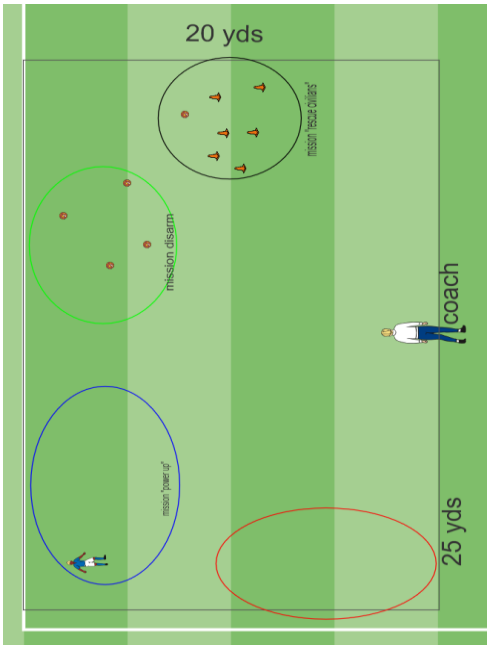
Superhero Dash Dribbling



Learning Activity	Dribbling
Objective	improve ball control while dribbling in different directions ,boosting confidence and spatial awareness

Activity Description

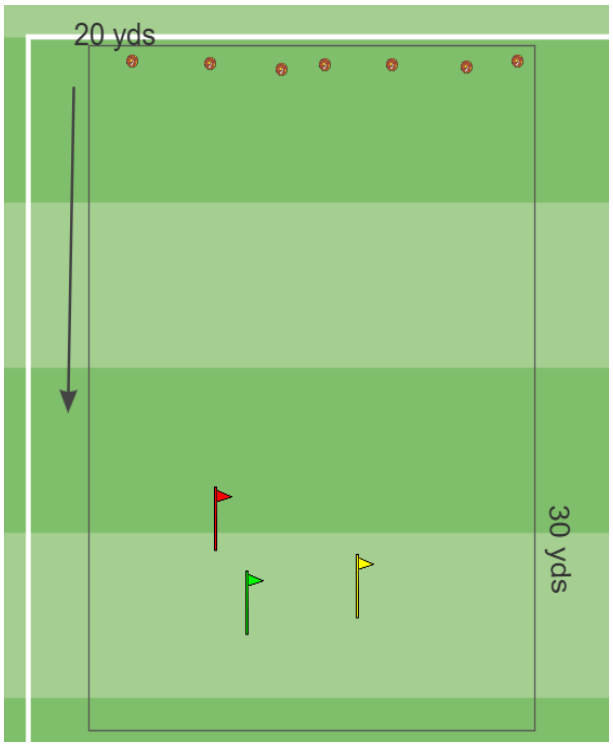
Athletes are told they are on a superhero mission. Each mission zone is a city under attack, and the only way to save the day is to dribble into the zone and complete a task
Tasks per zone may include:
Dribble around cones (rescue civillians)
Perform toe taps or tick tocks (disarm a bomb)
change direction 3x (evade the villian)
Pass to their buddy to "power up"
After completing a task, players return to the coach to get their "next mission"

# of Players	minimum 4 players
Size / Shape of Field	20x25 yards
Duration:	15 minutes
Set and Repetition	4 to 6 missions
Coaching Interactions:	
What:	keep head up to see the field and avoid obstacles
When:	encourage athletes to change direction just like a superhero dodging obstacles
How:	praise effort, not just success "that's a heroic effort"

Coaching Considerations:

Mobility:	allow assisted dribbling or wheelchair adaptations; place zones together
Recreational:	reduce difficulty in missions; offer one on one support if needed
Modified:	use lighter, larger balls to simplify directional changes
Competitive:	add a time challenge or bonus "boss level" zone with increased diffculty
Other:	use pinnies or props like superhero masks/capes for extra fun add more mission zones for larger groups minimum of 4 to 6 players with or without buddies

