



SOCCER CAMP (AGES 4-6) ACTIVITY REFERENCE GUIDE

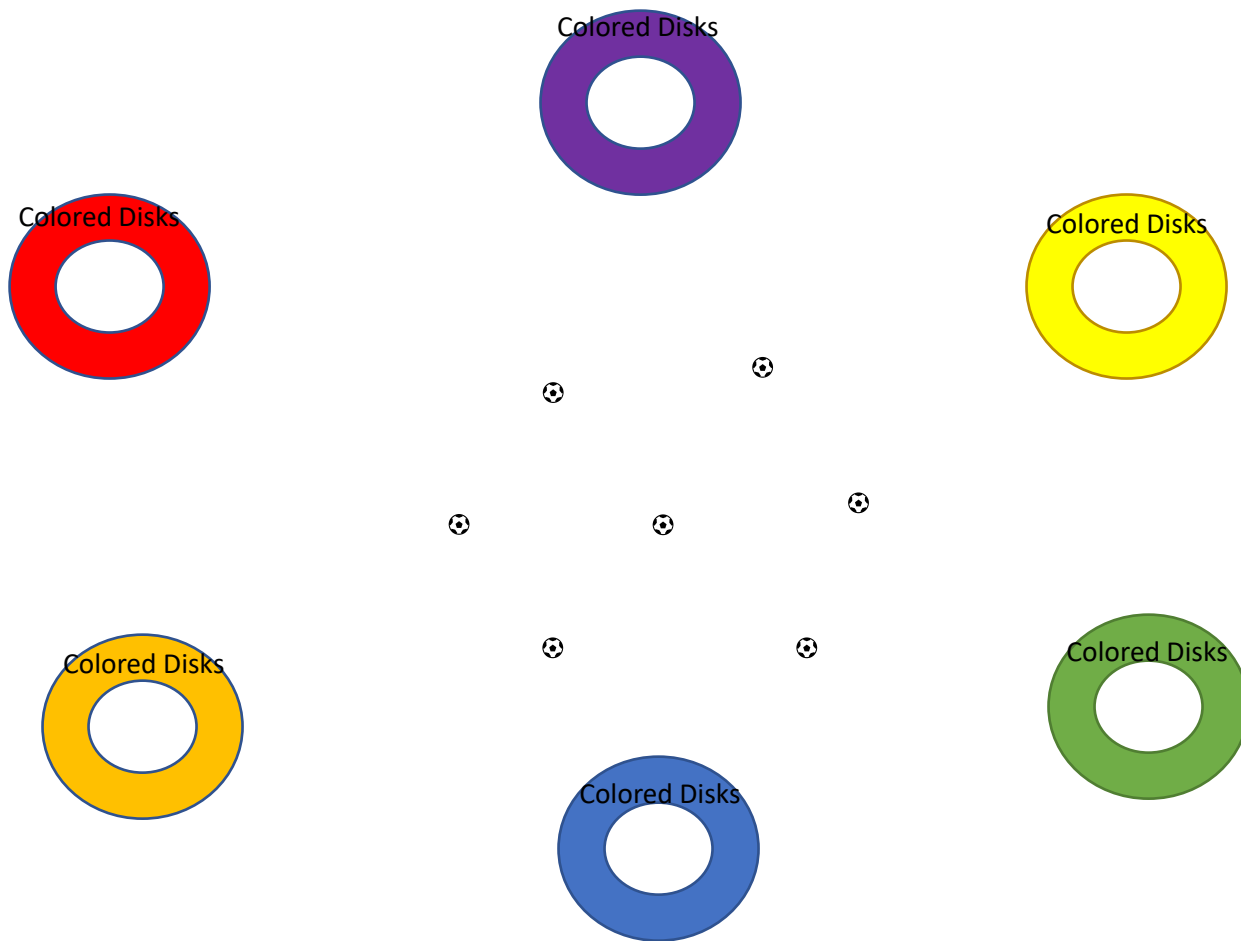


Doc's Racing School (Tot Soccer Edition)

Purpose: Dribbling, Ball Control

Equipment: Colored Disks, Soccer Balls,

Set Up: Use Colored Disks to create 6 garage's (circle of disks).



Execution:

1. All players start in the middle of the Driving School with a Soccer Ball
2. Coach is Doc Hudson who teaches the kids different Soccer Dribble (racing moves).
 - a. Trap
 - b. Toe Taps
 - c. Tic Tocs
 - d. Pull Backs
 - e. Speed Dribbling
 - f. Slow Motion Dribbling
 - g. Fake Shot
 - h. Rabona
 - i. Banana Foot Dribbles
 - j. Outside Foot Dribbles
3. When coach yells out "BLUE GARAGE", all the players race by dribbling their ball into the Blue Garage.
4. If you want to add some friendly competition – give points to the first 3 race cars who make it in the garage
5. Coach says, "back to school" and all the race cars bring their ball back out in the middle and practice their special moves again