



STORYBOOK SOCCER

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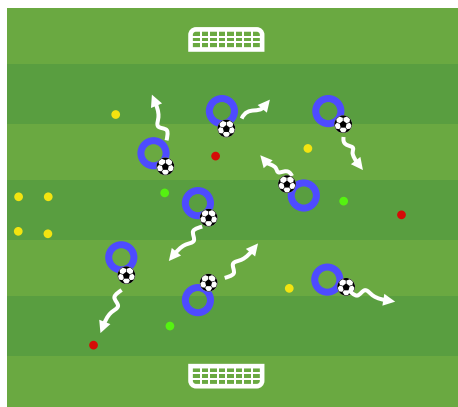
STORYBOOK SOCCER

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Session 1 - Aliens and Asteroids



STORY INTRO

The yellow square is the 'space station' and players start there. They hop into their spaceship (the ball) and fly around the galaxy.

All around the galaxy there is asteroids (cones) and players should dribble around careful not to crash their rocket into asteroids.

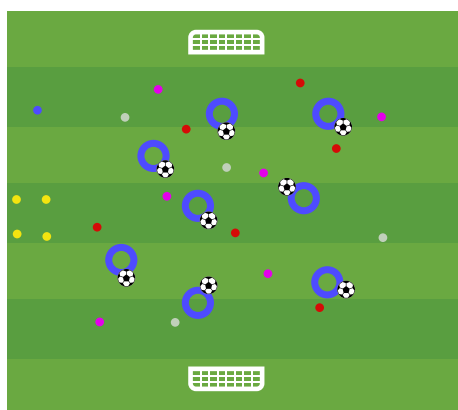
For a bit of fun the coach can even lift asteroids and gently throw them towards the players footballs to try and make them crash their space ships or the coach can pass a ball towards players footballs to try and make them crash as a progression.

Progression

If a player crashes into an asteroid or the coach passes their ball to hit your space ship players must fly (dribble) back to the space craft, do some repairs (toe taps) and can then re join the game.

Progression

A bit of a silly but fun progression could be players then have a race to see who can crash their space ship the most! Passing their ball into as many cones as possible and making 'CRASH' noises

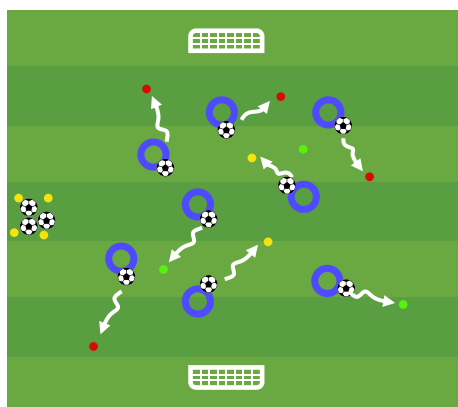


SET SCENE

Players are split into two teams, Aliens and Asteroids. The aliens try and make sure all space ships are fixed (cones laying upside down to look like space ships) and the asteroids try and smash the space ships turning them upside down.

Have a couple of races and see who wins.

Can still have the coach trying to pass their ball into players to slow teams down and make sure they are taking small touches and keeping their heads up - if coach hits your ball you still need to re-visit the space station and do some toe taps to re-fuel



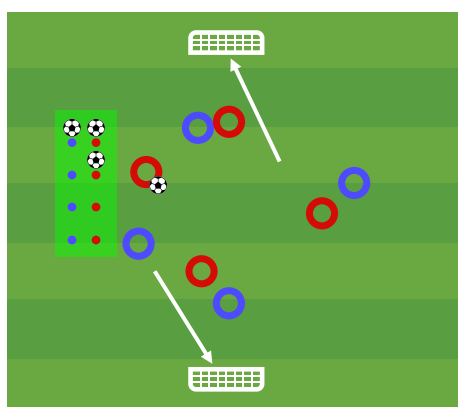
PLOT TWIST

With the cones the correct way up (so a ball can be placed on them) have a pile of footballs in the space station if possible.

Players attempt to put aliens (footballs) into spaceships (on top of cones) and once they do this they run over to the space station and get another ball and see how many they can do.

