



# SOCCKER Games (ages 6-12)

## Activity Reference Guide

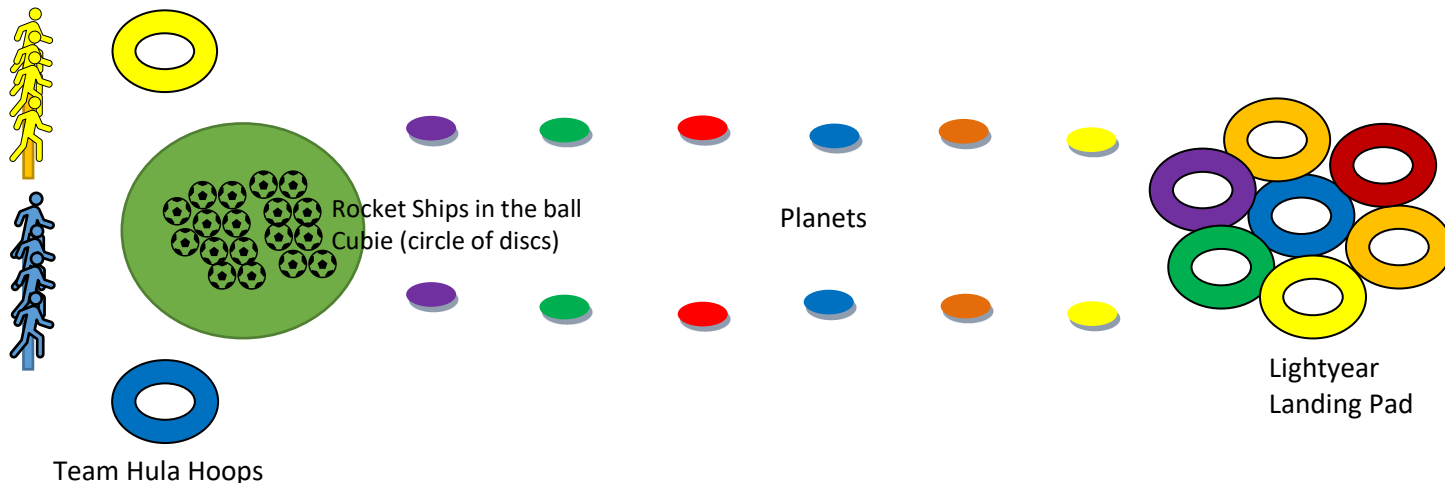


### Buzz Lightyear Relay Race

Purpose: Dribbling, Passing

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

Set Up: Set-up Colored Spots (Planets) so each spot is further from the hoop than the one previous. Make sure the distance of the spots is age appropriate. At the far end create a landing pad using 7-Hula Hoops as shown below. Between the team line and Planets, put a circle of disks where you store all of the Soccer Balls (rocket ships).



#### Execution:

- The goal of the game is to collect all of your planets (colored spots) and put them into your team hula hoop in order to save the galaxy.
- Coach has all players start on the half-court line.
- On coaches whistle, the player first person in each line runs into the Ball Cubie, grabs 1-ball with their feet, and dribbles to the first planet. They trap the ball on the planet and then try to land the rocket ship onto the Lightyear Landing Pad.
- **If the ball lands inside the Landing Pad:** they grab their Planet, put it in the Hula Hoop. They leave the ball on the Landing Pad
- **If the ball doesn't land inside the Landing Pad:** They leave the Planet where it is on the field. They grab their ball and dribble it back to the Ball Cubie.
- **Make or miss:** After 1-shot, the player grabs the Planet (make) or Ball (miss) and returns to his/her team line. They put the Planet in the Hula Hoop or Ball in the Ball Cubie, and give a high-5 to the next player in line who does the same thing.
- Players can pass from any Planet at any time. They do not have to go in order.
- First team to get all of their Planets in their Hula Hoop wins the game!
- Continue as time permits. Scoot the goal back each time to make it more difficult
- Have all players give a High-Five to the other team and say good game
- Recap Life Skills and Sports Skills and award points for both