



CHINQUALLY
BOOTERS
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CLUB

CHINQUALLY BOOTERS SOCCER CLUB –
SUPERMOD COACHES DOOGEEWHAT SIS

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TAKE ME TO THE FIELD WITH YOU - 7 PRACTICES LAID OUT FOR U4-U5 and U6-U7

We have assembled 7 practices. These practices are in the appendix. They are stuffed / loaded / chock full of small games and drills that SuperMod players have responded well to over the SuperMod years.

Each Chinqually SuperMod season has, at most, 7 scheduled practices. You can take a practice page with you to the practice field and go for it. If you print duplex it's only one piece of paper. Easier to carry.

And you can tailor them. You can download this entire package from the Download section of www.chinqually.org and tweak it as you wish.

(Please note - the Chinqually SuperMod Manual handed out in the SuperMod Coaches training has more nuggets of wisdom and, way cool, more games! You should feel you can mix and swap the games around in each practice).

One key thing to note about the practice pages - there is a column that says how to introduce the game/drill in "25 words or less". Please try it. Kids this age won't listen for long. The faster you get them started, the more fun they and you will have.

If you compare these practices to the ones for the U4/U5 you will see a lot of the same games, and some new ones. The new ones introduce more passing, shooting, and defending, but still with a large emphasis on dribbling. If the skills "sneak" into the repertoire of a player by having them focus on the game in front of them instead of focusing on the mechanics of the skill only then they may have more fun.

WHY THESE PRACTICES WILL WORK

The 5 Individual Skills and Why Dribbling is the Most Important at this Age

There are only 5 individual skills in soccer -

- 1) Shooting

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- 2) Passing
 - 3) Receiving
 - 4) Defending
 - 5) Dribbling
- 1) In Chinqually SuperMod we only put three players from one team on the field at a time. No goalies. If your players don't have to get the ball past a goalie then you don't have to spend any real time on the art of shooting.
 - 2) At the younger age (U4-U5) the players don't want to pass. They mostly think "The ball is mine." So you may find that passing the ball to a teammate may or may not happen. If you expose them to teamwork then passing may occur, but you don't have to focus on teaching passing.
 - 3) And, if you don't teach passing, you don't have to think about teaching receiving. It may happen if they happen to pass, but you don't have to focus on it as the passing will probably be rare, and the speed of the ball probably won't be fast enough for the arts of receiving to be a concern.
 - 4) Defending? Ask them to get the ball away from the other team. With their feet. That's starting to play defense. And maybe ask your players to have one of their own players stay between their own goal and the other team.
 - 5) Teach dribbling. It is **the key skill** in soccer. And the BALL can be the teacher! Build a practice that has games. Games, Games, Games. Lots of Games. Select games that entice the players to touch the ball lots of times with their feet. If you can get them 500 - 1000 ball touches a practice, the ball will teach.

In general if you build your practices with a variety of games that "hide" each of these five skills within them then your team will learn and improve. You will see the growth as they play games.

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GRID OF ALL U4/U5 PRACTICES

<i>Games/Drills</i>	<i>Training 1</i>	<i>Training 2</i>	<i>Training 3</i>	<i>Training 4</i>	<i>Training 5</i>	<i>Training 6</i>	<i>Training 7</i>
1	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square
2	Escape from Lacey	Splat	Soccer Parent Animals	Gift Chase	Dribble Around the Cone & Pass	Figure 8 Dribbling	Gift Chase
3	Soccer Parent Animals	Escape from Lacey	Egg Hunt	Splat	Moving Goals	Moving Goals	Escape from Lacey
4	Blob	Soccer Parent Animals	Splat	Monkey in the Middle	Red Light	Gift Chase	Blob
5	Moving Goals	Shark	Moving Goals	Moving Goals	Shark	Soccer Bees	Race Around the Track
6	Red Light	Moving Goals	Gift Chase	Blob	Race Around the Track	Blob	Splat
Contingency 1	Egg Hunt	Follow the Leader	Shark	Soccer Parent Animals	Soccer Parent Animals	Splat	Soccer Parent Animals
Contingency 2	Shark	Red Light	Follow the Leader	Shark	Blob	Red Light	Follow the Leader

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GRID OF ALL U6/U7 PRACTICES

<i>Games/Drills</i>	<i>Training 1</i>	<i>Training 2</i>	<i>Training 3</i>	<i>Training 4</i>	<i>Training 5</i>	<i>Training 6</i>	<i>Training 7</i>
1	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square	Dribble Across a Square
2	Escape from Lacey	Splat	Soccer Parent Animals	Attack of the Clones	Dribble Around the Cone & Pass	Beat the Clock	Attack of the Clones
3	Soccer Parent Animals	Triangles	Attack of the Clones	Splat	Shoo the Ogre	Triangles	Escape from Lacey
4	Rumble in the Jungle	Soccer Parent Animals	Splat	Monkey in the Middle	Red Light	Rumble in the Jungle	Blob
5	Attack of the Clones	Shark	Keep Away to a Goal	Keep Away to a Goal	Shark	Soccer Bees	Beat the Clock
6	Red Light	Shoo the Ogre	Rumble in the Jungle	Blob	Race Around the Track	Blob	Splat
Contingency 1	Egg Hunt	Follow the Leader	Shark	Soccer Parent Animals	Soccer Parent Animals	Splat	Soccer Parent Animals
Contingency 2	Shark	Red Light	Follow the Leader	Shark	Blob	Red Light	Follow the Leader

HINTS & TIPS FOR COACHING YOUNGLINGS

What Materials Do You Get From Chinqually

For practice we give you 2 pop up goals, 4 high cones, and 6 low cones. It's enough to set up a full SuperMod soccer field, but you can use them as you wish. If you have the luxury of extra balls and extra cones from a parent or another source it may be more fun for you and the kids. Not necessary, but potentially more fun.

Bend Down or Squat at Their Level

Better to be a person in their world than a monster with large height if you want them to listen a little longer.

Sun in Your Eyes, Not Theirs

They won't listen, at this age, if they cannot see you.

Very Few Words Needed by You the Coach

After 15 seconds they won't listen to you. Guaranteed. If you feel you have to explain something in detail - don't. Demo it to the player you want while the others are practicing one of your practice games.

Name That Team

What do you call the team? Let the kids suggest the names and then vote. Sorta. You will end up having to be the final vote counter. But a name can be fun. I'm partial to unique names. The kids will never forget them.

Warm Ups at the Start of Practice?

Stretching isn't really necessary for these flexible younglings. If you start each practice with the dribble across a square game then you get them loose without spending time trying to figure out how to do the right kind of stretching / warm ups. And they know what to expect to start a practice. And they know if they are a slight bit late to every practice past the first practice they know exactly what to do once they arrive.