The coach however (you can progress to making this 1 or two players) uses his/her asteroid (football) to knock the aliens out of the spaceship, meaning the players can collect these ones from the playing surface and dribble them back over to spaceships to replace them.

Progression: If the group are doing well this game can be played team v team too with half trying to put the balls on top of cones and half trying to knock them off, keep scores and play a few games always praising effort

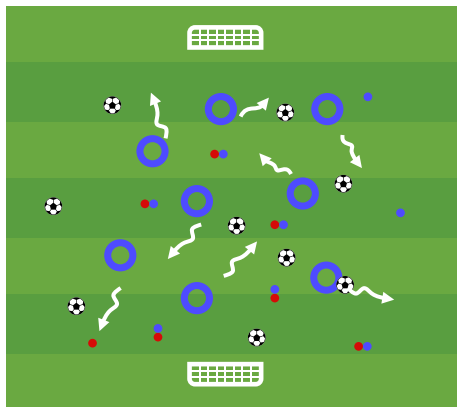


COOL DOWN CONCLUSION

Aliens v Asteroids

Play a game where you can score in either goal. Every time you score a goal (or do something the coach wants to praise) you get to put a ball from the space station on top of your teams 5 color co-ordinated cones, at end of time (or play first to 47) limit game see who has the most aliens in spaceships, play a few games

Session 2 - Nemo v Dory



STORY INTRO

All over the pitch there are blue cones hiding orange cones or orange cones hiding blue cones. There are also footballs.

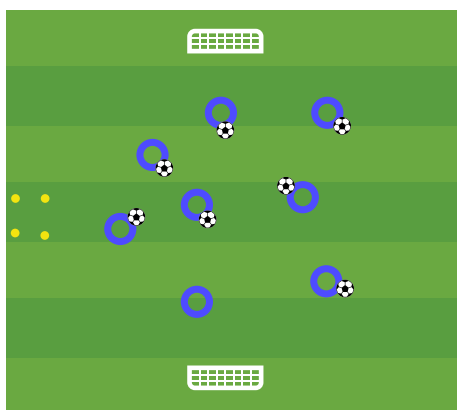
As a warm up players run around and 'find as many dorys' or 'find as many nemos' as possible by putting the cone at the bottom on top of the other cone, so swapping blue to orange and orange to blue. Swapping a cone is a point but before doing the next cone you must go bounce on a jellyfish head (4 toe taps on a football!)

Progression

With a team in blue (dorys) and a team in orange (nemos) the nemos try and get as many orange at the top as possible while the dorys try put all blue cones at the top. Still having to do their toe taps between getting points.

Final Progression

would be to dribble a ball with you and stop it before putting your cone on the top.

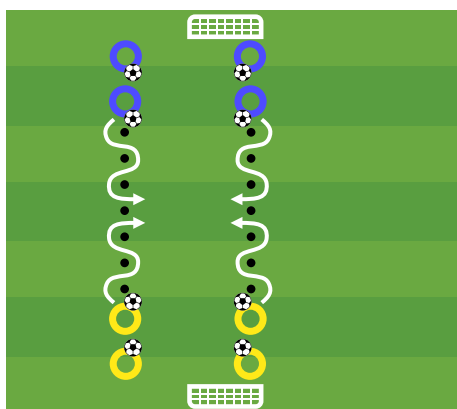


SET SCENE

Still binned up but that isn't relevant at the moment. Have all players dribble a ball but 1 who is Bruce the shark. If Bruce gets your ball you must go and try take someone else's, if you are the players without the ball when the coach shouts stop you have to do 5 star (fish) jumps and then simply start as Bruce for the next game

Progression

2 sharks?!

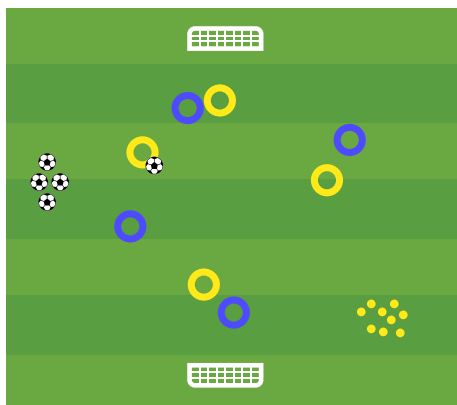


PLOT TWIST

Race to Sydney!

