

Soccer

SPOTLIGHT

The spotlight for Soccer is for children to engage in fun and creative Soccer activities that allow for opportunities for children to learn and develop Soccer skills such as dribbling, kicking, shooting, and passing.

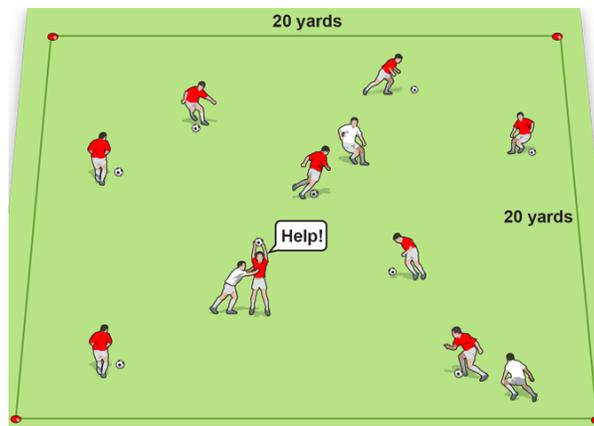
KEY FOCUSES:

1. Have FUN while incorporating elements of the game of Soccer (kicking, passing, shooting, etc.)
2. Lead engaging Soccer games that allow for positivity and healthy competition between children
3. Create a high-energy and exciting atmosphere in which children can engage in Camp Culture through sport

ACTIVITY #1: Freeze Tag

Set-Up:

- Using dome cones, create a square playing field that is 20 yards x 20 yards.
 - Based on the childrens' skill levels, make the field smaller or larger to match the difficulty of the game to the skill level.



Instructions:

1. Designate 1-2 children to start the game off by being the “Taggers”.
2. All other children will each have their own soccer ball and will dribble around the playing field with the goal of avoid the “Taggers”.
3. If tagged, the child with the ball then has to freeze and hold their ball over their head. Children will then shout “Help!” until another child dribbles over to them.
4. In order to unfreeze a child, another child must dribble their ball through the frozen child’s legs.
5. Variations of ‘Freeze Tag’.
 - One variation is to record how many dribblers the “Taggers” can get in 2 minutes.
 - Another variation is to see how long it takes the “Taggers” to tag and freeze all of the children at the same time.

Helpful Tips:

- If children are in need of help, feel free to join them on the “Tagging” side of the game.

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- Remind the children to focus on dribbling but also where the “Taggers” are.
- Do your best to allow each child to be a “Tagger” at least once during the rounds.

Game Variation:

- *Make it harder:* To make this game more difficult, make it to where dribbling children can only use one foot rather than two.
- *Make it easier:* Allow the children who are dribbling to become unfrozen after 3 seconds rather than needing to be tagged by another child.

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ACTIVITY #2: Sharks and Minnows

Set-Up:

- Use the same set-up and field as the previous activity
- One side of the field will be designated for 'Minnows' while the rest of the field is where the 'Sharks' will be
- Use dome cones, floppy cones, flags, etc. to decorate the field space

Instructions:

1. One child will start out as the "shark", while the rest of the children will each get a soccer ball and stand on one of the end-lines together as "minnows."
2. Once all children are ready, yell "Swim!" at which the "minnows" will attempt to dribble from one end-line to the other while avoiding the "Sharks."
3. Sharks will attempt to steal the soccer balls from the minnows.
 - For a shark to steal a ball from a minnow, they must take possession of their ball and kick it out of the playing field boundaries.
4. If a minnow's ball is kicked out of bounds by a shark, the minnow then becomes an additional shark the next round.
5. If a minnow reaches the other side with their ball, they are safe and continues to be a minnow the following round.
6. This keeps repeating until there is only one minnow left, who becomes the winner! If there is time for another round, the winner will become a shark.

Game Variation:

- *Make it harder:* To make this game more difficult for the minnows, make it so they can only use one foot to dribble the ball. To make this game more difficult for the sharks, make the sharks have to dribble a ball as well.
- *Make it easier:* Make the rule that if a minnow makes it to the opposite side still with their ball, they can bring back one of their fellow minnows that are out. This will make the game more difficult on the sharks.

Helpful Tips:

- Don't make the playing space too large or it will be too easy for the minnows.
- Encourage the sharks as it can sometimes be difficult if there are a lot of minnows.
- Feel free to join in with the children and play as a shark or even a minnow.