Congestion is Valuable in Dribbling

Anyone can dribble in a straight line. Or around cones that stand still. That's not soccer. Soccer is traffic. Good dribbling requires looking up. If you use practice games that create congestion the kids will naturally have to look up. That will serve them well as they continue with soccer.

The Dribbling Moves Have Names

If you get the urge to teach them more dribbling moves, like they would learn in a soccer camp, you can ask an experienced player or coach or a Chinqually Board member to show you a move to teach. Ask them about something like the Cruyff, the Cut, or the Scissors.

(Yes, there are more. But the best move for youngsters is the Step On, which you already have hints on how to teach. It's the best move because moves are based on the defender bighting on a fake and kid-defenders at this age don't know they're supposed to bight on a fake - they just watch the ball and not the body or feet of the attacker. And the Step On actually moves the ball away faster than the other moves.)

Passing Guidelines to Consider

1. If you have the ball and there is a clear path forward, DRIBBLE forward and take the open space! This is not "being selfish", this is smart soccer!
2. If you have the skill and can beat someone blocking your path, beat them and dribble forward! This is good on multiple levels, it teaches 1v1 attacking and it builds confidence in skilled players.
3. Only look to pass the ball if your path forward is completely blocked and you can't get through. And even then it's not a sin to pass the ball backwards to one of your teammates. We call it a drop pass.

Shooting With the Laces - Only You Can Prevent "Toe Pokeing"

When and if you want to teach them how to shoot, (and you may have to resist the temptation), read a little about it by searching online for the "instep kick". Many kids this age start by using the toe of their shoe to kick

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hard. Not the best. Best technique is to hit it with the laces. And to plant your non-shooting foot even with the ball instead of behind it. HmMMM.

So - have them put their finger on their shoe with the part of their foot to kick it with (the laces). And have them focus on their other foot and where they place it. Then ask them to ensure they put their foot directly next to the ball instead of behind it. You can try this as a science experiment by asking them to kick multiple balls and tell you what happens with each as you move them toward the desired way.

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TEAM MANAGEMENT - WHAT YOU HAVE TO ORGANIZE TO RUN THE TEAM

The big 6 + 1 - Treats, Parent Involvement, Spirit/Enthusiasm, Matching Players on the Field, Extra Events & Should we Scrimmage Against Ourselves or Another Team

Treats

This is very important for the kids. After each practice and after each game most SuperMod teams hand out treats (a snack and a drink) for their players. The treats responsibility is rotated among the parents so it's not a financial burden on any one family. Note - you will probably have to bring the treats to the very first practice because no one has been alerted or signed up yet.

There is a treats sign up page example following.

What type of treats? Examples are a bag of fruit snacks, a fruit rollup, a granola bar (careful, some kids are allergic to nuts), cupcakes (these can be homemade if someone is inclined), orange slices, apple slices, chips, etc. Hopefully you noticed a somewhat almost healthy trend there.

What type of drinks? Juice boxes or a bag drink like kool-aid.

How many - depends on the number of kids on the team and usually the number of tag-a-long siblings that frequent the team. 12 is usually a safe number.

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TREATS LIST - FOR AFTER PRACTICES AND AFTER GAMES
(please edit and put dates on it)

Practice #1 _____

Practice #2 _____

Practice #3 _____

Game #1 _____

Practice #4 _____

Game #2 _____

Practice #5 _____

Game #3 _____

Practice #6 _____

Game #4 _____

Practice #7 _____

Game #5 _____

Parent Involvement

You can choose to have the parents help you with the running of the team. This gives you more time to do the coaching activities and a little less worry about whether you have covered all the logistics of supplies, etc.

Consider making a signup sheet of some or all of the following activities and have the parents sign up. The help they give you can set your mind at ease.

Do set up an email distribution list. You will probably have occasion to send out a message at least twice during the 6 week season.

**-----Parent Help Volunteer List-----

The parent/help volunteer list has six items on it that we have evolved from coaching youth soccer. They are non-time consuming ways that you can help the players and the coaches make this more fun by affording the coaches more time to coach the players vs. handle administration. The six roles are listed below with a little explanation -

1. Treats list manager - make sure that someone is assigned for every practice or game and if trades are needed handle those and in the event that the treats parent cannot show up call someone to bring the treats.
2. Photo Day Organizer - ensure that the players line up like the photographer asks and that the parents fill out the forms the way needed
3. After Season Party Organizer - many teams like to throw an after season party. If you want to have one there are lots of places. Charlie's Safari will even negotiate a discount for weeknight events for Chinqually
4. After Game Spirit Organizer -when the game ends we like to have the entire rooting section for the team form a tunnel for the players to run through to get to their treats.
5. Equipment Set Up Helper - we usually have to set up the pop up nets and field marker cones that Chinqually gives us and the coaches may have some field set ups to accomplish before practice can begin
6. Equipment Take Down - we have to return the nets and cones to

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Chinqually when practice is over or if we are the home team for games. We also need to collect and bag the balls and coaching paraphernalia that will be used.

**-----

Also, when you notice the practice games there are a few that use the parents to help with the coaching.

If you want to sign up a "formal" assistant coach the assistant coach will need to go through the coach sign up that Chinqually uses so the appropriate background checks can be made. Contact the Chinqually club manager to do this at manager@chinqually.org or find the phone number on the website www.chinqually.org.

Spirit / Enthusiasm

Kids this age respond to enthusiasm. A lot. A whole lot. Besides the happy yelling of the parents, grandparents, and other family members from the side of the field consider a "spirit tunnel" at the end of every game and maybe every practice.

Have the adults join hands as high as they can and create a tunnel for the team to run through. Make them run through it 3 times for best effect. Invite the other team to run through it. Corny. But - it works. Make a lot of positive noise as the kids run through.

On the way home try and resist telling the player what they could have done better. Try and get them to tell you what they enjoyed.

TIPS FOR MORE FUN

Being Positive - Hmmm. How do you say "be positive" without (a) sounding a little bit corny or (b) making the person trying to be positive tense up? A few practical points that will help the players.

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NO on NO - resist the temptation to say no about their playing. If you can turn the comment into a positive, it will be better for the player.

DON'T use DON'T - similarly, if you can resist this temptation and flip it into a positive the player will get more enjoyment out of their soccer experience.

A Lot of Ways to Say "Very Good!"