When the coach says go the first two players dribble through the cones, when they meet they play rock, paper, scissors. If you lose run back to join your line, if you win keep going and get ready to meet the next on coming player.

First person to get to the other end (Sydney) wins a point for their team!



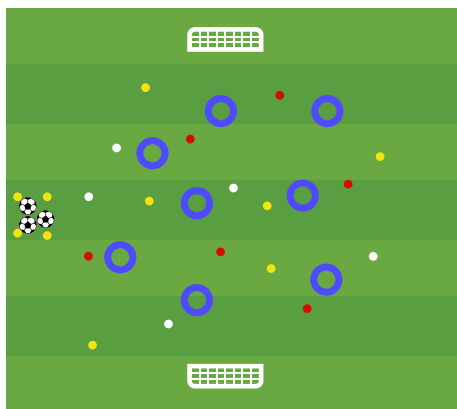
COOL DOWN CONCLUSION

Finish on a game but hide 'Nemo' (I normally use a 1 pence piece) under a cone on the outside, every time a goal is scored the goal scorer comes to flip a cone in an attempt to find nemo and win the game for their team.

If it isn't under that cone then the cone is taken away and the chances of finding nemo increase with every goal.

Also a good game to praise effort, spreading out, sportsmanship etc by letting players come flip a cone when they demonstrate these traits.

Session 3 - Spaceships v Volcanoes



STORY INTRO

OK everyone, you have 15 seconds to turn over as many cones as you can, turn volcanoes into spaceships and spaceships into volcanoes, 'who's going to get the most?' READY GO!

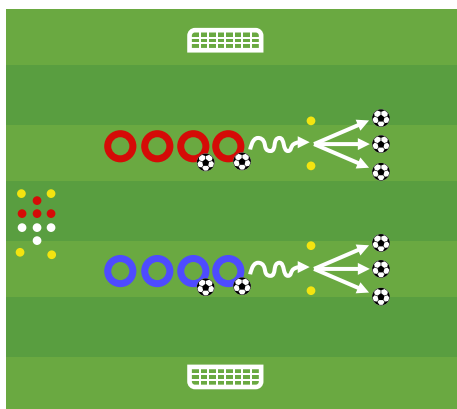
'Can anyone beat my score?' coaches run around and play at the same time as the kids and remind them to Keep their head up when moving around so not to bang into anyone, if they do their score goes back to 0, count how many you can turn and coaches should ask kids their scores.

OK now let's try and beat your last score, READY GO!

From there the kids get the idea and tell them well done, now look to do it with the ball and demonstrate that players need to stop the ball, bend down and flip a cone before moving on to the next one (great for start/stop and change of direction work).

Next phase of the game is splitting the group into 2 teams of 4, bib them up and task 1 team to turn all cones into volcanoes and the other to turn them all into spaceships, play a couple of games and see who wins about always praise effort and don't stress winners and losers it's just for fun.

Finally if you used 16 cones ask every kid to collect 2 cones each and come in, clearing your field for the next drill, time them as a team to get 2 cones each and come in, 'OK as a TEAM, you have 10 seconds to get 2 cones and all come back, GO!'

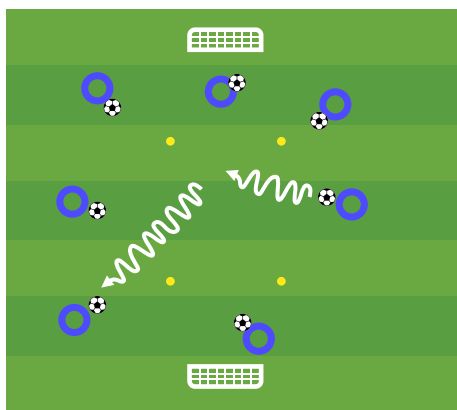


SET SCENE

One team is the spaceships and one is the volcanoes. Players simply dribble to between the cones, stop the ball and pass in an attempt to knock a ball of a cone. Then run back with the ball to give it to next player in the queue waiting on a ball.

If you are successful in hitting a ball you get to run to the coned area at the top of the grid. Here there are 4 volcanoes and 4 spaceships, when hitting a ball you get to turn a cone to represent your team. After a certain amount of time (maybe 3 minutes?) The team with the most spaceships or volcanoes in the area wins.

