



TOT/PRESCHOOL SOCCER (AGES 3-5) ACTIVITY REFERENCE GUIDE



Lightening McQueen (Variation of Mr. Fox) – Tot Soccer Edition

Purpose: Running & Kicking

Equipment: Masking Tape, Soccer Nets (4 is ideal), Soccer Balls

Set Up: Use the tape to create 1-racing lane/player. The racing lane consists of a garage (small box large enough for player to stand in) followed by a straight line of tape. Put a Soccer Ball in each Garage



Execution:

1. Have all kids start by standing in their garage.
2. Tell the kids that, as a team, they all must yell, "Lightening McQueen, Lightening McQueen, What Time Is It?"
3. Coach says 6 o'clock (or whatever time you want)
4. Kids do 6 marches down their racing line, then "Freeze, hands on your knees"
5. Kids & coach ask again "Lightening McQueen, Lightening McQueen, What Time Is It?"
6. When the players make it almost to the end of their racing lane, the coach will respond to the kids question with "RACING TIME!"
7. At that point the kids race back to their starting box (garage). When they get back to their garage, they try to kick the ball in the Soccer Net. For younger kids, count how many goals you scored as a team. If you want to make it more competitive for older kids, the first player to kick their ball in the garage gets 3-points, second 2-points, third 1-point.

Variations:

- With Dribbling – Have the kids dribble the ball with them down the racing line. Instead of Freeze, they trap the ball. On "Racing Time" they have to dribble the ball back to their garage and try to kick it in the soccer net.