

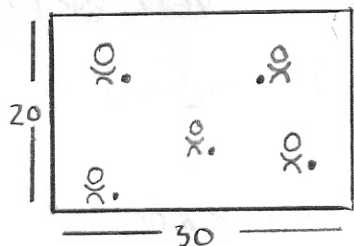
# GAMES AND ACTIVITIES FOR INHOUSE COACHES

## WASA

BY ROSS NICOL

### WARM UP GAMES

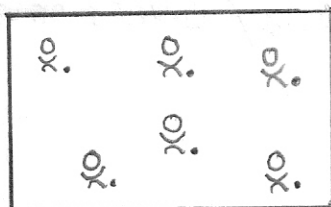
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#### BODY DRIBBLE

- PLAYERS DRIBBLE INSIDE THE GRID KEEPING THE BALL CLOSE
- COACH SHOUTS OUT A BODY PART, EG. ELBOW  
KIDS HAVE TO TOUCH THE BALL WITH BODY PART
- FOCUS ON DRIBBLING IN TO SPACE AND KEEPING IT CLOSE

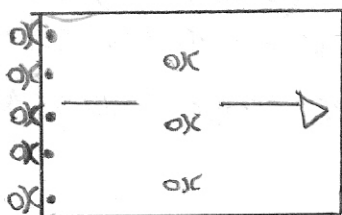
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#### SHREK'S SWAMP

- ALL BUT 2 PLAYERS HAVE A SOCCERBALL
- THE GRID IS NOW A SWAMP FULL OF FAIRYTALE CREATURES
- 2 PLAYERS W/OUT BALL TRY TO STEAL FROM OTHERS
- 2 PLAYERS W/OUT BALL - SHREK, PRINCESS FIONA
- IF SHREK OR FIONA TOUCH YOUR BALL, PLAYER HAS TO HOLD BALL ABOVE HEAD AND SPREAD FEET WIDE
- THE ONLY WAY PLAYERS CAN GET BACK IN THE GAME IS IF ANOTHER FAIRYTALE CREATURE DRIBBLES THROUGH THEIR LEGS!

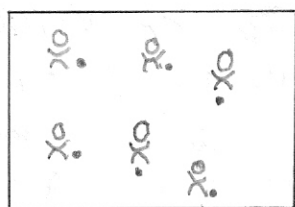
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#### BRITISH BULLDOGS

- PLAYERS MUST DRIBBLE FROM ONE END OF THE GRID TO THE OTHER AVOIDING THE BULLDOGS (START WITH 1)
- IF A BULLDOG TOUCHES YOUR BALL YOU BECOME A BULLDOG
- THE LAST PLAYER STANDING IS THE WINNER

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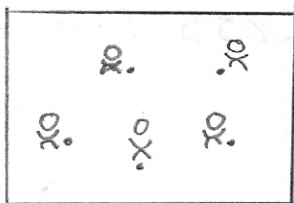


#### KING OF THE RING

- ALL PLAYERS HAVE A BALL AND DRIBBLE INSIDE GRID.
- WHEN COACH SHOUTS "GAME ON", PLAYERS TRY TO KICK EACH OTHERS BALL OUT THE GRID
- IF YOUR BALL LEAVES THE GRID YOU ARE ELIMINATED FROM GAME
- COACH SHOUTS "GAME OFF" AFTER ABOUT 15 SECONDS, AND PLAYERS CONTINUE TO DRIBBLE ROUND SQUARE KEEPING BALL CLOSE TILL COACH SHOUTS "GAME ON" AGAIN.

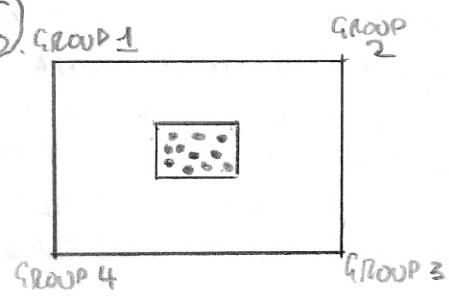
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### PIRATE SHIP



- PLAYERS DRIBBLE INSIDE GRID (PIRATE SHIP) KEEPING THE BALL CLOSE (CANNON BALL)
- WHEN COACH SHOUTS "FREEZE" PLAYERS FREEZE
- " " " " "CAPTAIN ON DECK" PLAYERS PUT FOOT ON BALL AND YELL "EYE EYE CAPTAIN"
- "SCRUB THE DECK" IS PUSHING BALL SIDE TO SIDE BETWEEN FEET
- "CLIMB THE RIGGING" IS TOE TAPS
- "WATCH FOR PIRATES" - COACH MAY TRY AND STEAL BALL FROM PLAYERS/PLAYERS DRIBBLE AWAY TO SAFETY

