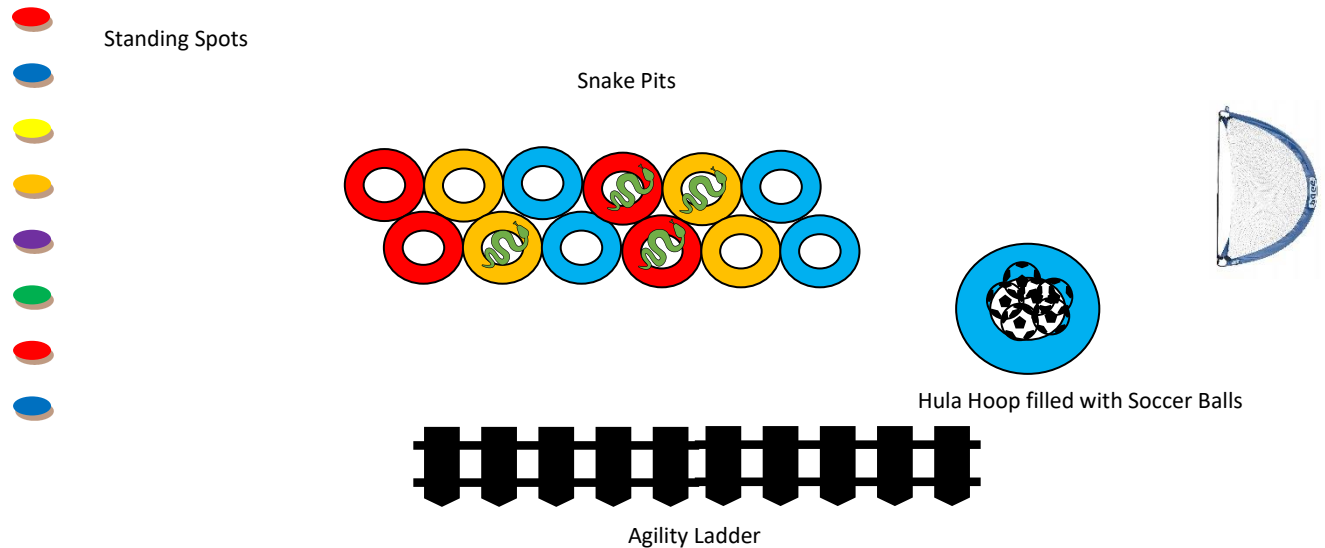


Feed the T-Rex w/ Snake Pit Challenge

Purpose: Shooting

Equipment: Soccer Balls, Pugg Goal, Standing Spots, Agility Hoops, Agility Ladder Large Green Spots/Rubber Snakes, Hula Hoop

Set Up: Put down spots in a horizontal line to the net. Put down Agility Hoops between the Standing spots and Soccer Net. Put a ball bucket/hula hoop (filled with balls) between the agility hoops and the Soccer Net. Put an agility ladder off to the side.



Execution:

1. Teach players proper Shooting Technique (Breakdown, Demonstate).
2. The only way to get to Dinosaur Island is to cross the Snake Pits (Agility Hoops). The only way to get off the island is to cross the bridge (agility ladder) by stepping one foot on each blue bar.
3. 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 (Hula Hoop filled with Soccer Balls).
4. The Soccer Net is their T-Rex's Mouth
5. Have standing spots to show the kids where to shoot from so they don't stand too close to the net. Don't get too close to the Dinosaurs Mouth...Ouch!
6. Coach calls up the first player who crossed the Snake Pits, one foot in each hoop (don't touch the colored part), grabs a ball (using their feet) out of the Hula Hoop filled with Soccer balls, dribbles the ball to the Dinosaur, traps the ball on a spot and kicks the ball into the Dinosaurs mouth.
7. On the players 3rd attempt, the coach should tip the missed shot into the net.
8. Players take the lava bridge back to their spot.
9. Start with 12 Agility down in 2 vertical lines as shown above.
10. Once every player has gone select two of the players to put a SNAKE (Large Green Spot) in one of the Hula Hoops
11. Now the players must cross the Snake Pits WITHOUT stepping on any of the pits that have a snake in it.
12. Don't eliminate players, but give a point to the player(s) who make it across without getting a Snake Bite
13. Continue until none of the players can make it across, or time elapses.



SOCCER (AGES 3-6) ACTIVITY REFERENCE GUIDE



14. Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
15. Recap Shooting Technique and when/why it is used in Soccer