1. Good for you!	36. Congratulations
2. Superb	37. Exactly right!
3. You did that very well	38. Nice going
4. You've got it made	39. Excellent!
5. Terrific	40. Sensational!
6. That's not bad!	41. That's better
7. Couldn't have done it better myself	42. You haven't missed a thing
8. Marvelous!	43. Fantastic!
9. You're doing fine	44. You outdid yourself today
10. You're really improving	45. You're doing a good job
11. You're on the right track now!	46. That's the right way to do it
12. Now you've got it figured out	47. That's better
13. Outstanding!	48. Right on!
14. That's coming along nicely	49. That's the best you've ever done!
15. I Know you can do it	50. That's RIGHT!
16. Good work	51. You must have been practicing!
17. You figured that out fast	52. Great!
18. I think you've got it now	53. Keep working on it... you're getting better
19. I'm proud of the way you worked today	54. You remembered!
20. Tremendous!	55. That kind of work makes me very happy

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21. You certainly did well today	56. You're really working hard today
22. Perfect!	57. I knew you could do it!
23. Nice going	58. I'm very proud of you
24. You've got your brain in gear today	59. One more time and you'll have it
25. Now you've got the hang of it	60. Fine!
26. WOW!	61. That's good
27. Wonderful!	62. Good job
28. You're getting better every day	63. You really make this fun
29. You're learning fast	64. Good remembering
30. You make it look easy	65. You are doing much better today
31. That's much better	66. Keep on trying
32. Nice try	67. You are really learning a lot
33. Super!	68. You've just about got it
34. You did a lot of work today	69. I've never seen anyone do it better!
35. Keep it up!	70. You are very good at that.

Matching Players on the Field

Game time. Which 3 do you put on the field together? Do you feel more comfortable building a "rotation" that most of the time matches the same 3 each time? Many coaches do.

Consider this as your goal - how can I enable the players more touches on the ball while they are on the field and a potentially positive/fun experience during a game. Here are two matching techniques you can try - you will probably invent many more.

1. Three different skill levels together. Put one beginner, one intermediate, and one very good player out at the same time. Ask the very good player to see if they can get the other players the ball. After any break (ball goes out of bounds, other team scores a goal and

it's time to restart, beginning of game, half time) try and start the game with the beginner as the first person to kick the ball so they can get a chance to kick the ball during a game.

What often happens at these ages is all 3 of your players and all 3 of the opposing players will bunch around the ball all trying to kick it.

2. This is tougher to enable - having your beginners play against the other coaches beginners. Takes an arrangement with the other coach before the game begins.

Extra Events

After season parties and photo sessions. Some teams want to have a party for the team after the season. That's the choice of each team. Your call. But, having a parent coordinate this allows you more time to concentrate on the kids.

Team photos. Definitely optional. If your player stays with Chinqually from the beginning of SuperMod they could conceivably play 3 seasons a year for 4 years. That's 12 team photos. Chinqually will usually enable a professional photographer to do the efforts for you. But, with today's technology there's usually a few parents who have digital cameras that would be willing to email the digital team pictures around and it can save the parents money. Your call. But, having a parent coordinate allows you more time to concentrate on the kids.

Should we Scrimmage Against Ourselves or Another Team

No. Yes. I dunno. Your call. Some points below to consider.

If you scrimmage against yourselves that's time that some kids will not touch the ball much because there will be 6 kids on the field and 1 ball and probably 2 - 3 kids on the side line waiting their turn. If the ball is the teacher you don't have to do this. But, it's ultimately your call.

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Should you scrimmage against another team? Hmm. Again, that's time not all the kids will touch the ball in practice. But you can set up a fun effort. In Chinqually we all practice at the same time by age group. When you get your game schedule you will know which teams you are going to play against on game Saturdays and which teams you will not get to play against. Consider, for maybe the last practice of the season, a scrimmage against a team you won't play against.

And, a fun idea we tried once - in summer when the weather is warm - have a scrimmage followed by a planned water fight against the other team. Even the coaches got soaked, and the parents had to dry out the uniforms before the game the next day but I don't think anyone minded too much.

Appendix - SuperMod Practices

Suggestion = print these practices so you can take them to the field with you. If you can print them duplex (front and back of the page) then you only have to carry a single page.

The U4-U5 list is first. The practice number is in the upper left hand corner (e.g. P1, P2, etc.)

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<i>P1</i>	<i>Title</i>	<i>Setup</i>	<i>25 Words or Less Intro</i>
1	<i>Dribble across a square</i>	<i>Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Name the square if you like. Soccer Island can work.</i>	<i>Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.</i>
2	<i>Escape From Lacey</i>	<i>Half a SuperMod field maximum. All players with a ball on one side of a playing area (not too large - congestion is valuable!) Enlist some parents. Tell them not to hurt themselves. And the players. When you say go to the players they are to dribble across to the other side. At most make this half a SuperMod field to keep them close so they can't run away and not be part of this. Guaranteed - when the parents "chase" them they will squeal with giggleness. Especially when they know that the environment is safe with their own parents. When they get past the parents, have them do it again. Repeat until they are tired. Or you are.</i>	<i>Get a ball. Get on that line over there. Dribble to that line. And then back to the 1st line. The parents will try to stop you. GO</i>
		WATER BREAK	
3	<i>Soccer Parent Animals</i>	<i>Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.</i>	<i>You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO</i>
4	<i>Blob</i>	<i>Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.</i>	<i>I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO</i>

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		WATER BREAK	
5	<i>Moving Goals</i>	<p><i>Half a SuperMod field maximum. Get the parents. Have them link arms and make a goal. Then coach them to move.</i></p> <p><i>The kids have to dribble around and shoot the ball thru the hole below the joined arms. The goal!</i></p> <p><i>When the kids shoot a goal the goal (the parents) have to yell really loud - goal.</i></p> <p><i>Coach the parents (while you are moving) to sometimes be hard to score on and sometimes be easy for certain players who need the self esteem boost.</i></p>	<p><i>The goal is the space between the parents.</i></p> <p><i>Kick the ball thru the space to get a goal.</i></p> <p><i>Score as many goals as you can.</i></p> <p><i>GO.</i></p>
6	<i>Red Light</i>	<p><i>Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble.</i></p> <p><i>Introduce later - Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.</i></p>	<p><i>Green light = dribble.</i></p> <p><i>Red light = stop, with foot on the ball.</i></p> <p><i>Last one to stop = hops 3 times.</i></p> <p><i>GO</i></p>
		CONTINGENCY IF YOU NEED MORE GAMES/DRILLS	
7	<i>Egg Hunt</i>	<p><i>Half a SuperMod field maximum. Put all the balls on the field. Have the goals available easily (you may not want to set the goals up at both ends of the soccer field. It makes it harder to get the healthy congestion you want.) Have them kick the balls in the goals. They will have to dribble to get it to the goals. Enlist some parents to get the balls out of the goals once they are in. Repeat until tired. If you have extra balls great. More is better.</i></p>	<p><i>My field is dirty.</i></p> <p><i>Look at all those balls.</i></p> <p><i>Get all the balls into the goals.</i></p> <p><i>With your feet.</i></p> <p><i>GO</i></p>
8	<i>Shark</i>	<p><i>Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows.</i></p> <p><i>When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.</i></p>	<p><i>I'm the shark.</i></p> <p><i>You're my food.</i></p> <p><i>Dribble to stay away from me.</i></p> <p><i>If I catch you hold your ball above your head.</i></p> <p><i>If a teammate dribbles between your feet, you're food again.</i></p> <p><i>GO</i></p>
		SPIRIT TUNNEL & TREATS	

