



SOCCER GAMES (AGES 6-11)

ACTIVITY REFERENCE GUIDE

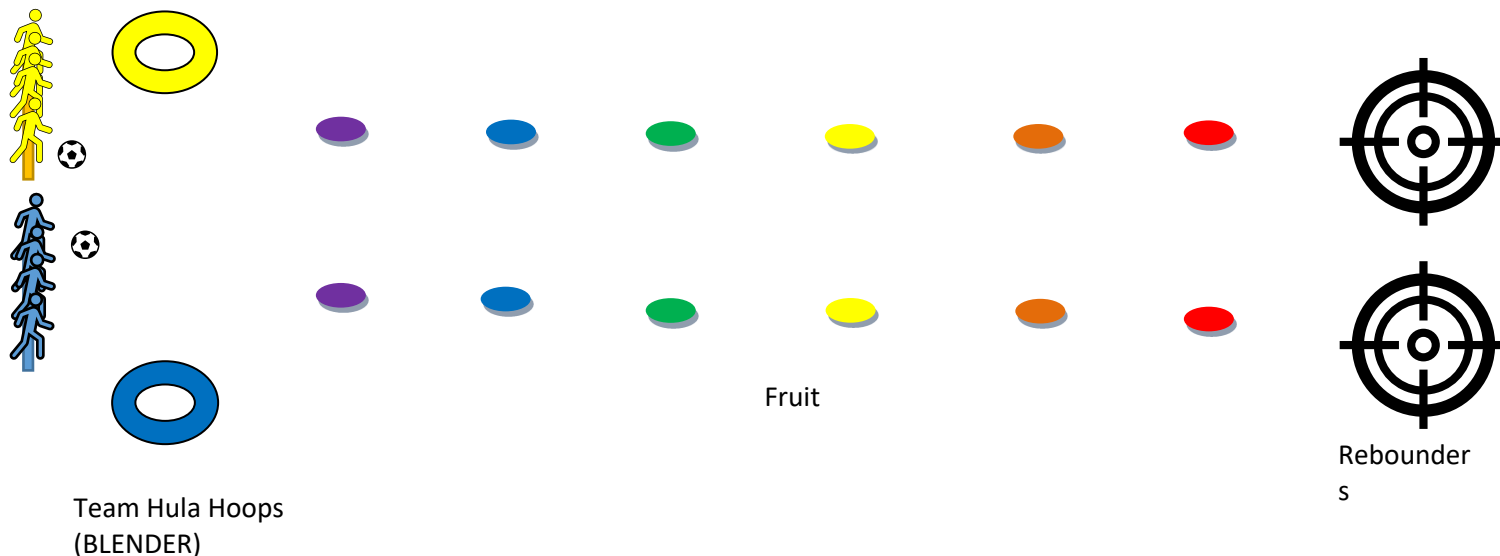


FRUIT SMOOTHIE

Purpose: Passing, Trapping

Equipment: Soccer Balls, Large Colored Spots, Hula Hoops, Rebounders

Set Up: Set-up Colored Spots so each spot is further from the Rebounder than the one previous. Make sure the distance of the spots is age appropriate



Execution:

- The goal of the game is to collect all of your FRUIT (colored spots) and put them into your BLENDER (team hula hoops) in order to make SMOOTHIE. The first team to make a SMOOTHIE (collect all 6 spots and put them into their hula hoop) wins
- Coach has all players start on the half-court line. 1 player from each team starts with the ball.
- On coach's whistle, the player with the ball dribbles down to one of the spots, stands on the spot, and passes the ball against the rebounder. They must then try to trap the ball on the way back without taking their foot off the piece of FRUIT they are trying to collect.
- **If the player successfully traps the ball:** they grab their FRUIT, put it in the Hula Hoop.
- **If the player does not trap the ball, or must leave the spot to trap the ball:** They leave the FRUIT where it is on the field
- **Make or miss:** After 1-pass, the player grabs his/her rebound and dribbles back to their team line and pass it to the next player in line.
- Players must collect their fruit in order (closest to furthest from the rebounder).
- First team to get all of their FRUIT in their SMOOTHIE, wins the game!
- Continue as time permits. Scoot the spots back each time to make it more difficult

COMMENTS:

- **Strawberry**
- **Peach**
- **Banana**
- **Kiwi**
- **Blueberry**
- **Plum**