

LISC ACADEMY CURRICULUM ADDENDUM

GAMES FOR SMALLER CHILDREN (4-6 years old)

Get the Robber

1. mark out a field
2. the coach acts as the bank robber, each child has a ball and is the police officer
3. the kids try to 'arrest' the robber by hitting him 10-15 times with the ball
4. the robber yells 'ow' each time he's hit to help them count

Knights Against the Evil Wizard

1. each child is a knight and has a ball which represents 'gold'
2. make a line to represent a 'drawbridge' about 10 yds in front of an open goal
3. the coach acts as a 'wizard' standing at the drawbridge waiting to steal their gold and turn them into frogs (the players have to hop into the castle if caught)
4. the knights try to get their gold past the wizard by shooting them into the castle

Balloon Games

1. kids try to keep balloons up in the air without using their hands
2. can they sit down and stand up between touches?
3. form groups of 2-5 holding hands: can they keep the balloon up as a group while crossing the field?

Ring Game

1. mark out a 30x20 yd field
2. divide players into two teams of four
3. lay out three rings in front of each endline
4. the object is to score by getting the ball into one of the opponent's rings

Triangular Goal

1. mark out a 30x20 yd field
2. divide players into two teams of four
3. using cones, mark out a large triangle in the center of the field
4. players score by playing a ball through the triangle
5. increase difficulty if necessary by requiring a teammate to touch the ball before the opposition after the ball goes through

End Zone Game

1. mark out a 30x20 yd field with a 5 yd end zone beyond each endline

2. divide players into 2 teams of 4
3. players score by dribbling into the opposition's end zone

Twin Tag

1. mark out an area
2. designate two sets of 'twins', who must hold hands while trying to tag the other 'rabbits' in the area
3. tagged players join the twins to form longer chains
4. who will be the last rabbit?

Triangle Tag

1. three players hold hands, forming a triangle
2. one of these three is designated 'the rabbit'
3. a fourth player is 'the hunter'
4. the hunter tries to tag the rabbit, with the players in the triangle trying to prevent this by turning and shielding their rabbit

Breakout

1. using cones, mark out two concentric circles or squares
2. divide players into two equal teams
3. one team runs clockwise along the inner circle
4. the other team runs counterclockwise along the outer circle
5. at coach's signal, the 'inner' team tries to 'break out' of the outer circle without being tagged
6. players must stay on the line of the square or circle
7. which team can tag the most players?

Sprint and Fake

1. divide players into two teams
2. lay down two rows of cones in the middle, equidistant from the starting cones
3. mark two goals about 5 yds from the each end of the central row
4. one team is designated 'the starter'
5. the starter jogs toward the center row, with the first player from the other team approaching him from the opposite side
6. the starter, with or without a fake, can try to beat his opponent across either goal line

One-legged Chain Race

1. each player sticks out one leg behind them, and the player behind holds on to it in teams of at least three
2. at the coach's signal, the team hops as fast as they can to the far cone and back again
3. switch legs for round two
4. variations:
 - a. make a slalom course

- b. caterpillar race: players on all fours, holding the ankles of the players in front of them

DRIBBLING

Red Light, Green Light

1. mark out a grid, approximately 15x20 yds
2. players move around the grid, each with a ball
3. when coach yells 'green light', players dribble
4. when coach yells 'red light', players must stop their balls and stand still
 - i. ask players to dribble with different parts of their foot and with both feet
 - ii. ask players to stop the ball with different parts of their body

Get Out of There!

1. two teams wait outside a 15x20 yd area, with a small goal on the middle of each sideline
2. coach serves the ball, the first two players chase it and play 1v1
3. as soon as the ball leaves the field, yell 'get out of there': both players return to start with the ball and coach serves to next two players

Boss of the Balls

1. mark out a 20x25 yd area with a 12 yd goal at each end
2. divide players in teams of three or four with no GK's
3. the coach is the 'boss of the balls': each time a ball goes out, he serves a new ball
4. waiting players can retrieve balls until their turn to enter the game

Treasure Relay

1. divide players into pairs, each at the head of a row of cones
2. each row has 4 cones at 2 yd intervals
3. each pair has a ball
4. partner A carries the ball to the space between the first two cones, puts it on the ground, then runs back and tags partner B
5. B runs to the ball, carries it to the next space, runs back and tags A, etc.
6. variations:
 - a. ask players to move in different ways: jumping two footed, hopping on one foot, running backwards, rolling, etc.

Line Dribbling

1. mark out two lines 10-12 yds apart

2. divide players into pairs, partners hold hands, each pair has one ball
3. players dribble between the lines
4. when coach calls 'red' or 'yellow', players dribble across corresponding line as fast as they can

Find a Ball

1. mark out a field
2. divide players into pairs, partners hold hands
3. two pairs do not have a ball, the others each have one ball
4. the pairs dribble around the field
5. at the coach's signal, they all stop their ball, and must immediately look for a new one to dribble
6. which pairs are left without a ball this time?
7. give the loser's a funny task: sing a song, donkey kicks, etc.

Three Color Game

1. mark out four goal lines: two with red cones facing each other, one yellow and one white on each sideline
2. set up a row of a white, yellow, and red cone in the middle of the area
3. divide players into two teams that start behind the red goals
4. the coach yells out a color
5. each player at the front of their team must then dribble around the cone of that color, then across the goal line of that color
6. which player can make it across first?

