

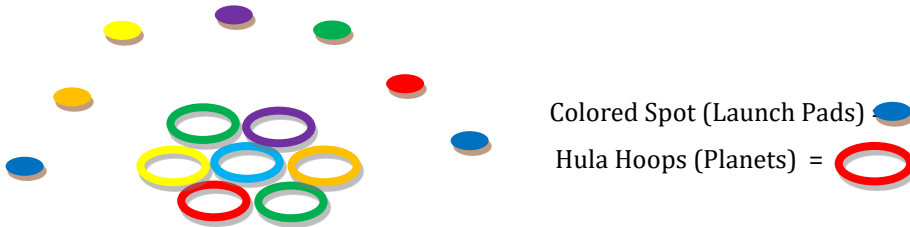
Tot/Preschool Soccer – Ages 3-5

Buzz Lightyear's Blast-Off

Purpose: Passing

Equipment: Colored Spots, 7 Hula Hoop, Soccer Ball/kid, Colored Disks

Set Up: Put a colored spot/kid down in a circle. The colored spots are the Launch Pads. Place 7 Hula Hoops in a circle (see diagram) in the middle. The Hula Hoops are the planets. The colored Spots are the Launch Pads. Each launch pad should start about 2-feet from the planets. Start close and you can scoot back later.



Execution:

1. Teach proper Passing Technique using the inside of their foot “Banana Foot” (Breakdown, Demonstrate).
2. Have the kids practice passing the ball into the Hula Hoops a couple of times.
3. Narrate the Storyline to Buzz Lightyear’s Blast-Off
4. Tell the players the goal of this game is to land their rocket ships (soccer balls) on the planets (Hula Hoops)
5. Ask the kid if they can name a planet? Assign each Hula Hoop a Planet Name (Blue = Earth, Red = Mars, Green = Mercury, Purple = Venus, Orange = Jupiter, Yellow = Saturn, Green = Neptune)
6. Each player starts by trapping their soccer ball on their Launch Pad (colored spot)
7. Coach calls out “READY, SET, BLASTOFF”.
8. On BLASTOFF the players try to pass their ball so it lands inside the hula hoop.
9. Make or miss, the kids must stay on their Launch Pad.
10. Coach throws down a Colored Disk inside each Hula Hoop that had a successful Rocket ship landing.
11. Have all kids’ pick-up their Launch Pad, take one step backwards award from the planets, and then place it back on the ground.
12. When coach yells “Buzz Light-Year To The Rescue” all the kids to grab their ball and bring it back to their launch pad.
13. Repeat until the kids have landed the ball on every planet. If time permits, play again from further back
14. Reinforce storyline, technique, game flow, and praise/encouragement throughout game
15. Recap Passing and when/why it is used in Soccer

Variation: Teams – Split players into two teams. Put down a shooting spot for each team. Behind the spot, going away from the planets, put down a tape line or standing spots. First person in each line grabs a ball and puts it on their firing station. Coach blows his/her whistle and the players pass the ball. If the ball lands inside a hula hoop, that planet is now claimed by the team who kicked it and the coach puts that team’s colored spot down inside the hoop to mark it as claimed. Once a planet is claimed, it cannot be stolen. The team with the most planets claimed at the end of the game wins (but not really)