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P2	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Best first = step on turn. When they reach edge of square have them step on ball and push it behind them and go. Makes them go faster than if they run around the ball to turn.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT GO
WATER BREAK			
3	Escape From Lacey	Half a SuperMod field maximum. All players with a ball on one side of a playing area (not too large - congestion is valuable!) Enlist some parents. Tell them not to hurt themselves. And the players. When you say go to the players they are to dribble across to the other side. At most make this half a SuperMod field to keep them close so they can't run away and not be part of this. Guaranteed - when the parents "chase" them they will squeal with giggleness. Especially when they know that the environment is safe with their own parents. When they get past the parents, have them do it again. Repeat until they are tired. Or you are.	Get a ball. Get on that line over there. Dribble to that line. And then back to the 1 st line. The parents will try to stop you. GO
4	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it	You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO

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		again. Repeat until tired.	
		WATER BREAK	
5	Shark	Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.	I'm the shark. You're my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO
6	Moving Goals	Half a SuperMod field maximum. Get the parents. Have them link arms and make a goal. Then coach them to move. The kids have to dribble around and shoot the ball thru the hole below the joined arms. The goal! When the kids shoot a goal the goal (the parents) have to yell really loud - goal. Coach the parents (while you are moving) to sometimes be hard to score on and sometimes be easy for certain players who need the self esteem boost.	The goal is the space between the parents. Kick the ball thru the space to get a goal. Score as many goals as you can. GO.
		CONTINGENCY IF YOU NEED MORE GAMES/DRILLS	
7	Follow the Leader	Full SuperMod field maximum. Tell the players to get a ball. Do some moves and have them follow you. Dare you to get on the ground, put your legs and arms in the air, and yell something fun like Soccer. They have to follow you. Switch to have other kids be the leader. Ensure all of them get a chance. About 30 seconds each.	Whatever I do with the ball you do. Follow Me. GO Now Guinevere is the leader. Follow her.
8	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later - Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO
		SPIRIT TUNNEL & TREATS	

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P3	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Best first = step on turn. When they reach edge of square have them step on ball and push it behind them and go. Makes them go faster than if they run around the ball to turn.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO
WATER BREAK			
3	Egg Hunt	Half a SuperMod field maximum. Put all the balls on the field. Have the goals available easily (you may not want to set the goals up at both ends of the soccer field. It makes it harder to get the healthy congestion you want.) Have them kick the balls in the goals. They will have to dribble to get it to the goals. Enlist some parents to get the balls out of the goals once they are in. Repeat until tired. If you have extra balls great. More is better.	My field is dirty. Look at all those balls. Get all the balls into the goals. With your feet. GO
4	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT GO
WATER BREAK			
5	Moving Goals	Half a SuperMod field maximum. Get the parents. Have them link arms and make a goal. Then coach them to move.	The goal is the space between the parents.

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		<p>The kids have to dribble around and shoot the ball thru the hole below the joined arms. The goal!</p> <p>When the kids shoot a goal the goal (the parents) have to yell really loud - goal.</p> <p>Coach the parents (while you are moving) to sometimes be hard to score on and sometimes be easy for certain players who need the self esteem boost.</p>	<p>Kick the ball thru the space to get a goal.</p> <p>Score as many goals as you can.</p> <p>GO.</p>
6	Gift Chase	<p>Half a SuperMod field maximum. Get something the players can "collect", like pieces of paper or flat cones or shirts. Call these items gifts. Need about 20 of them. Paper can work well. Enlist the parents. Have each parent participating hold on to some of the "gifts". The players have to dribble to a gift holder, get a gift, and dribble back to you to deliver the gift. If they need to do more redistribute the gifts to the parents so they can keep going.</p>	<p>Dribble your ball to get a gift.</p> <p>Dribble the ball to bring the gift to me.</p> <p>Then get another one.</p> <p>GO</p>
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Shark	<p>Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.</p>	<p>I'm the shark.</p> <p>You're my food.</p> <p>Dribble to stay away from me.</p> <p>If I catch you hold your ball above your head.</p> <p>If a teammate dribbles between your feet, you're food again.</p> <p>GO</p>
8	Follow the Leader	<p>Full SuperMod field maximum. Tell the players to get a ball. Do some moves and have them follow you. Dare you to get on the ground, put your legs and arms in the air, and yell something fun like Soccer. They have to follow you. Switch to have other kids be the leader. Ensure all of them get a chance. About 30 seconds each.</p>	<p>Whatever I do with the ball you do. Follow Me. GO</p> <p>Now Guinevere is the leader.</p> <p>Follow her.</p>
SPIRIT TUNNEL & TREATS			

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P4	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Best first = step on turn. When they reach edge of square have them step on ball and push it behind them and go. Makes them go faster than if they run around the ball to turn.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Gift Chase	Half a SuperMod field maximum. Get something the players can "collect", like pieces of paper or flat cones or shirts. Call these items gifts. Need about 20 of them. Paper can work well. Enlist the parents. Have each parent participating hold on to some of the "gifts". The players have to dribble to a gift holder, get a gift, and dribble back to you to deliver the gift. If they need to do more redistribute the gifts to the parents so they can keep going.	Dribble your ball to get a gift. Dribble the ball to bring the gift to me. Then get another one. GO
WATER BREAK			
3	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT GO
4	Monkey in the Middle	Half a SuperMod field maximum. Divide the kids into groups of three. One ball per group. Classic keep away! Put a parent in the middle. Coach the parent to coach the kids easily - not to steal the ball often. Have the kids pass the ball so the parent can't get it. Ask the parent to act like a monkey. The kids will naturally move. That's what you want. HINT. Demo this first by using their hands. Have them pass the ball with their hands to show what they need to do. Then say use your feet.	Triangles! Three to a group. Monkey in the middle. Keep the ball away from the Monkey. GO
WATER BREAK			
5	Moving Goals	Half a SuperMod field maximum. Get the parents. Have them link arms and make a goal. Then coach them to move. The kids have to dribble around and shoot the ball thru the hole below the joined arms. The goal!	The goal is the space between the parents. Kick the ball thru the space to get a goal.