Alternative: Play until first team to make all cones represent their team. Or it can be an individual game where all cones are the correct way but underneath 1 is 'lava' use something like a small bit of paper or key ring. When you hit a ball you get to turn 1 cone and first 1 to find the lava wins



PLOT TWIST

The yellow square in the middle represents a volcano and the coach is lava!

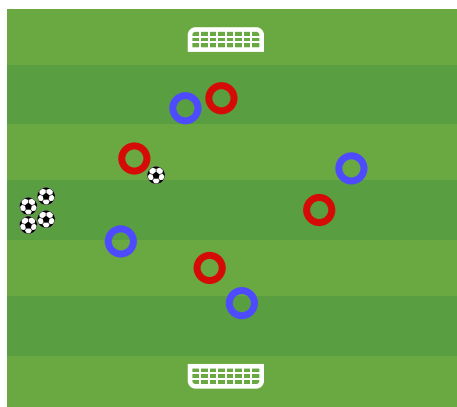
Players needs to fly their spaceships through the volcano but not get caught by the lava (coach gets a touch of the ball)

Every time a player can enter the yellow square from 1 direction, leave from another then 'fly away' as fast as they can taking their ball to touch a blue cone that makes up the perimeter of the pitch they get a point.

If the coach gets a touch of the ball you go back to 0

Play a couple of times always encouraging players to beat their score

Depending on maturity of the group you could let 1 player at a time have a shot of being the lava

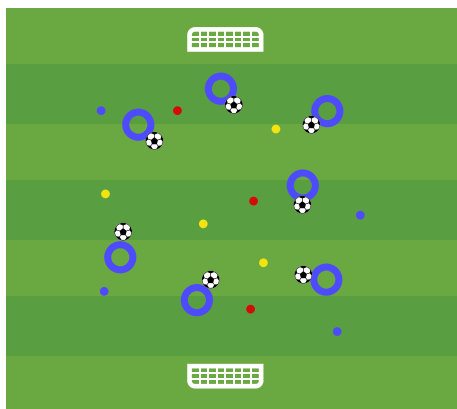


COOL DOWN CONCLUSION

Play a small sided game, coach shown as playing to help out teams in possession.

Finish on a cool down with all players running around with the ball, gradually moving slower and slower until stopping the ball

Session 4 - Finding Nemo



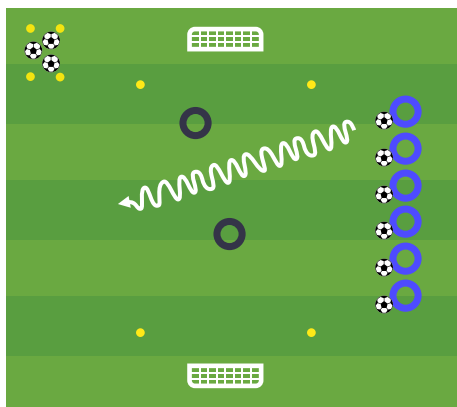
STORY INTRO

Have cones scattered all over the playing area, ask kids who has seen finding nemo? These cones are the jelly wish so we can bump into them or they will sting us.

Have kids move around taking small touches but not banging into the jelly fish, if they do they are stung and must do 5 star jumps before starting again.

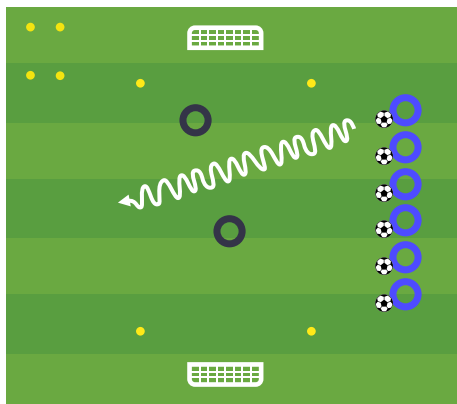
In the movie you can bounce on the jellyfish heads though - so now make it if you can dribble to a cone, stop the ball then pick the ball up and balance it on top of a cone that is a point, then dribble to the next 1 and see how many points you can get.