Red Light - Green Light

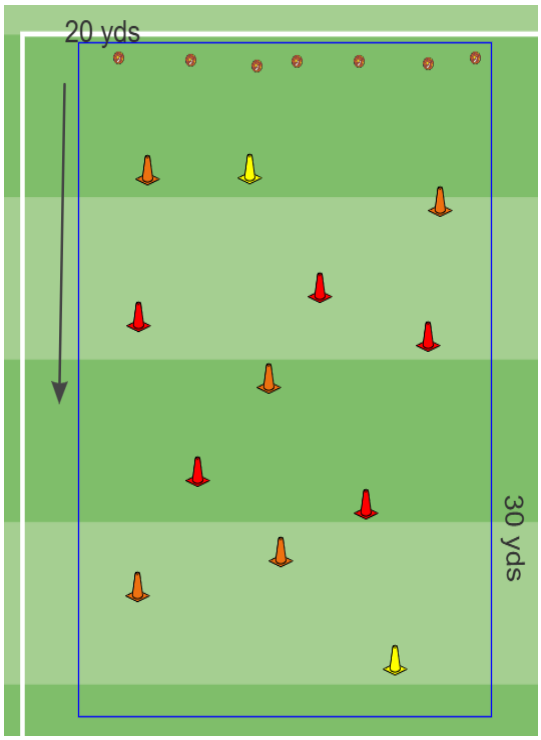


Learning Activity	dribbling
Objective	ball control
Activity Description	
Start by asking players- “What colors are on a stop light?”, “What does a green light mean?”, “What does a yellow light mean?”, “What does a red light mean?” Players start on a shorter side of the field then race to the opposite short side of the field. A coach (or player) stands in the middle of the field and calls out “Red Light” or “Yellow Light” or “Green Light” Red Light= Stop Yellow Light= Slow motion dribbling Green Light = Dribble fast but controlled Coaching Point: How to dribble the ball. Control the ball while running fast. Stop the ball when “Red Light” is called.	
# of Players	all
Size / Shape of Field	20 x 30 yds
Duration:	8 mins
Set and Repetition	
Coaching Interactions:	
What:	
When:	
How:	How to dribble the ball. Control the ball while running fast. Stop the ball when “Red Light” is called.

Coaching Considerations:

Mobility: no ball, buddy carries the ball
Recreational: give players more time in between calling different colors
Modified: use colored (red, yellow, green) pinnies or cones along with calling the colors
Competitive: only use colored (red, yellow, green) pinnies or cones instead of calling the colors so the athletes must get their heads up while running
Other:

Volcanos



Learning Activity	Dribbling
Objective	How to dribble the ball. Control the ball while running.

Activity Description

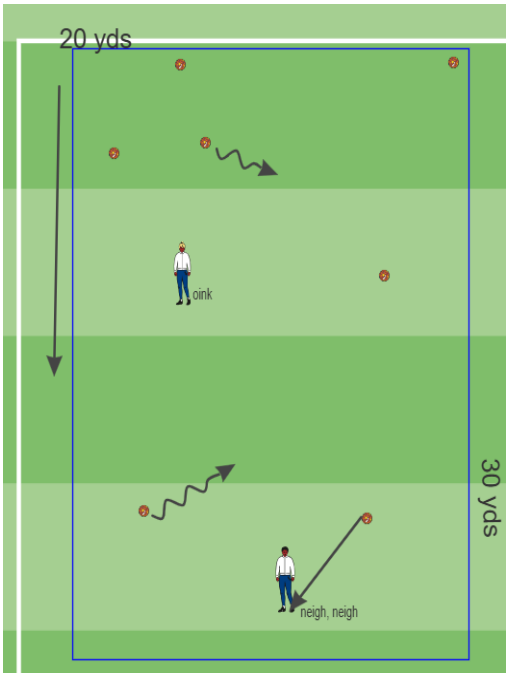
Ask players- “Do you know what a volcano is?”, “Are volcanos hot or cold?”
Tell the athletes the tall cones are burning hot volcanos! We need to dribble around them, so we don’t get burned.
Be sure all athletes know the boundaries (can’t go outside blue cones)
Players start on one side of the grid with a ball and try to dribble from one end to the other without touching or knocking over burning hot volcano cone.
First time through dribble slow.
Increase speed if possible.

# of Players	8
Size / Shape of Field	20 x 30 yds marked by same color disc cones
Duration:	8 minutes
Set and Repetition	
Coaching Interactions:	
What:	
When:	
How:	

Coaching Considerations:

Mobility:	no ball, buddy carries the ball, adjust size of space
Recreational:	give players more space
Modified:	adjust size of space, adjust number of players in space
Competitive:	add a ‘defender’ (buddy or coach) who tries to kick athlete’s ball out, tries to shield players forcing them to dribble in a certain direction.
Other:	

Get the Coach



Learning Activity	
Objective	How to dribble the ball. Control the ball while running. Get head up while dribbling. Kick with inside of foot (when kicking the ball at the coach).