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		When the kids shoot a goal the goal (the parents) have to yell really loud - goal. Coach the parents (while you are moving) to sometimes be hard to score on and sometimes be easy for certain players who need the self esteem boost.	Score as many goals as you can. GO.
6	Blob	Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO
8	Shark	Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.	I'm the shark. You're my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO
SPIRIT TUNNEL & TREATS			

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P5	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Best first = step on turn. When they reach edge of square have them step on ball and push it behind them and go. Makes them go faster than if they run around the ball to turn.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Around the Cone & Pass	Line up a number of cones - one for each pair of kids. Pair the kids up & one ball each. Get the kids 5 paces in front of the cone. One first dribbles around the cone and then passes the ball back to their partner and then runs back to the start. The next one repeats what the first one did. Make it into a game by making it a race. Get the parents to help. You will benefit by having one parent per group to help instruct. Three teachings while in play. Once they pass they usually want to see how pretty their pass is. Coach them to follow their pass. Second - they will probably pass the ball all over the place. Say pass it to them (your partner) not through them. Three - when they receive the pass coach them to go and get it and not sit and wait for it.	Dribble your ball around the cone. Pass to your partner and then go back, ready to get the pass. First to 5 wins. GO
WATER BREAK			
3	Moving Goals	Half a SuperMod field maximum. Get the parents. Have them link arms and make a goal. Then coach them to move. The kids have to dribble around and shoot the ball thru the hole below the joined arms. The goal! When the kids shoot a goal the goal (the parents) have to yell really lad - goal. Coach the parents (while you are moving) to sometimes be hard to score on and sometimes be easy for certain players who need the self esteem boost.	The goal is the space between the parents. Kick the ball thru the space to get a goal. Score as many goals as you can. GO.
4	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later - Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO
WATER BREAK			

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5	Shark	Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.	I'm the shark. You're my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO
6	Race Around the Track	Small square made with cones. Every player with a ball. Have some dribble one way around the "track", and the others dribble the other way. Promote that congestion. Makes them look up while dribbling. Better than just looking at cones. Cones don't move. Traffic is valuable. Make it a game by making it a race.	You 4 dribble that way around the cones. The rest dribble the other way around the cones. It's a race. First to 5 wins. GO
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO
8	Blob	Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO
SPIRIT TUNNEL & TREATS			

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P6	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Try using different feet and different parts of the foot - like the outside.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Figure 8 Dribbling	Two cones for each group. Two or three to a group. Doesn't matter as long as you promote congestion. Have them dribble around a cone on one side and then around the other cone. Have them switch feet and switch parts of the feet. Make it into a game by making it a race.	Dribble your ball around the cone. Dribble around the other side of the other cone. First to 5 wins. GO
WATER BREAK			
3	Moving Goals	Half a SuperMod field maximum. Get the parents. Have them link arms and make a goal. Then coach them to move. The kids have to dribble around and shoot the ball thru the hole below the joined arms. The goal! When the kids shoot a goal the goal (the parents) have to yell really loud - goal. Coach the parents (while you are moving) to sometimes be hard to score on and sometimes be easy for certain players who need the self esteem boost.	The goal is the space between the parents. Kick the ball thru the space to get a goal. Score as many goals as you can. GO.
4	Gift Chase	Half a SuperMod field maximum. Get something the players can "collect", like pieces of paper or flat cones or shirts. Call these items gifts. Need about 20 of them. Paper can work well. Enlist the parents. Have each parent participating hold on to some of the "gifts". The players have to dribble to a gift holder, get a gift, and dribble back to you to deliver the gift. If they need to do more redistribute the gifts to the parents so they can keep going.	Dribble your ball to get a gift. Dribble the ball to bring the gift to me. Then get another one. GO
WATER BREAK			
5	Soccer Bees	Small square made by cones. Call it their hive. They are the bees. Get three or four parents and equip them with soccer balls. (You will need some extra balls). Have the bees protect their hive by kicking their balls into the soccer balls of the	You bees protect your hive. When a wasp - these parents - tries to invade your hive kick

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		parents when they invade the beehive.	their soccer ball with your soccer ball. GO
6	Blob	Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT GO
8	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later - Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO
SPIRIT TUNNEL & TREATS			

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P7	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Try using different feet and different parts of the foot - like the outside.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Gift Chase	Half a SuperMod field maximum. Get something the players can "collect", like pieces of paper or flat cones or shirts. Call these items gifts. Need about 20 of them. Paper can work well. Enlist the parents. Have each parent participating hold on to some of the "gifts". The players have to dribble to a gift holder, get a gift, and dribble back to you to deliver the gift. If they need to do more redistribute the gifts to the parents so they can keep going.	Dribble your ball to get a gift. Dribble the ball to bring the gift to me. Then get another one. GO
WATER BREAK			
3	Escape From Lacey	Half a SuperMod field maximum. All players with a ball on one side of a playing area (not too large - congestion is valuable!) Enlist some parents. Tell them not to hurt themselves. And the players. When you say go to the players they are to dribble across to the other side. At most make this half a SuperMod field to keep them close so they can't run away and not be part of this. Guaranteed - when the parents "chase" them they will squeal with giggleness. Especially when they know that the environment is safe with their own parents. When they get past the parents, have them do it again. Repeat until they are tired. Or you are.	Get a ball. Get on that line over there. Dribble to that line. And then back to the 1 st line. The parents will try to stop you. GO
4	Blob	Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO

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WATER BREAK			
5	Race Around the Track	Small square made with cones. Every player with a ball. Have some dribble one way around the "track", and the others dribble the other way. Promote that congestion. Makes them look up while dribbling. Better than just looking at cones. Cones don't move. Traffic is valuable. Make it a game by making it a race.	You 4 dribble that way around the cones. The rest dribble the other way around the cones. It's a race. First to 5 wins. <i>GO</i>
6	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT <i>GO</i>
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. <i>GO</i>
8	Follow the Leader	Full SuperMod field maximum. Tell the players to get a ball. Do some moves and have them follow you. Dare you to get on the ground, put your legs and arms in the air, and yell something fun like Soccer. They have to follow you. Switch to have other kids be the leader. Ensure all of them get a chance. About 30 seconds each.	Whatever I do with the ball you do. Follow Me. <i>GO</i> Now Guinevere is the leader. Follow her.
SPIRIT TUNNEL & TREATS			

U6-U7 Practice Pages. Print these to carry to the field with you. Substitute in other games and drills as you see fit.