If the group is doing well the coach can challenge them further and have a fun twist when the coach becomes Bruce the shark and runs around trying to get a touch of your football, if this happens you also need to do start jumps before resuming.



SET SCENE

Players try and get past the sharks (coaches.) Allow the players to get lots of success getting from 1 side of the hall to the other. To begin with you can have players who are caught do some toe taps or jumping jacks or simply a rule that you get a point every time you get across but loose a point if the shark wins the ball. No kids are eliminated or become sharks yet, just play and have fun.

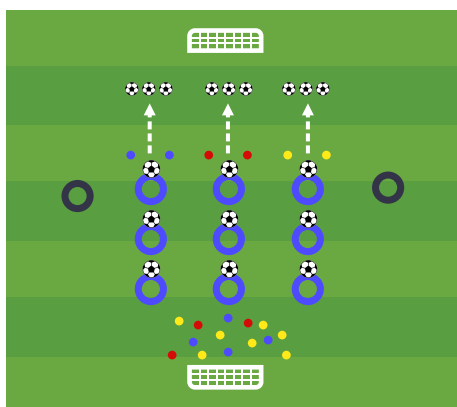


PLOT TWIST

As a progression to the last drill, if the shark gets your ball you become a jellyfish in the middle. Sitting on your backside (backside can't leave the floor) and trying to tackle footballs with your feet like a jellyfish.

Coaches please emphasis the point of safety to the jellyfish to play gentle and not kick out very hard, only trying to tap someones football so they become a jellyfish too.

With time the sea becomes crowded with sharks and jellyfish as nemo tries to get across. Last few nemos left wins.



COOL DOWN CONCLUSION

This is a great and really fun game if you have enough coaches to facilitate and set it up - if you have lots of kids maybe avoid doing this as there isn't enough activity to keep them engages.

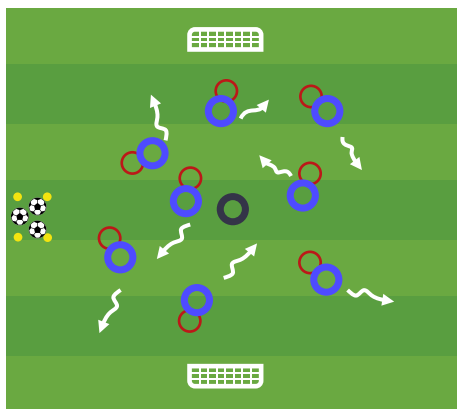
Players try and pass the ball from the gate to knock 1 of 3 balls off the cones, then join the queue to line up for another shot. Have small queues so lots of shots!

If you hit the ball run up to the pile of cones at the other end of the hall and the first team to 'find nemo' wins. Under 1 of these cones the coach has sneakily places a cone or small (but safe) object. When you are running over to turn a cone the coach will count down 3-2-1 so you need to pick quick and can't try peak to see where the cone is.

When a cone is turned and there is no nemo under it that cone is removed so the pile gets smaller and smaller, team that finds nemo wins, play a few games if group are enjoying it, it's great fun and you can reward effort and attitude by letting kids turn a cone for trying correct passing technique for example.

If you don't have the means/coaches to set this up, kids can play a small sided football game or all run around with their ball trying to score in any of the goals around the pitch, as they do this praise effort 'good shot' or 'good turn of the ball' and allow kids who do something well to come over and try turn a cone to find nemo

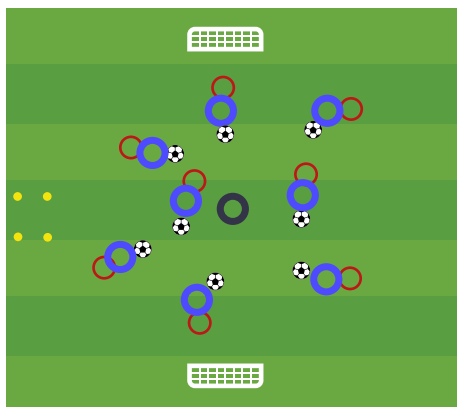
Session 5 - Fox and Hunter



STORY INTRO

Each player has a bib in their shorts to create a foxes tail. The coach runs around as the hunter and tries to steal the fox tails. If the coach takes your tail you need to do 5 big star jumps before putting it back in and running again.