Activity Description

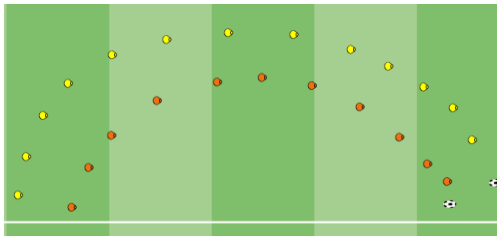
Each player has a soccer ball.
Start by asking athletes- "who has a pet?", "What's your favorite animal?", "What sound does a _____ (choose one of the animals names) make?"
Be sure all players know the boundaries, can't go outside the blue cones.
Players dribble around the grid and try to hit the coach (I usually pick high school buddies to be the "coach") below the knee with their ball.
If the coach gets hit, they then must imitate whatever animal the player says. Play does not stop, keep the players and coaches moving and the animal noises coming!
The coach tries not to get hit but also allows themselves to get hit. Be silly and fall, jump, dive to try not to get hit, etc.

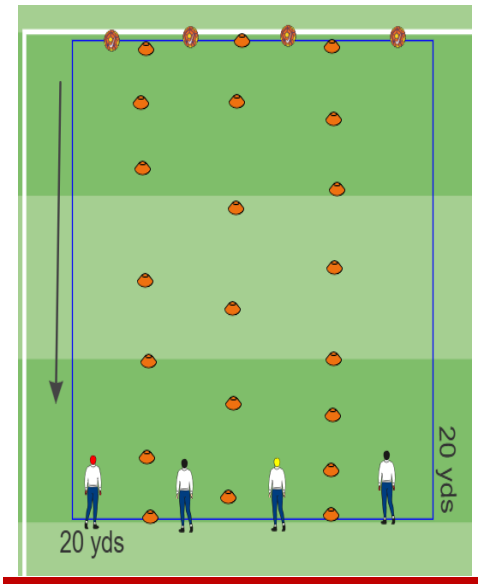
# of Players	all (can do in small group if desired)
Size / Shape of Field	20 x30 yds
Duration:	8 mins
Set and Repetition	
Coaching Interactions:	
What:	
When:	
How:	

Coaching Considerations:

Mobility:	adjust size of space, buddy kicks the ball, allow athlete to throw ball
Recreational:	adjust size of space, adjust number of coaches
Modified:	adjust number of coaches, allow athlete to throw the ball
Competitive:	use fast high school aged buddies with great agility as "coaches", have athlete count how many coaches they hit in given time
Other:	More than 6 players= have multiple people serve as "coach" getting hit by balls More than 8 players enlarge grid

Race Car Passing





Learning Activity	Passing
Objective	Improve passing and communication between buddies and athletes using a fun, race car-themed activity.

Activity Description

Set up multiple cone lanes side-by-side to act as "racetracks." Each buddy-athlete pair becomes
a "race car team."

- The athlete starts at one end of the track and passes the ball to their buddy.
- The buddy then dribbles to a marked checkpoint, stops, and passes it back.
- Each successful pass advances their “car” forward down the track.
- First pair to cross the finish line (or most passes in time limit) wins.
- Can also add sound effects, pit stop stations for a refuel or break
- Add extra to do points for extra bonus points

# of Players	Minimum 4 pairs (8 players total); scalable to your group size
Size / Shape of Field	20x20 yds
Duration:	15 mins
Set and Repitition	

Coaching Interactions:

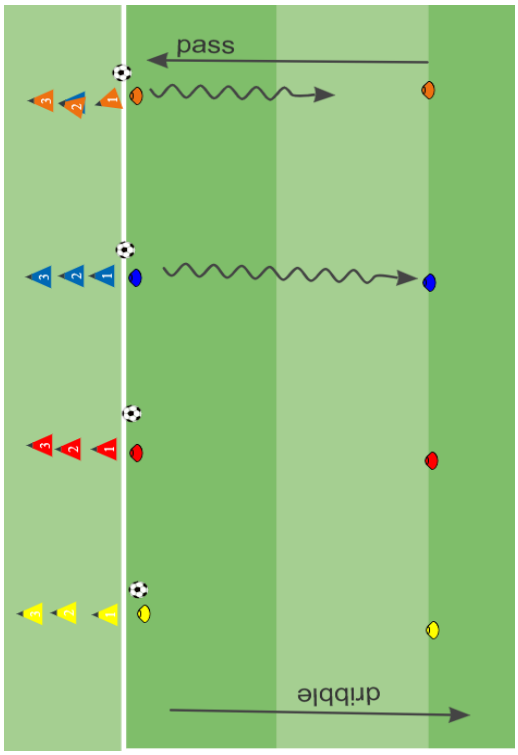
Encourage verbal and visual communication between buddies and athletes.

