



SOCCER (AGES 3-5) ACTIVITY REFERENCE GUIDE

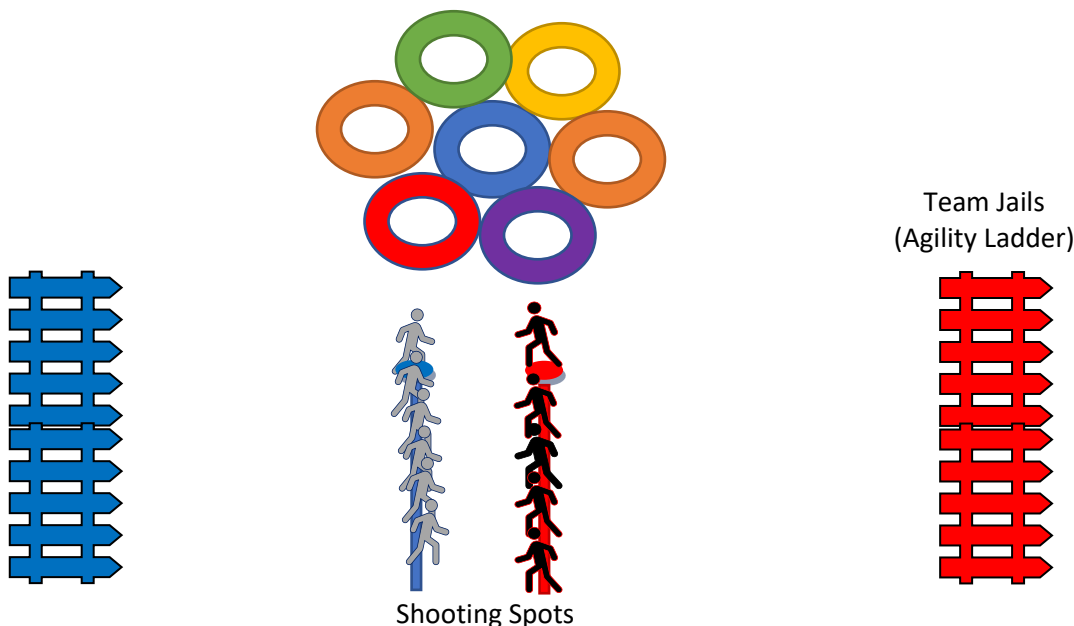


Paw Patrol (Jail Break Tot Edition)

Purpose: Passing

Equipment: Soccer Balls, Hula Hoops, Colored Spots, Tape, Agility Ladder

Set Up: Set-up team shooting spot in front of a tape line for each team. Off to the side, put down an agility ladder for each team to serve as the team jail. Create a large target circle using 7 Hula Hoops (Similar to Buzz Lightyear's Blast-Off)



Execution:

- All players start in their Team Line.
- Coach give the ball to the first person in the Red Line who tries to pass the ball into the Hula Hoops
- **IF THE BALL LANDS INSIDE THE HULA HOOPS:** They are still in the game and go to the back of their team line.
- **IF THE BALL DOES NOT LAND INSIDE THE HULA HOOPS:** They are out, and Chase take them to Jail. The Jails are the agility ladder's, so each player stands in a square).
- Coach then give the ball to the first person in the Blue Line who repeats the sequence.
- If a player on a team makes the pass into the Hula Hoops, it is a Jail Break and everyone on that team comes back into the game.
- Once a team has everyone in jail, the game is over, and the other team wins the round.
- If the games are taking too long, change it so players need to make 2-shots for a Jail Break (not in a row). Then 3 and so on.

Variation: **Soccer Shooting** – replace the Hula Hoops with a Soccer goal. Now the players must shoot the ball in the Soccer Net to stay in the game/get their teammates out of jail.

Comments:

- When doing this game with the Tots, it is important to make going to Jail/jailbreak's fun and not scary. It is not a punishment and they can come back in the game if their teammate helps them out.
- I recommend having the coach go first and intentionally miss so the players can see jail is not scary.