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P1	Title	Setup	25 Words or Less Intro
1	Dribble across a square	<p>Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start)</p> <p>Spread the kids out on all four sides of the square.</p> <p>Name the square if you like. Soccer Island can work.</p>	<p>Dribble from one side of Soccer Island to the other.</p> <p>First one to 5 times wins.</p> <p>GO.</p>
2	Escape From Lacey	<p>Half a SuperMod field maximum. All players with a ball on one side of a playing area (not too large - congestion is valuable!)</p> <p>Enlist some parents. Tell them not to hurt themselves. And the players.</p> <p>When you say go to the players they are to dribble across to the other side. At most make this half a SuperMod field to keep them close so they can't run away and not be part of this.</p> <p>Guaranteed - when the parents "chase" them they will squeal with giggleness.</p> <p>Especially when they know that the environment is safe with their own parents.</p> <p>When they get past the parents, have them do it again.</p> <p>Repeat until they are tired. Or you are.</p>	<p>Get a ball.</p> <p>Get on that line over there.</p> <p>Dribble to that line.</p> <p>And then back to the 1st line.</p> <p>The parents will try to stop you.</p> <p>GO</p>
WATER BREAK			
3	Soccer Parent Animals	<p>Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry.</p> <p>Run around - or walk swiftly - or walk slowly - you choose.</p> <p>Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move).</p> <p>But, to get them some good feelings, eventually let them hit you.</p> <p>Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.</p>	<p>You can't hit any parent in the field with the ball.</p> <p>Dare you to Try.</p> <p>If you hit them the parent has to make a noise like an animal.</p> <p>You choose the animal.</p> <p>GO</p>
4	Rumble in the Jungle	<p>Half a SuperMod field max as the jungle. With both goals in it at opposite ends.</p> <p>Have two jungle teams with an elephant, monkey, rhino, and giraffe. Set them up on opposite sides of the jungle. When you shout an animal name, the animal must race around the end cone and through their goal and into the jungle. The coach passes 1 ball into the jungle. It's a battle between the animals to see who can get the ball and score in the opposition's goal. Which team can be first to score 10 jungle goals? Have</p>	<p>Here are your teams.</p> <p>Here are your jungle names.</p> <p>This team over there.</p> <p>This team over the other there.</p> <p>When your jungle name is called run around the cone, thru the</p>

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		multiple pairs in the jungle at the same time. No spending lots of time in a line.	goal, and get the ball and score.
		WATER BREAK	
5	Attack of the Clones	Half a SuperMod field maximum. Line up the parents on both sides with any extra balls you've got. If you don't have enough balls for all the kids and some for the parents then only give the balls to the parents. Line the kids up, single file, to go thru the middle of the field. The parents shoot at the kids. The kids have to go back and forth as targets dribbling their balls. After a short time, switch the parents with the kids so the kids do the shooting.	Players over there. Parents with the balls on both sides. Players move thru the middle. Parents shoot at these clones. GO.
6	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later - Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Egg Hunt	Half a SuperMod field maximum. Put all the balls on the field. Have the goals available easily (you may not want to set the goals up at both ends of the soccer field. It makes it harder to get the healthy congestion you want.) Have them kick the balls in the goals. They will have to dribble to get it to the goals. Enlist some parents to get the balls out of the goals once they are in. Repeat until tired. If you have extra balls great. More is better.	My field is dirty. Look at all those balls. Get all the balls into the goals. With your feet. GO
8	Shark	Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.	I'm the shark. You're my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO
		SPIRIT TUNNEL & TREATS	

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P2	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Best first = step on turn. When they reach edge of square have them step on ball and push it behind them and go. Makes them go faster than if they run around the ball to turn.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT GO
WATER BREAK			
3	Triangles	In soccer to move up the field passing we do so in a triangle shape. To practice passing and moving in a triangle shape we set up a triangle with at least 4 players (2 in one corner and 1 in each of the other corners). In a counter clockwise motion the players pass the ball to a teammate and follow their pass to stand in their position. The next player continues to pass to another teammate in a counter clockwise direction and stand in their position. This continues for 90 seconds to see which team can make the most passes.	DEMO THIS ONE - THERE IS NO QUICK WAY TO GET THEM TO DO THIS WITH WORDS.
4	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO
WATER BREAK			
5	Shark	Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often	I'm the shark. You're my food.

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		called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.	Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO
6	Shoo the Ogre	The farmers (O) have got together to chase the big green smelly ogres (X) out of the swamp. In pairs the players take it in turns to be the farmer and the smelly green ogre. The farmer must chase the ogre and their soccer ball (while dribbling a soccer ball) until they hear the shout of "stuck in the mud" and then they must both freeze. Once frozen the farmer must try and shoot their ball to hit the ogre's ball. The farmer gets 100 points for every successful shot. Continue the dribbling game until the farmer has had 3 shots and then switch the farmer and ogre.	You are Ogres. You are Farmers. Each Ogre Choose a Farmer. Farmers Chase Ogres. While Both Dribble. GO Freeze. Farmer try to hit the Ogre's Ball.
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Follow the Leader	Full SuperMod field maximum. Tell the players to get a ball. Do some moves and have them follow you. Dare you to get on the ground, put your legs and arms in the air, and yell something fun like Soccer. They have to follow you. Switch to have other kids be the leader. Ensure all of them get a chance. About 30 seconds each.	Whatever I do with the ball you do. Follow Me. GO Now Guinevere is the leader. Follow her.
8	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later - Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO
SPIRIT TUNNEL & TREATS			

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P3	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Best first = step on turn. When they reach edge of square have them step on ball and push it behind them and go. Makes them go faster than if they run around the ball to turn.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO
WATER BREAK			
3	Attack of the Clones	Half a SuperMod field maximum. Line up the parents on both sides with any extra balls you've got. If you don't have enough balls for all the kids and some for the parents then only give the balls to the parents. Line the kids up, single file, to go thru the middle of the field. The parents shoot at the kids. The kids have to go back and forth as targets dribbling their balls. After a short time, switch the parents with the kids so the kids do the shooting.	Players over there. Parents with the balls on both sides. Players move thru the middle. Parents shoot at these clones. GO.
4	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT GO
WATER BREAK			
5	Keep Away to a Goal	Half a SuperMod field maximum. With the Goals. Pair up the Kids. And Get Each Pair a Parent to play defender. 1 ball for every pair. Have the kids pass back and forth and score. The parent tries to defend forcing them	Try to score as a pair. Defender will try to stop you. GO.