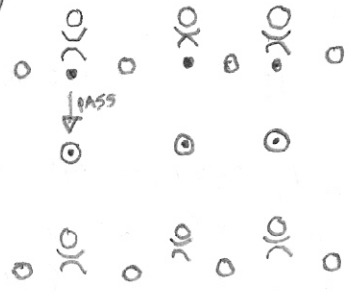
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### STEAL THE BALLS

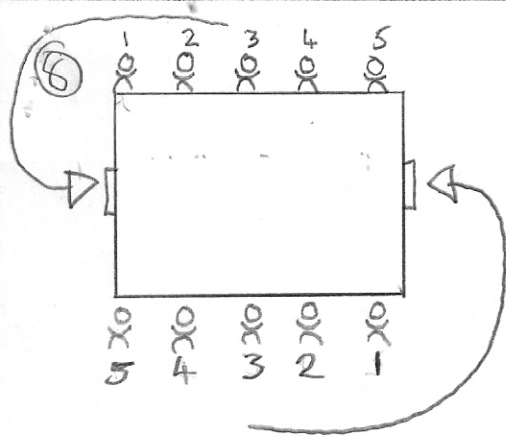
- DIVIDE PLAYERS IN TO 4 GROUPS
- 1 PLAYER FROM EACH GROUP CAN LEAVE THEIR CORNER AND STEAL A BALL FROM THE MIDDLE
- ONCE ALL THE BALLS FROM THE MIDDLE ARE GONE PLAYERS CAN STEAL FROM OTHER GROUPS
- PLAYERS GO 1 AT A TIME (4 IN TOTAL) AND BRING THEIR STOLEN BALL BACK TO THEIR CORNER
- THE TEAM WITH THE MOST BALLS AFTER 2 MINS WINS

7.



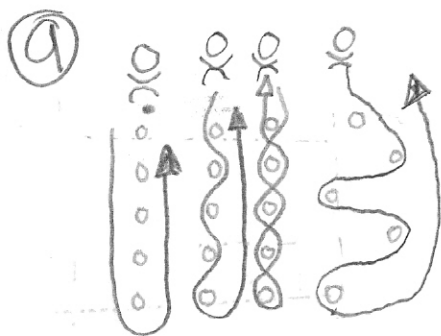
### COCONUT TREE

- PLAYERS PLAY 1v1 COMPETING TO KNOCK THE BALL OFF THE CONE IN THE MIDDLE
- PLAYERS KEEP SCORE / WHEN A BALL IS KNOCKED OFF PLAYERS SHOUT "COACH I HIT A COCONUT"
- FOCUS ON USING INSIDE OF FOOT AND STRIKING MIDDLE OF BALL
- WHICHEVER PLAYER WINS THEIR GAME MOVES UP A BRANCH ON TREE, LOSER MOVES DOWN A BRANCH. IF TIED PLAYERS PLAY ROCK PAPER SCISSORS TO DECIDE WHO WINS



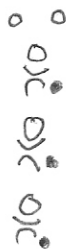
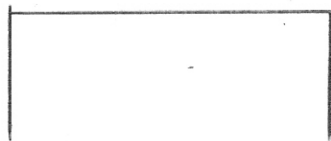
## NUMBERS GAME

- TWO TEAMS FACE EACH OTHER AND EVERY PLAYER IS NUMBERED
- COACH SHOUTS OUT A NUMBER E.G #3 AND BOTH THESE PLAYERS COMPETE 1v1
- PLAYERS MUST RUN OUTSIDE AND THROUGH GOAL TO FACE OPPONENT
- PROGRESS TO 2v2 (SHOUT 2 NUMBERS)



## DRIBBLE RELAY RACES

- EACH TEAM HAS 1 BALL AND RACE THROUGH CONES IN STYLES SHOWN
- EACH PLAYER GOES 2 OR 3 TIMES FIRST TEAM FINISHED WINS
- COACH CAN ADD PENALTIES FOR HITTING OR MISSING CONES



## POSTS

- 2 SEPERATE TEAMS FACE LEFT POST AND RIGHT POST.
- EVERY PLAYER HAS BALL
- PLAYERS USE INSIDE OF THEIR FOOT TO TRY AND HIT THEIR TEAMS GOAL POST
- FIRST TEAM TO HIT THEIR POST 5 TIMES WINS
- AS SOON AS PLAYER IN FRONT GOES THE NEXT PLAYER TRIES INSTANTLY
- FOCUS ON GOOD QUALITY PASSING

REMEMBER KEEP IT FUN, FUN, FUN!