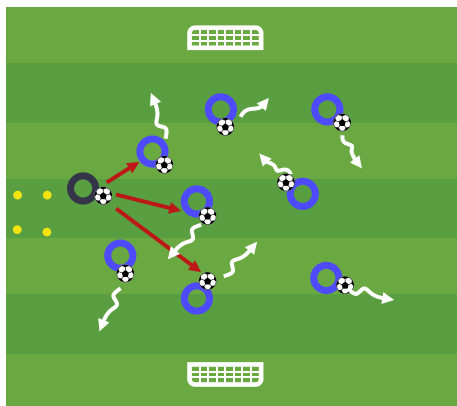
Safety first - players need to be encouraged not too run too fast and keep their heads up to avoid banging into each other.



SET SCENE

As before but all players have a ball and dribble around the area. The coach can pull out their tail or touch the football, if either of these things happen to the foxes they need to do 5 toe taps of the ball (make sure you demonstrate and show how to do this safely.)

The key is for the players to try and keep their ball close and keep turning away from the coach and other players so it's hard to get their ball or tail.

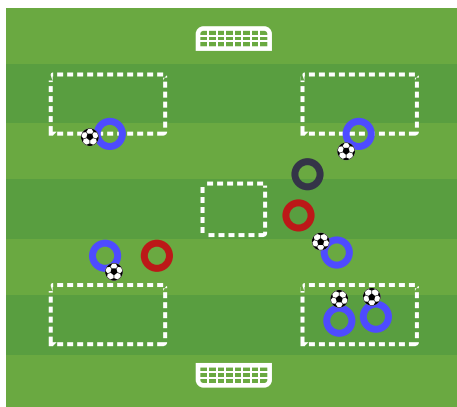


PLOT TWIST

The hunter (coach) now has a ball and is trying to hunt the foxes by kicking it at their ball (always below knee height and gentle)

If the hunter hits you with the ball you need to do 5 toe taps or another skill chosen by the coach. Players can keep their tails in for fun but we are only going for the ball now.

Let players who are listening and trying their best to have a shot as the hunter, if possible play enough games that everyone can be the hunter. Depending on numbers you may be able to have 2/3 hunters per round



COOL DOWN CONCLUSION

Foxes all have a tail and a ball and dribble around the playing area, the coach (and a player can help as a hunter too) are trying to steal as many tails as possible.

Players are encouraged to dribble the ball with the tail in their short and the hunters try steal tails. Using cones put 4/5 Fox Dens on the pitch, if a fox is in den they cannot have their tail stolen, but they can only stay in dens for 10 seconds max. Every den they visit they get a point but if their tail is stolen they go back to 0 and start again.

Depending on maturity of the group you can play these alternatives:

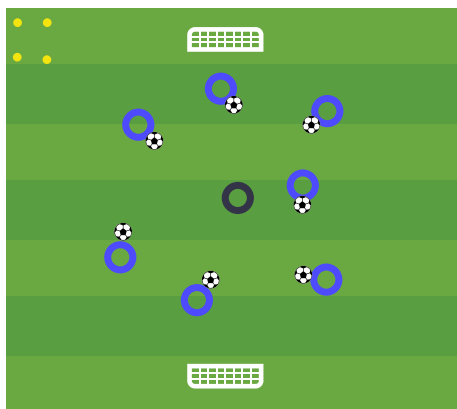
Hunters need to hunt with ball at their feet and pass off foxes ball or grab their tail

If a foxes tail is stolen instead of going back to 0 points they become a hunter and the person who stole the tail becomes a fox

If a foxes tail is stolen they become a hunter and join the current hunters, play until there is a winning fox

If you have mini goals around the place that can be 'feeding hut' and every time a fox passes into a goal they get 5 points to add to the points they are generating by visiting huts.

Session 6 - Cowboys and Indians



STORY INTRO

As a basic warm up kids are asked to dribble around the hall taking small touches and being able to stop the ball instantly when the coach yells stop.

