



I CAN DO THIS, CAN YOU?

Emphasis:

This game is fun and promotes body movement and awareness for the younger players

Setup:

In an unmarked area gather your players without their soccer ball (you can introduce this later in the game). The coach should come up with short list of activities such as: skipping, one-legged hops, star jumps, log rolls, summer salts, push-ups, etc...

Instructions:

The coach should start by asking the players "I can do [activity] can you?" The coach should then demonstrate to the players the activity and have the children do the same.

Progression:

Introduce the soccer ball and change activities to include the soccer ball such as:

- dribbling
- passing
- running after the ball
- Have the players come up with some activity to do

Coaching Points:

- Allow Children the ability to explore their body movements.
- Make it fun for the children!
- Be creative