Grab the Vests

1. mark out a field
2. all players on the field with a ball each
3. the coach has several vests draped over each arm
4. the coach moves freely about the field
5. players dribble after the coach and try to grab one of the vests
6. if successful, they put the ball over their shoulders, but if they lose control of the ball they must give the vest back
7. which player can collect the most?

Find an Island

1. mark out a field with several rings placed randomly inside
2. there should be more players than 'islands'
3. players dribble along outside of area until coach's signal, then must try to dribble to a stop their ball inside an island as fast as possible
4. an island is 'full' when there is a player standing inside with his foot on the ball
5. the players who don't reach an island, 'sink' in the 'ocean' and receive a point
6. you can require players to execute a certain dribbling move before being allowed on an island

7. which player can sink the fewest times?

Slalom Tag

1. for every four players set up a slalom cone course plus two starting lines and finishing lines
2. the first player has the ball at the starting line closest to the slalom course
3. the opposing player starts at the starting line further away from the slalom
4. at the coach's signal, the first player tries to dribble through the slalom, with the second player running through the slalom trying to tag him
5. the dribbler gets a point for every cone he passes before being tagged
6. afterwards, repeat the sequence in the opposite direction

Train Relay

1. players form multiple teams of 3-6 players
2. mark out a starting line, and set out one cone for each team the same distance from the start
3. at the coach's signal, the first player from each team dribbles around the cone and back to the line
4. he joins hands with the next player, and together they dribble around the cone and back
5. each time the train comes back, a new player joins until the whole team is dribbling together
6. then one player drops off the train each time, until the last player dribbles around the cone alone
7. can add to degree of difficulty by requiring every 'car' in the 'train' to touch the ball at least once during the 'trip'
8. which team can finish first?

PASSING

Lane Passing Plus Competition

1. set up two parallel rows of cones: 3 yds between cones, 5 yds between rows
2. divide players into pairs with one ball per pair
3. position partners diagonally across from each other
4. partners pass at an angle to each other, using the inside of the foot
5. after a practice phase, compete:
 - a. players try to pass between their partners spread legs; who can be the first to 10?
 - b. Increase the target size initially when practicing with the weaker foot

Diagonal Passing Plus Competition

1. mark out a small goal on the goal line

2. mark out a **diagonal** lane leading toward the goal
3. player A is waiting between the cones on the goal line
4. player B dribbles down the lane, then tries to pass the ball between the cones and the goalpost using the inside of the foot
5. player A retrieves the ball and moves to the end of the line, player B now waits between the cones
6. after practice phase, compete:
 - a. who can be the first to 10 goals?

Miniature Golf

1. Using 6 cones, mark out a pentagon with cones separated by 7-10yds
2. mark out a 2 yd wide goal from one of the cones (starting line)
3. players try to get their ball around the pentagon and back through the goal in as few passes as possible
4. increase the challenge by allowing use of weaker foot only

Soccer Golf

1. mark out a box with 4 cones
2. set up multiple small goals around that box with an obvious sequence
3. players must pass through each goal in sequence before returning to the starting box using as few passes as possible.

Connect the Colors

1. using yellow and red cones, set up a number of goals in the area
2. divide players into pairs, each pair has a ball
3. the coach calls out a color
4. the players with the ball must then dribble through a goal of that color before passing to their partner, who must find another goal of that color, etc
5. which pair can get through the most goals in 45-60 seconds?

SHOOTING

General Guidelines:

1. at 6-10 years of age, scoring a goal is the most intense experience the game offers – give them lots of chances to score!
2. divide players into small groups to guarantee short waits and frequent repetitions.
3. change conditions to assure at least a 50% success rate.
4. organize competitions to increase the excitement and intensity of the session.

Specific Sessions

1. Solo and partner exercise
 - a. Mark out a field with four cones, with one ball per pair.
 - b. Start with 5 minutes of free play: partners can do whatever they want with the ball between them.

- c. Then start competition
 - i. Volley ball up (with no spin) so partner can catch it.
 - ii. Volley ball up so partner can touch it once with his foot before catching it.
 - iii. One partner holds two balls: he throws one in the air, volleys the other to his partner and then catches the first.
2. Shooting
 - a. Set up a two-sided goal with a GK on each side
 - b. Set up a 5x5 yd grid 7 yds away from each side of the goal.
 - c. Form two teams of equal size in each grid, every player has a ball.
 - d. One by one each player goes to the center of the grid and tries to volley into goal: which team can score 5 goals first?
 - e. From the front of the square, players try to volley with their weaker foot.
 - f. From the back of the square, players throw the ball into the grid, let it bounce once, and shoot.
3. 3v2 plus GK
 - a. set up two goals 15 yds apart
 - b. players form teams of three
 - c. one player from the team without the ball plays as a GK (rotating every possession), leaving 3v2 on the field.
4. Partner Relay
 - a. Set up two goals with GK side by side
 - b. Place one red and one yellow cone in front of each goal (distance varies according to skill)
 - c. Divide players into two teams at a starting cone
 - d. The coach stands between the two groups holding a red and yellow cone
 - e. The coach holds up either cone
 - f. The first player of each team must dribble around the cone of that color before passing back to their second player
 - g. The second player then tries to control the ball, dribble and shoot
 - h. Which team is the first to score?
5. Shooting Relay
 - a. Set-up as in #4, but also place a red cone on one side of the goal and a yellow cone on the other
 - b. Now the first player in line can dribble around either cone and shoot himself
 - c. After shooting he must then run next to one of the cones on either side of the goal
 - d. This signals to the next player which cone he must dribble around before shooting, and so on

