



SOCCER CAMP (AGES 5-10)

ACTIVITY REFERENCE GUIDE

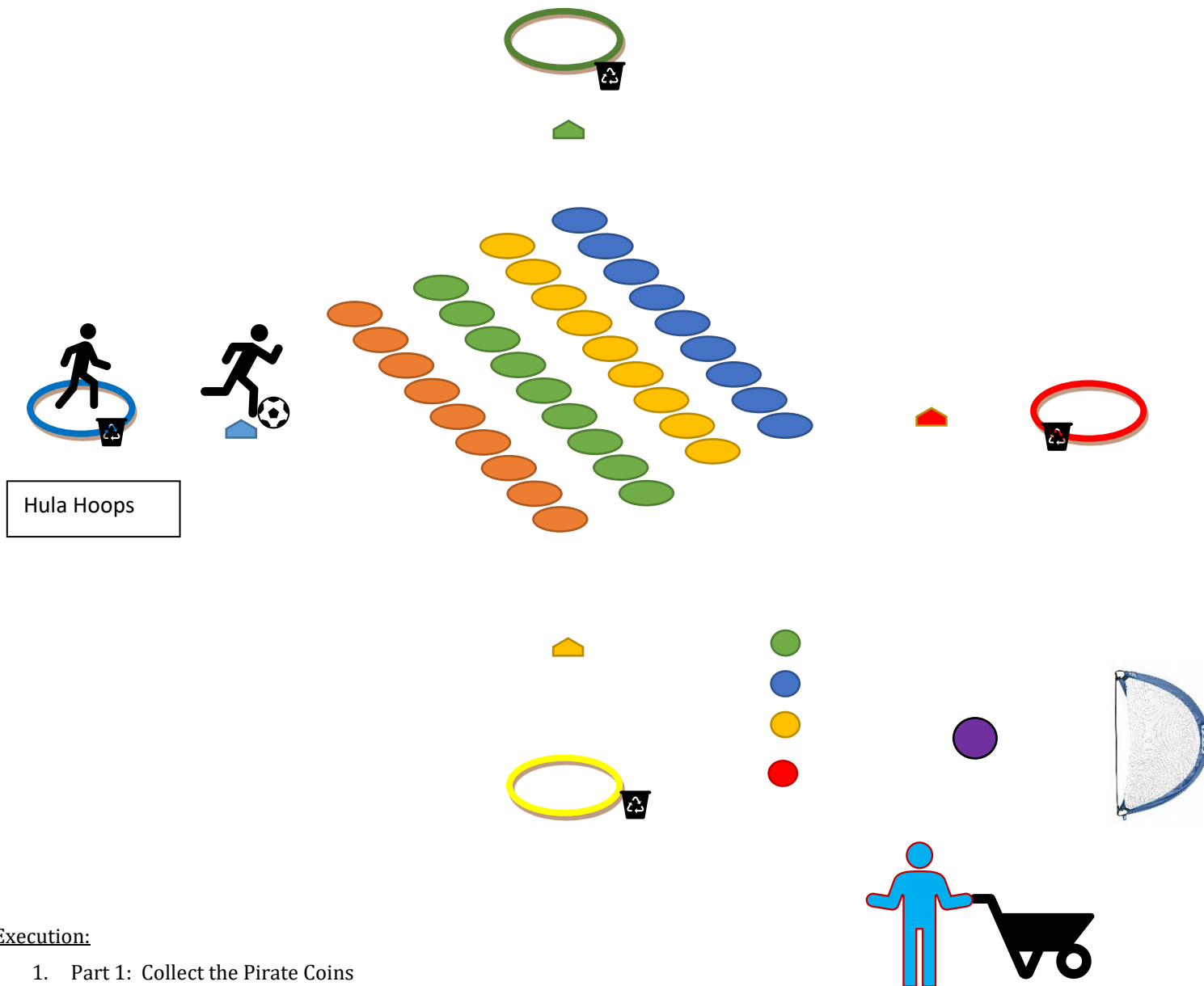


Treasure Island

Purpose: Dribbling, Shooting

Equipment: hula hoops, Buckets, Large Colored Spots, Soccer Balls

Set Up: Put down as many Large Colored Spots (Pirate Coins) as you can spare in the middle of the field. On the perimeter, put 4 Team Hula Hoops, with a Bucket next to each hoop. Put a colored disk between the Hula Hoops and Colored Spots. Break players into pairs and assign each pairing to a Hula Hoop.



Execution:

1. Part 1: Collect the Pirate Coins
 - a. Give 1 Soccer Ball per pairing.
 - b. Start by assigning and reviewing a Specialty Dribble Move (Step Over, Rabona, Fake Shot, Scissors, Chop Step, Maradona). For this example, we will start with the Step Over
 - c. When coach yells, "GO", the players with the ball dribble from their hoop to the Pirate Coins. When they get to the colored disk, they must to the Specialty Dribble Move.
 - d. Once they do the proper Specialty Dribble Move, they dribble to the middle and grab 1 Pirate Coin.



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- e. Once they collect their Pirate Coin, they dribble back to their Hula Hoop, doing the Specialty Dribble Move at the Disk Cone once again.
 - f. When they get back to their Hula Hoop, they drop the Spot in the Bucket, and pass the ball to their partner
 - g. The Partner then does the same thing
 - h. Continue until time expires OR all the coins have been collected.
 - i. Change the Specialty Dribble every few minutes.
2. Part 2: Load the Pirate Ship
- a. Now that the coins have been collected, the pirates are going to try to load their pirate ship.
 - b. Pairings grab their bucket and follow the coach to the Soccer Net. Have small spots down to show each pairing where to put their bucket down/stand. Coach puts down a SHOOTING SPOT that all the players shoot from
 - c. Coach stands off to the side with a Wagon or Ball Cubie (Circle of Cone Disks/Hula Hoop).
 - d. Each large spot (Pirate Coins) represents 1 Ball/shot opportunity for the players. They alternate shots with their partner
 - e. Coach calls up a team (i.e. Red Team) and all four players on that team grab a Pirate Coin from their Small Bucket, hand it to the coach, and grab a Soccer Ball out of the bank.
 - f. The Shooters take turns putting the ball down on the Shooting Spot and taking 1-shot at the Soccer Net.
 - g. The player gets 1-shot. If they make it, they get a point. If they miss, they don't get a point.
 - h. Coach calls up the next team (i.e. Blue Team) who do the same thing.
 - i. Continue as time permits, alternative teams each round and keeping score. Refill the Bank with Soccer Balls as needed.
 - j. Once a pairing runs out of the Pirate Coins, they can no longer buy Soccer Balls to shoot
 - k. Coach moves the Shooting Spot after each round (once every player has shot from that spot).
 - l. Continue until all pairings have spent their Pirate Coins. The team with the most points at the end of the game wins.

Comments:

- For Part 2, the coach needs to keep things moving quick or this will take forever and be boring. Players should be in line and have their Pirate Coins ready to go. If they are not ready, they lost their coin and don't get a ball