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		to not only dribble but pass also.	
6	Rumble in the Jungle	Half a SuperMod field max as the jungle. With both goals in it at opposite ends. Have two jungle teams with an elephant, monkey, rhino, and giraffe. Set them up on opposite sides of the jungle. When you shout an animal name, the animal must race around the end cone and through their goal and into the jungle. The coach passes 1 ball into the jungle. It's a battle between the animals to see who can get the ball and score in the opposition's goal. Which team can be first to score 10 jungle goals? Have multiple pairs in the jungle at the same time. No spending lots of time in a line.	Here are your teams. Here are your jungle names. This team over there. This team over the other there. When your jungle name is called run around the cone, thru the goal, and get the ball and score.
		CONTINGENCY IF YOU NEED MORE GAMES/DRILLS	
7	Shark	Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.	I'm the shark. You're my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO
8	Follow the Leader	Full SuperMod field maximum. Tell the players to get a ball. Do some moves and have them follow you. Dare you to get on the ground, put your legs and arms in the air, and yell something fun like Soccer. They have to follow you. Switch to have other kids be the leader. Ensure all of them get a chance. About 30 seconds each.	Whatever I do with the ball you do. Follow Me. GO Now Guinevere is the leader. Follow her.
		SPIRIT TUNNEL & TREATS	

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P4	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Best first = step on turn. When they reach edge of square have them step on ball and push it behind them and go. Makes them go faster than if they run around the ball to turn.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Attack of the Clones	Half a SuperMod field maximum. Line up the parents on both sides with any extra balls you've got. If you don't have enough balls for all the kids and some for the parents then only give the balls to the parents. Line the kids up, single file, to go thru the middle of the field. The parents shoot at the kids. The kids have to go back and forth as targets dribbling their balls. After a short time, switch the parents with the kids so the kids do the shooting.	Players over there. Parents with the balls on both sides. Players move thru the middle. Parents shoot at these clones. GO.
WATER BREAK			
3	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT GO
4	Monkey in the Middle	Half a SuperMod field maximum. Divide the kids into groups of three. One ball per group. Classic keep away! Put a parent in the middle. Coach the parent to coach the kids easily - not to steal the ball often. Have the kids pass the ball so the parent can't get it. Ask the parent to act like a monkey. The kids will naturally move. That's what you want. HINT. Demo this first by using their hands. Have them pass the ball with their hands to show what they need to do. Then say use your feet.	Triangles! Three to a group. Monkey in the middle. Keep the ball away from the Monkey. GO
WATER BREAK			
5	Keep Away to a Goal	Half a SuperMod field maximum. With the Goals. Pair up the Kids. And Get Each Pair a Parent to play defender. 1 ball for every pair. Have the kids pass back and forth and score. The parent tries to defend forcing them to not only dribble but pass also.	Try to score as a pair. Defender will try to stop you. GO.

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6	Blob	<p>Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly!</p> <p>When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard)</p> <p>Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.</p>	<p>I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO</p>
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Soccer Parent Animals	<p>Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry.</p> <p>Run around - or walk swiftly - or walk slowly - you choose.</p> <p>Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move).</p> <p>But, to get them some good feelings, eventually let them hit you.</p> <p>Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.</p>	<p>You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO</p>
8	Shark	<p>Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.</p>	<p>I'm the shark. You're my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO</p>
SPIRIT TUNNEL & TREATS			

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P5	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Best first = step on turn. When they reach edge of square have them step on ball and push it behind them and go. Makes them go faster than if they run around the ball to turn.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Around the Cone & Pass	Line up a number of cones - one for each pair of kids. Pair the kids up & one ball each. Get the kids 5 paces in front of the cone. One first dribbles around the cone and then passes the ball back to their partner and then runs back to the start. The next one repeats what the first one did. Make it into a game by making it a race. Get the parents to help. You will benefit by having one parent per group to help instruct. Three teachings while in play. Once they pass they usually want to see how pretty their pass is. Coach them to follow their pass. Second - they will probably pass the ball all over the place. Say pass it to them (your partner) not through them. Three - when they receive the pass coach them to go and get it and not sit and wait for it.	Dribble your ball around the cone. Pass to your partner and then go back, ready to get the pass. First to 5 wins. GO
WATER BREAK			
3	Shoo the Ogre	The farmers (O) have got together to chase the big green smelly ogres (X) out of the swamp. In pairs the players take it in turns to be the farmer and the smelly green ogre. The farmer must chase the ogre and their soccer ball (while dribbling a soccer ball) until they hear the shout of "stuck in the mud" and then they must both freeze. Once frozen the farmer must try and shoot their ball to hit the ogre's ball. The farmer gets 100 points for every successful shot. Continue the dribbling game until the farmer has had 3 shots and then switch the farmer and ogre.	You are Ogres. You are Farmers. Each Ogre Choose a Farmer. Farmers Chase Ogres. While Both Dribble. GO Freeze. Farmer try to hit the Ogre's Ball.
4	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later - Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. GO

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		WATER BREAK	
5	Shark	<p>Half a SuperMod field maximum. You be shark to start with. Sound effects work if you can be loud. You can ask a parent or two to be sharks. They are your food - often called minnows. When you reach one and touch their ball with your foot they become food. Make an eating sound or say something loud like YUM YUM. They have to get their ball and hold it above their head. With their feet spread enough for one of their teammates to dribble the ball between their feet. When a teammate does dribble the ball between their feet they are back to being live food. It's a good chance for you the coach to say "FREE YOUR TEAMMATE". Over and over again. If you are a good dribbler you can turn it around at the end and have them all be sharks (they will ask to be sharks, trust us!) and have them try to catch you.</p>	<p>I'm the shark. You're my food. Dribble to stay away from me. If I catch you hold your ball above your head. If a teammate dribbles between your feet, you're food again. GO</p>
6	Race Around the Track	<p>Small square made with cones. Every player with a ball. Have some dribble one way around the "track", and the others dribble the other way. Promote that congestion. Makes them look up while dribbling. Better than just looking at cones. Cones don't move. Traffic is valuable. Make it a game by making it a race.</p>	<p>You 4 dribble that way around the cones. The rest dribble the other way around the cones. It's a race. First to 5 wins. GO</p>
		CONTINGENCY IF YOU NEED MORE GAMES/DRILLS	
7	Soccer Parent Animals	<p>Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.</p>	<p>You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO</p>
8	Blob	<p>Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.</p>	<p>I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO</p>
		SPIRIT TUNNEL & TREATS	

