



# SOCCKER Games (ages 6-12)

## Activity Reference Guide

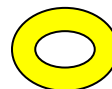


### Buzz Lightyear Relay Race (Tot Soccer Edition)

Purpose: Dribbling, Passing, Shooting

Equipment: Soccer Balls, Large Colored Spots, Hula Hoops, Colored Disks

Set Up: Randomly set up seven planets (hula hoops) around the field. On the opposite side of the field, a colored spot for each team to serve as their launch pad was put down. Use cones/spots to form a horizontal team line for all the players to stand on.



#### Team Hula Hoops

Execution:

- The goal is for each team to land their rocket ship (soccer balls) on as many planets as possible.
- Coach will start each round by announcing to both teams which planet they are trying to land their rocket on (i.e., Mars – The Red Hula Hoop)
- Have both teams start in a horizontal line. When the coach blows the whistle, the first player in each line will run up and kick their ball as hard as they can to target Planet.
- They then run back to their team line and give the next person in line a high-five. The next player then runs out and kicks the ball from wherever it is on the field toward the target planet.
- This continues until they get the ball to land on the Planet.
- Pick the appropriate level (see below) based on your players' age and the level of competition they can tolerate. If you think your players are ready for it, you can progress from one level to another in between rounds.
  - a. Level 1: Both teams try to get their ball to land on the planet. They are not competing against one another.
  - b. Level 2: Set a time limit. Both teams try to complete the mission before time expires.
  - c. Level 3: The first team to get their ball on the planet wins that round.