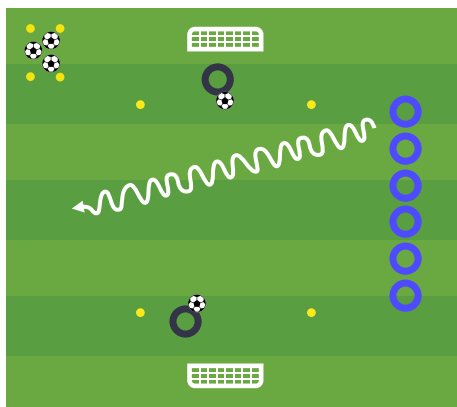
"Today we are going to play cowboys and Indians! First let's practice being cowboys, your ball is your horse, dribble around the hall as if you are a cowboy riding a horse, I want to hear lots of 'Yeeha's!'

If you see another cowboy, stop your ball and say 'Howdy partner'

Now Indians, when I say 'Indians are you ready?' Everyone makes the sound of an indian by making a noise with your mouth and use your hand to cover and open to make a funny noise (demonstrate.)

Indians have spears and that's your ball this time, pretend to throw your spear by kicking the ball into the goals as many times as you can in 1 minute, ready, set, go.

Let kids play a few rounds, scoring loads of goals or if you shout cowboys dribbling around saying howdy to each other



SET SCENE

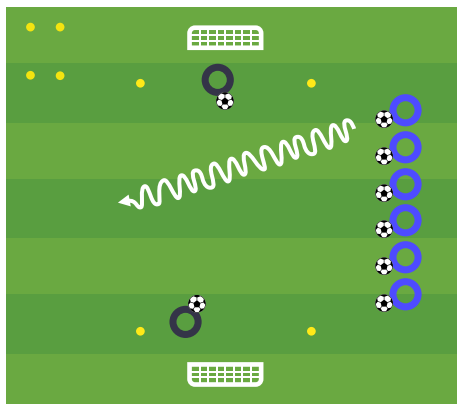
All player start as indians and coaches as cowboys. The indians try to run from 1 end of the area to the other without getting hit by a ball.

Coaches pass their ball gently and below knee height to try and catch the players.

Indians jump, zig zag and dodge the passes.

If you are hit with a ball then go and get a ball and become a cowboy. Indians always run from 1 side to the other on coaches call.

Make it fun, ask kids to make indian and cowboy noises!



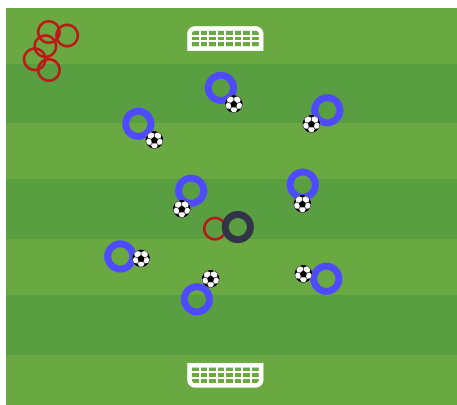
PLOT TWIST

As before, players are indians but play the game with their ball. If the cowboys hit you or the ball you become a cowboy, so must take small touches all the way across the area.

Cowboy ready? "YEEHA"

Indians ready? (Indian noise!)

Play and have fun but be safe when passing the ball and tell kids it must be below knee height.



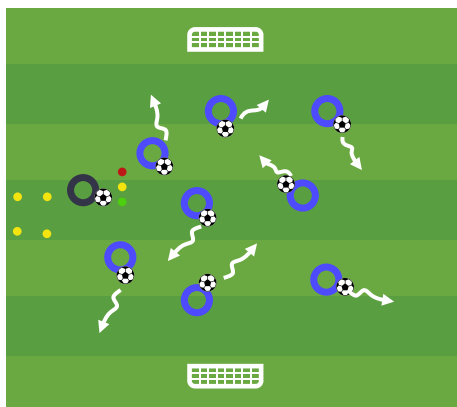
COOL DOWN CONCLUSION

Players are indians and dribble around as though riding their horses (ball) If the cowboy (coach who is holding a bib) throws the bib and catches your horse you need to dribble your ball over and put it in a goal then grab a bib and become a hunting cowboy too.

The last couple of indians left win and start the next game as cowboys.