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P6	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Try using different feet and different parts of the foot - like the outside.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Beat the Clock	Half a SuperMod field max. Line up some cones in pairs called gates. Pair up the players - 1 ball per pair. Countdown from 60 seconds to see how many gates the players can get to within the time. Have a parent keep time so you can focus on coaching. When each pair reaches a gate they must play 3 small push passes between each other between the gates before dribbling onto the next gate. Which pair can get through the most gates during the tense countdown?	Pair up and get a ball. Pass thru the gates while time is counted down. Pass thru the gates 3 times when you get there. Count how many gates. GO
WATER BREAK			
3	Triangles	In soccer to move up the field passing we do so in a triangle shape. To practice passing and moving in a triangle shape we set up a triangle with at least 4 players (2 in one corner and 1 in each of the other corners). In a counter clockwise motion the players pass the ball to a teammate and follow their pass to stand in their position. The next player continues to pass to another teammate in a counter clockwise direction and stand in their position. This continues for 90 seconds to see which team can make the most passes.	DEMO THIS ONE - THERE IS NO QUICK WAY TO GET THEM TO DO THIS WITH WORDS.
4	Rumble in the Jungle	Half a SuperMod field max as the jungle. With both goals in it at opposite ends. Have two jungle teams with an elephant, monkey, rhino, and giraffe. Set them up on opposite sides of the jungle. When you shout an animal name, the animal must race around the end cone and through their goal and into the jungle. The coach passes 1 ball into the jungle. It's a battle between the animals to see who can get the ball and score in the opposition's goal. Which team can be first to score 10 jungle goals? Have multiple pairs in the jungle at the same time. No spending lots of time in a line.	Here are your teams. Here are your jungle names. This team over there. This team over the other there. When your jungle name is called run around the cone, thru the goal, and get the ball and score.
WATER BREAK			
5	Soccer	Small square made by cones. Call it their hive. They are the bees. Get three or four	You bees protect your hive.

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	Bees	parents and equip them with soccer balls. (You will need some extra balls). Have the bees protect their hive by kicking their balls into the soccer balls of the parents when they invade the beehive.	When a wasp - these parents - tries to invade your hive kick their soccer ball with your soccer ball. <i>GO</i>
6	Blob	Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. <i>GO</i>
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Splat	Half a SuperMod field maximum. All kids with a ball. Parents can help. Parents and/or coach get a ball (you will need one ball for yourself and one for each parent.) Dribble around and see if they can hit your ball. You can avoid them pretty easily - when they look down to kick their ball move yours. Turn it around at the end. You try to kick your ball into theirs.	Get a ball. Dare you to hit my ball with your ball. If you do yell SPLAT <i>GO</i>
8	Red Light	Half a SuperMod field maximum. When you say red light, they must stop and put the ball of their foot or their toe on the ball to stop. Last one to stop gives you 3 hops in place. You point out who is last. When you say green light they have to dribble. Introduce later - Purple light. Make them "turn". The best turn is a step on move. Have them put their foot on the ball, push it behind them, and go again. They won't get this for awhile. Be patient. Demo it. Over and over.	Green light = dribble. Red light = stop, with foot on the ball. Last one to stop = hops 3 times. <i>GO</i>
SPIRIT TUNNEL & TREATS			

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P7	Title	Setup	25 Words or Less Intro
1	Dribble across a square	Make a small "square" with flat cones. (15' x 15' or even smaller. Congestion is a desired trait of the square once they start) Spread the kids out on all four sides of the square. Introduce new moves from practice one. Try using different feet and different parts of the foot - like the outside.	Dribble from one side of Soccer Island to the other. First one to 5 times wins. GO.
2	Attack of the Clones	Half a SuperMod field maximum. Line up the parents on both sides with any extra balls you've got. If you don't have enough balls for all the kids and some for the parents then only give the balls to the parents. Line the kids up, single file, to go thru the middle of the field. The parents shoot at the kids. The kids have to go back and forth as targets dribbling their balls. After a short time, switch the parents with the kids so the kids do the shooting.	Players over there. Parents with the balls on both sides. Players move thru the middle. Parents shoot at these clones. GO.
WATER BREAK			
3	Escape From Lacey	Half a SuperMod field maximum. All players with a ball on one side of a playing area (not too large - congestion is valuable!) Enlist some parents. Tell them not to hurt themselves. And the players. When you say go to the players they are to dribble across to the other side. At most make this half a SuperMod field to keep them close so they can't run away and not be part of this. Guaranteed - when the parents "chase" them they will squeal with giggleness. Especially when they know that the environment is safe with their own parents. When they get past the parents, have them do it again. Repeat until they are tired. Or you are.	Get a ball. Get on that line over there. Dribble to that line. And then back to the 1 st line. The parents will try to stop you. GO
4	Blob	Half a SuperMod field maximum. Don't catch the first one too fast. Kick their ball with your foot. Lightly! When you do, they join you. Link up arms at the tricep/bicep (IMPORTANT - don't hold hands - shoulders at this age can be damaged if you pull too hard) Now get the next kid as a Blob. Make noises. Add another member of the Blob. Repeat until they are all part of the Blob.	I am gonna get you. When I kick your ball you join me in the Blob. Then we get the REST. GO

Chinqually Booters Soccer Club – SuperMod DooGeeWhatSis

WATER BREAK			
5	Race Around the Track	Small square made with cones. Every player with a ball. Have some dribble one way around the "track", and the others dribble the other way. Promote that congestion. Makes them look up while dribbling. Better than just looking at cones. Cones don't move. Traffic is valuable. Make it a game by making it a race.	You 4 dribble that way around the cones. The rest dribble the other way around the cones. It's a race. First to 5 wins. GO
6	Beat the Clock	Half a SuperMod field max. Line up some cones in pairs called gates. Pair up the players - 1 ball per pair. Countdown from 60 seconds to see how many gates the players can get to within the time. Have a parent keep time so you can focus on coaching. When each pair reaches a gate they must play 3 small push passes between each other between the gates before dribbling onto the next gate. Which pair can get through the most gates during the tense countdown?	Pair up and get a ball. Pass thru the gates while time is counted down. Pass thru the gates 3 times when you get there. Count how many gates. GO
CONTINGENCY IF YOU NEED MORE GAMES/DRILLS			
7	Soccer Parent Animals	Half a SuperMod field maximum. Get parents out. The kids do not have the ability to kick very hard so don't worry. Run around - or walk swiftly - or walk slowly - you choose. Initially don't let them hit you. (It's not too hard. When they look down at the ball to kick, you move). But, to get them some good feelings, eventually let them hit you. Then ask them to say which animal you are to be. Then be it. Then laugh. Then do it again. Repeat until tired.	You can't hit any parent in the field with the ball. Dare you to Try. If you hit them the parent has to make a noise like an animal. You choose the animal. GO
8	Follow the Leader	Full SuperMod field maximum. Tell the players to get a ball. Do some moves and have them follow you. Dare you to get on the ground, put your legs and arms in the air, and yell something fun like Soccer. They have to follow you. Switch to have other kids be the leader. Ensure all of them get a chance. About 30 seconds each.	Whatever I do with the ball you do. Follow Me. GO Now Guinevere is the leader. Follow her.
SPIRIT TUNNEL & TREATS			

AMENDMENT / REVISION HISTORY

Version	Date	Comment	By
1.0	March 27, 2012	Initial	Bobby Miller