



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

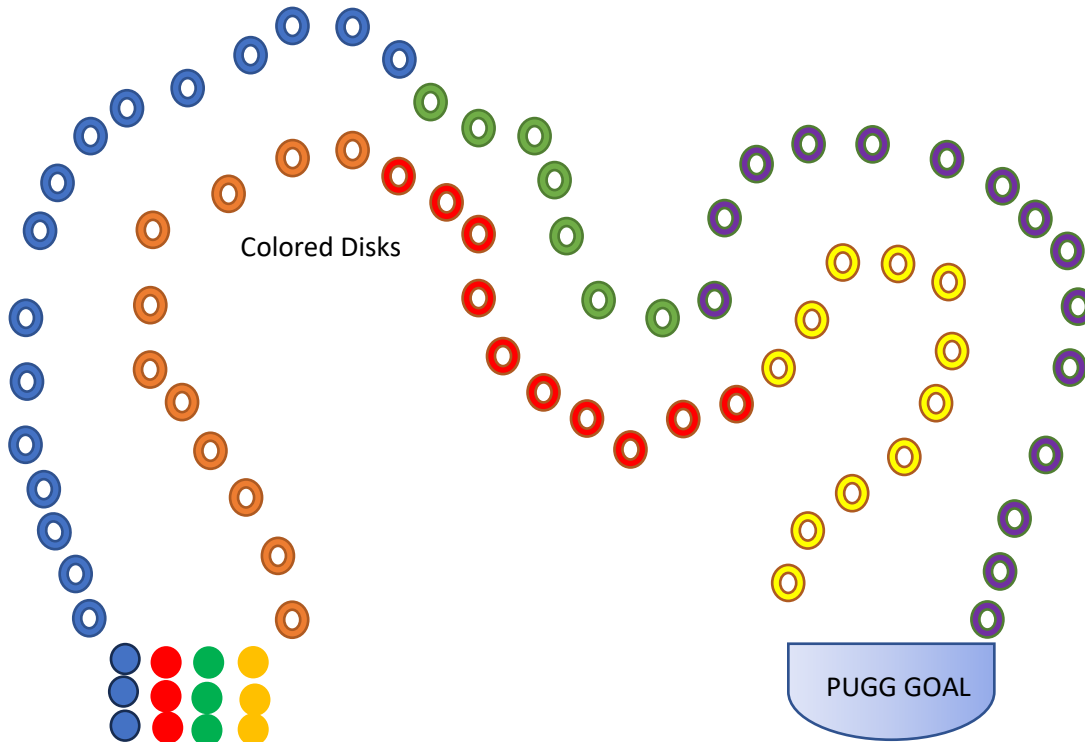


### MARIO KART'S - THE RAINBOW ROAD

Purpose: Dribbling

Equipment: 12 of each color disk (72 total)

Set Up: Create a KRAZY RAINBOW ROAD using all the colored disks you can manage. On the other, put the Soccer Goal. The difficult of the Rainbow Road should equal that of the kid's age/ability.



Execution:

1. Have all kids line-up behind that coach and practice going down the Rainbow Road, staying between the disks as the road winds and turns
2. Once you have gone through as a group, practice sending the kids one at a time, have them run down. Once a player has a 10-cones head start, send the next...
3. Introduce Soccer Dribbling Form & technique. Demonstrate how to guide the ball with your feet/body position to keep the ball on the Rainbow Road
4. Narrate the Storyline - The player is Mario (or whatever character they want to be.) The ball is their Go-Kart. They have to drive their ball down the rainbow road and shoot it in the net. How many Go-Karts can we move down the Rainbow Road in the time allotted.
5. For older kids, if their ball falls off the road, make them start back from the start.
6. Have the kids line-up at the starting line. Start sending kids one at a time. Once a player has a 10-cone head start, send the next
7. Once all of the kids have had a practice round of dribbling, you can start doing races with 3-4 kids going at once and racing down the road.
8. Reinforce storyline, technique, game flow, and praise/encouragement throughout game
9. Recap Dribbling and when/why it is used in Soccer

Comments:

- Adjust the rules based on the age/skill level of the kids.