



# SOCCER CAMP (AGES 4-11) ACTIVITY REFERENCE GUIDE

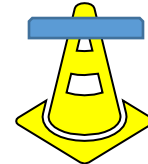


## Monster Trucks

Purpose: Dribbling, Ball Handling Moves

Equipment: Colored spots, Soccer Balls, Colored Disks

Set Up: Set-up on half a Soccer Field, with Cones/Disks marking a Blue Side and Orange Side of the court.



### Execution:

- All players start on a sideline with a Soccer Ball
- When Coach says “Start Your Engines” – all players trap their ball and wiggle it back and forth making VRRRRMMMM sounds.
- Coach Shouts “Red Light”! All the players trap the Ball.
  - Green Light – Speed Dribbling
  - Yellow Light – Slow Motion Dribbling
  - Purple Light – Toe Touches
- When Coach Shouts BLUE LIGHT, all players speed dribble to the Blue Sideline.



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- The first player to make it to the sideline gets a point for their team.
- When Coach Shouts ORANGE LIGHT, all players speed dribble to the Orange Sideline.
- The first player to make it to the sideline gets a point for their team.
- After a few rounds, stop shouting out the colors and only holds up the Color Spots so players have to keep their head-up

### Variations: Special Moves

- Add in some Special Moves:
  - Black Light = Step Over
  - Pink Light = Rabona
  - White Light = Fake Shot/Cross
  - Brown Light = Roulette