



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

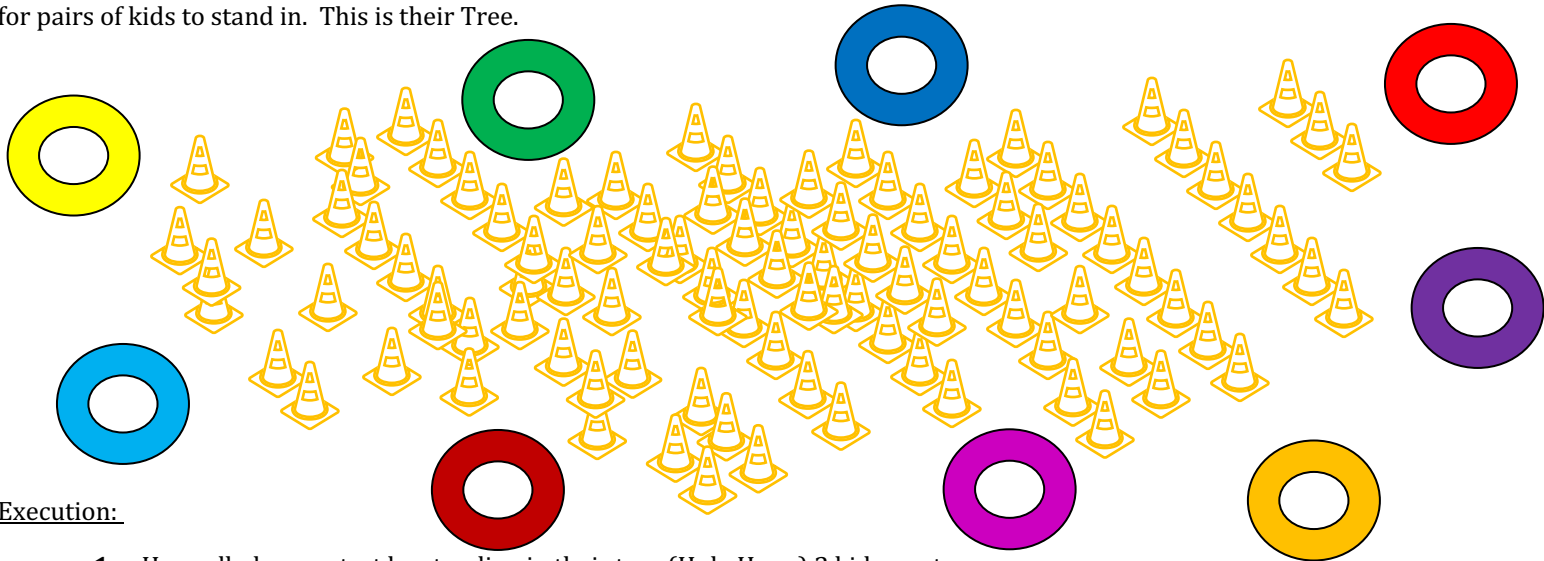


## The Jungle Book

Purpose: Dribbling, Foot Coordination/Balance, Passing

Equipment: Cones, Hula Hoops, Soccer Ball/Kid

Set Up: Put down as many cones as you can in random order in the middle of the play area. Around the outside, place hula hoops for pairs of kids to stand in. This is their Tree.



### Execution:

1. Have all players start by standing in their tree (Hula Hoop) 2 kids per tree.
  2. **Part 1: King Louie and the Messy Monkeys.**
  3. Coach is King Louie and the players are the Messy Monkeys.
  4. King Louie demonstrates how to knock over all the cones using their "banana foot" (Banana Foot = Inside part of your foot)
  5. King Louie says, "GO Messy Monkeys" and kids all run and knock the banana's out of the tree (kick the cone over). They have to use their Banana Foot to knock over the cones
    - a. They are not kicking the cones as far as they can, but instead just knocking them over!
  6. When all cones are knocked down, King Louis blows his/her whistle and yells "FREEZE - HANDS ON YOUR KNEES"
  7. King Louie introduces the "Pull-Back" and teaches players how to stand up the cones with their feet.
  8. King Louise orders all the monkeys to stand-up all their banana's as fast as they can. Monkeys can only use their FEET.
  9. On coaches whistle, monkeys race to see how fast they can stand up all their bananas.
  10. When all cones are standing the King Louis blow his/her whistle "FREEZE - HANDS ON YOUR KNEES"
  11. Reinforce storyline, technique, game flow, and praise/encouragement throughout game
  12. Have all players return to their tree (Hula Hoop) and add in a Soccer Ball
  13. Go over Ball Control Exercises (Knee to Ball, Trap, Toe Touches, Tic Toc like a Clock)
  14. King Louis demonstrates how to knock over the cones by PASSING the ball into the cones.
  15. King Louis says, "GO Messy Monkeys" and monkeys race to knock down the cones by passing the ball into the cones (NO HANDS)
  16. Reinforce storyline, technique, game flow, and praise/encouragement throughout game
  17. Once all the cones are knocked over, Coach yells "Freeze, Hands on your Knees!"
  18. King Louie demonstrates how to move the banana using only their feet (dribbling with banana foot).
  19. King Louie orders all the Monkeys to "Dribble" their banana's back to their Tree (Hula Hoop)
  20. One all the banana's are in the tree, King Louie Demonstrates how to make a Banana Tower. Put their foot in the cone, bring their foot to their hand, stack up the cones on top of each other.
  21. King Louise orders all the monkeys to stack up their bananas using their feet/hands
- 
22. **Part 2: Baloo and the Bumble Bee's**
  23. Coach goes from King Louie to Baloo the Bear. The cones are now the honey, and the players are the Bumble Bee's, and the Hula Hoops are the Bee Hives. The players need to protect their honey from Baloo by stinging the bear (kicking the soccer ball into the coach's legs).
  24. On coaches whistle Baloo tries to take the Bumble Bee's Honey. The Bumble Bee's protect their honey by stinging the bear (passing the ball into his legs.)
  25. When they sting the bear, the coach yells "OUCH" and goes to the next bee hive.
  26. Have all the Bumble Bee's work together to drive away the bear.



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



### 27. Part 3. Shere Khan and Human Fire (when resetting for the next group)

28. Shere Khan is coming. The players are now the humans and they must protect their village from Shere Khan the Tiger.

29. The only thing that scares Shere Khan is FIRE, so they are going to make a large fire by spreading out the cones "Fire Logs" so they cover the entire Village.

30. Players can now use their hands to set-up all the cones, so they cover the entire play area.

31. This is really just a fun way to have the kids help the coach's set-up for the next group. Cones can be Fire, Tiger Traps, Etc.

32. Once the station is set-up for the next group, bring all players in to review using the BANANA FOOT for dribbling and passing.

### 33. Part 3. Shere Khan and Human Fire (when tearing down) – Cone Tower

34. The only thing that scares Shere Khan is FIRE. We need the villagers to collect all the Fire Wood (Cones) and bring them to the coach to make a giant fire (Cone Tower)

#### Variation:

- Teams: Put the net between the two teams:
  - King Louie & the Messy Monkeys- Teams race to knock-down and stand up the cones
  - Baloo and the bumble Bee's – Strategically set-up the Hula Hoops so the cones end up on the far end of the field (where the baseline would be). Coach goes back and forth trying to steal each teams honey. If they sting you, go to the other side. If not, grab a piece of honey.
  - Shere Khan – Have them race to create a Cone Tower or Reset Station