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ACTIVITY #3: Kickball Soccer

Set-Up:

- This game will be played in a large rectangle area such as a soccer field.
- Lay one hula-hoop in the middle of the field.
- In the hula-hoop, lay out all of the playpen balls.
- Place three buckets next to each other near the kicking area about 30-40 ft away from the hula-hoop and playpen balls.
- Place a mini soccer goal behind the hula hoop about 10 feet away.
- Place a soccer ball and a polyspot at the kicking area (on one side of the field facing the hula hoop and mini soccer goal).

Instructions:

1. Divide the children up into 3 equal Teams (most likely 5 children per team)
2. Give each child a jersey to distinguish them from the other teams (you'll need three different color pennies/jerseys)
3. One team of 3 children will start off at Home Plate as the Kicking Team.
4. The other two teams of 3 children will start the game off as the Defending Teams.
 - a. When teams are in the field, they will be working together to record outs against the Kicking Team.
5. The first child puts the soccer ball on the poly spot and kicks it anywhere in the field.
6. Once the ball is kicked, all of the children on the batting/kicking team runs out and retrieves ONE playpen ball is from the hula-hoop and brings it back to their home bucket.
 - a. They continue running back and forth collecting playpen until the fielding team makes an out.
7. To make an out, the fielding team of children must kick the soccer ball in to the mini-goal and yell "OUT!".
8. Each child on the fielding team is allowed one trap and one kick/pass.
9. No child may kick the ball two times in a row.
10. Minimal dribbling is allowed.
11. After every child bats, count up the playpen balls, return them to the outfield hula hoop and switch sides.
12. See diagram for Game Set-Up.

Helpful Tips:

- Use color coordinated equipment (i.e. match jerseys to hula hoops, soccer balls, etc.)
- Do your best to spread out the talent of the children evenly amongst the teams

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ACTIVITY #4: 3-Way Mini Soccer

Set-Up:

- Set out three mini soccer goals that create a triangle shape – this will be the playing field
- Use dome cones lined between the goals to create boundaries around the field
- Place two mini soccer balls in the middle of the field
- Set up a Scoreboard on one side of the field
- Give each child a penny jersey that designates what team they are on

Instructions:

1. Evenly divide the children up in to 3 even teams.
2. Designate one child to be goalie for each team – this can change each round if desired.
3. Each team of children will have a goal to defend and two goals to score on.
4. When the Activity Leader yells “GO!”, the three teams of children will compete against one another to score on the other teams’ goals.
5. Children will work together on their team to defend, steal the ball, kick, pass, and shoot against the other team.
 - a. (Normal soccer rules apply – no hands, only feet allowed, no slide tackling)
6. If a child scores the ball in an opposing team’s goal, the children will grab the ball and run it to the scoreboard area.
 - a. After a ball is returned to the scoring area, the Activity Leader can kick or throw the ball back in to play once adding a point to that team.
7. Continue adding mini soccer balls in to play as the game goes on – there can be as many balls as the Activity Leader wants in play at once.
 - a. If a ball is kicked out of bounds, have a child or Volunteer retrieve the ball and overhead toss it back in to play.
8. The game will resume until one team scores 5 goals against the opposing teams.
9. Continue playing as many rounds as possible until it is time for an activity transition.

Helpful Tips:

- Keep children split up in the three groups they were in during Kickball Soccer
- Use color coordinated dome cones and flags to designate the different team’s goals and area

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HUDDLE

Activity Verse: 2 Chronicles 7:17-18

“As for you, if you walk before me faithfully as David your father did, and do all I command, and observe my decrees and laws, 18 I will establish your royal throne, as I covenanted with David your father when I said, ‘You shall never fail to have a successor to rule over Israel.’”

Activity Truth: With God as Our Captain, He Will Lead Us to the Goal

How do the Soccer activities we just played relate to your walk with God?

What is the main goal of the game of Soccer? That’s right, scoring the ball in the goal.

Today, you learned aspects of Soccer that will help in scoring the ball in the goal – you learned how to dribble, pass, and shoot the soccer ball. By learning how to do these well, they will help you win at Soccer. One part of the sport of the Soccer that will help you win is a Team Captain. The Captain of the team helps guide the players and lead them on the field. They help call plays and direct what the Team should be doing. Just like a Soccer team has a Captain, so do you. God is just like a Soccer Captain. He guides us, coaches us, encourages us, and calls us to action for the success of the team.

Just like we read in the verse, if we listen to God and obey His commands, He will lead us and reward us with His favor.