



# MINI-HAWK CAMP (AGES 4-6) ACTIVITY REFERENCE GUIDE

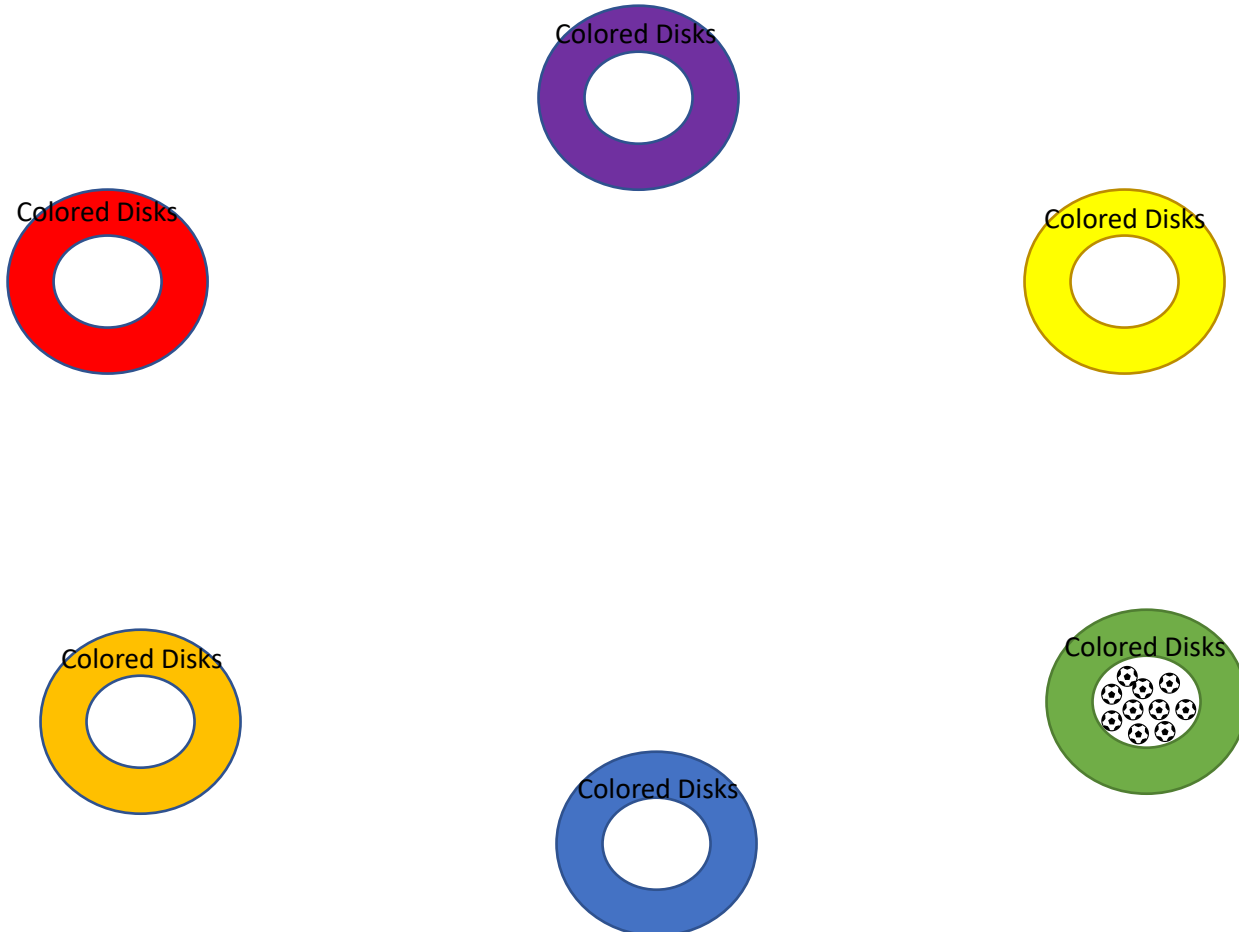


## Finding Dory

Purpose: Dribbling, Ball Control

Equipment: Colored Disks, Soccer Balls,

Set Up: Use Colored Disks to create 6 Reefs. Put down Rocket Ships as sharks between the Reefs. Put all the Soccer Balls on the Green Reef.



### Execution:

1. All players (Nemo's) start inside the Yellow Reef
2. Coach calls BLUE and all the players have to Swim to the blue reef, jumping over or running around the sharks. On the Blue Reef all players do jumping jacks.
3. Coach calls RED and all of the players have to hop to the Red Reef. On the Red Reef have the kids bend over and touch their toes.
4. Coach calls Purple and all the players have to swim to the Purple Reef. On the Purple Reef have the Kids do arm circles.
5. Coach calls Green and all of the players have to do "High Knees" to the Green Reef.
6. On the Green Reef the players will find the Soccer Balls (DORY!!!). Now the kids have to keep Dory close so they don't lose her again. Have the players hold their ball in their hands and bring their knees up to the ball
7. Coach Calls Orange and players have to bring their knee (High-Knees) to the ball while marching to orange.
8. On the Orange Reef Coach has the players put the ball on the ground and hold the ball between their two feet (banana feet), like a penguin holding an egg. Coach explains the Banana Foot and has the players do Banana Taps, tapping the ball back and forth between their two banana feet (Tic, Tock, Like-A-Clock).
9. Coach call Yellow and the players do Banana taps to the Yellow Reef, lightly tapping the ball between their two Banana Feet.
10. On Yellow the coach teaches the kids to trap the ball by putting their foot on the ball to keep it from rolling away. When coach says SWITCH they trap the ball with their other foot. Switch, Switch...Toe Touches



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11. Coach calls Blue and the players slowly dribble the ball to the Blue Reef, walking with the ball on their toes. Small taps using the inside and outside of their toes. Keep the ball (Dory) close so the sharks don't her.
12. On Blue Coach teaches Dribbling while running... Without losing control of the ball, kick and run in the direction you are going to. Don't let the sharks get Dory!
13. Continue as time permits dribbling to the different islands
14. Reinforce storyline, technique, game flow, and praise/encouragement throughout game
15. Recap Shooting and when/why it is used in Soccer

Comments: The execution listed above is just an example of how to run this game. The overall gist is:

- Without Ball: Have the gets go from one island to another is a silly way (run, jump, swim, gallop, waddle, act like an animal). Once on the island, teach them a new stretch or warm-up activity.
- With Ball: Have the kids dribble from one island to another. Once on the island, teach them a new ball control exercise.