Depending on maturity of the group finish on a game of football

Session 7 - Bumper Cars



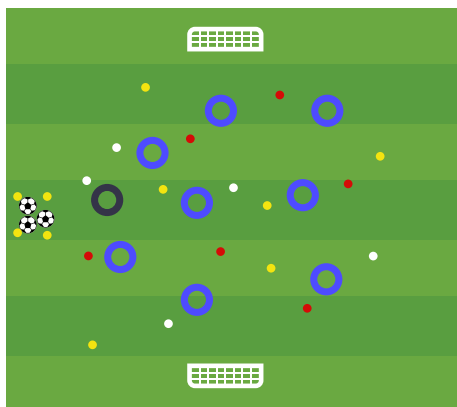
STORY INTRO

Traffic Lights

Player drive their car (football) around the hall, careful not to crash and can make car noises/honk their horn. Coach can start by shouting green light, amber light or red light, which means go, get ready (rev ball with sole of foot) or stop!

This should progress to the coach using colored cones or bibs as traffic lights instead of shouting so players are encouraged to be lifting their head when dribbling with the ball

The yellow cones are the garage so coaches can say drive your car to the garage when bringing players in.



SET SCENE

Speed Bumps

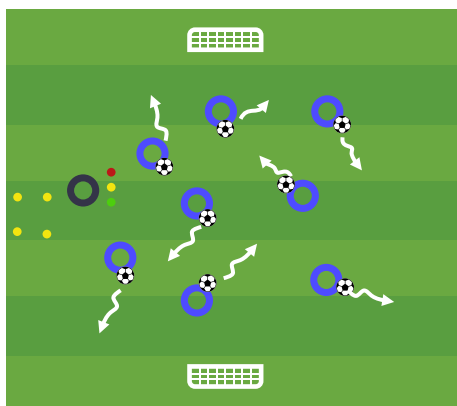
As before but there are cones all over the playing surface.

To start with they are speed bumps and when a player comes to a speed bump players need to hold the ball between their legs and jump over them. Who can jump over the most in 30 seconds? Can you beat the coach? Play a couple of rounds.

Then make the cones 'petrol stations' players need to dribble to a cone and stop the ball with their feet, then place the ball using their hands on top of cones and count to 5 to re-fill the car. Who can go to the most petrol stations in 1 minute? GO!

This can be advanced to a certain color cone is a speed bump, others are petrol stations, players can drive around re-filling their car and jumping over speed bumps. Maybe need to re-fill after every 3 speed bumps?

Progress this by playing the same game but the traffic light rule from earlier is used, so as players are moving around they need to have the ball close enough to stop when a red light appears.



PLOT TWIST

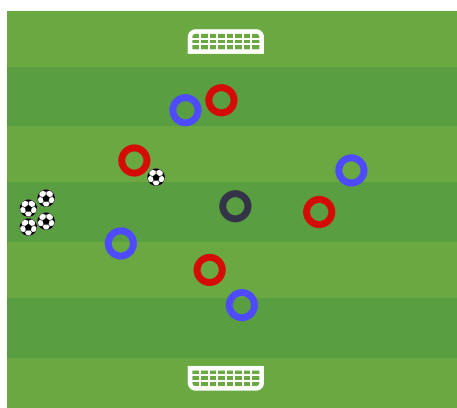
Bumper Cars:

Players are now playing bumper cars and coaches should demonstrate how to get a point. Players need to drive up to each other, stop the ball and both pass their footballs into each other so they CRASH! and both players get a point. How many times can you crash your car in 2 minutes? Coaches play also and help other players get points.

Keeping the red light bib or cone is a great way to keep control of the activity, just to have them stop the ball, ask their scores, get some order and go for the next round, challenging players to beat their scores this time.

Having the garage as a reference point helps also to keep them engaged and keep control of the group, 'drive back to the garage!'

Safety is key so kids should be passing and not shooting the ball to crash cars and the footballs should always be kept below knee height or you could take points of players for lifting it off the ground



COOL DOWN CONCLUSION

Depending on the age and stage of the group play a small sided game, coach shown as playing to help out teams in possession.

If they are not ready for game play yet, have a load of goals around and a ball each and see who can score the most goals in a set amount of time. Keeping this in line with the theme you can call the goals car washes and see who can visit the most.

When winding down the session get players to drive their ball back to the garage, congratulate all players for their efforts and encourage them to practice at home