- Use the correct passing technique-inside of the foot, try to keep your eyes up.
- Emphasize fun.
- Have each group keep score for their team

Coaching Considerations:

Mobility:	Adapt lanes based on athletes' movement needs; allow walking, wheeling, or assisted movement.
Recreational:	Keep emphasis on teamwork and fun over speed or competition.
Modified:	Use larger or softer balls; shorten the lanes; simplify steps to boost confidence and success.
Competitive:	For those that need more of a challenge add timers, point systems, or relay-style races
Other:	

Dribble and Pass Relay



Learning Activity	
Objective	develop basic ball control, dribbling, and passing skills while promoting teamwork and inclusion.

Activity Description

Players take turns dribbling the ball from the start line to a cone marker (about 10 yards away), then pass the ball to the next teammate waiting at the start line. Teams compete to complete the relay first. Adaptations can be made to accommodate all ability levels.

# of Players	6 to 12 players (divided into 2 to 4 teams of 3 players each)
Size / Shape of Field	approx 20 x 30 yds (half a small-sided soccer field or a quarter of a full field)Use cones or markers to set boundaries and relay stations
Duration:	15 minutes
Set and Repetition	

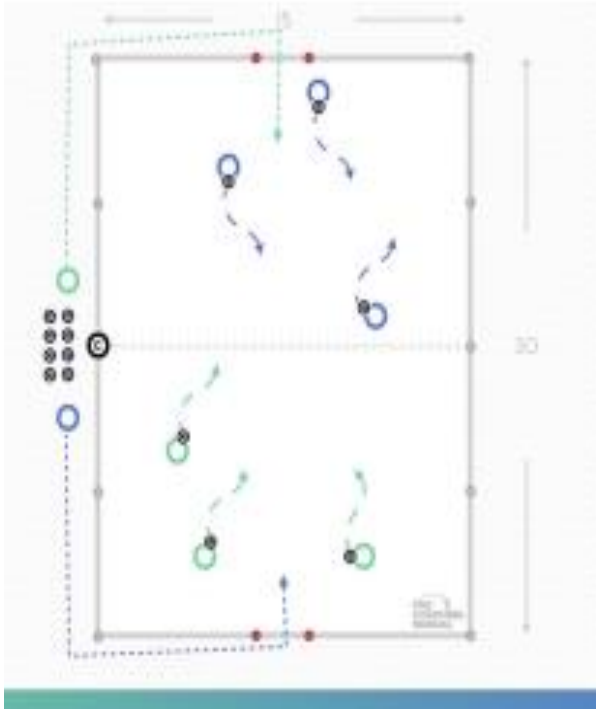
Coaching Interactions:

Keep the ball close while dribbling
- Use the inside of the foot for controlled passes
- Encourage communication and cheering teammates on
- Maintain safe spacing between players
- Emphasize fun and participation over competition

Coaching Considerations:

Mobility:	Use larger, lighter balls; allow players to roll the ball instead of dribbling; shorten distances if needed
Recreational:	Allow walking pace; offer assistance with ball control; focus on participation rather than speed
Modified:	Use visual or auditory cues to assist players; simplify rules, such as no time pressure
Competitive:	For those that need more of a challenge, add scoring for successful passes and dribbles.
Other:	Use different color cones for those that may need additional visual

Ball Mastery and Dribbling Skill Practice

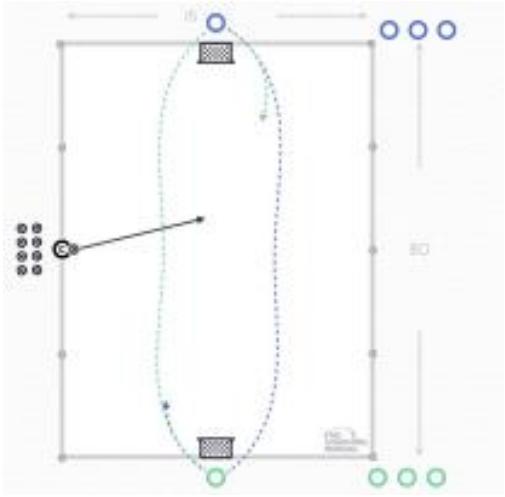


Learning Activity	
Objective	protecting the ball, turning and dribbling
Activity Description	
Set up the areas as seen with 3 players with a ball in two boxes and 2 players from each team standing next to the coach. On command the players next to the coach run around the area and through the red gates to try and take the ball off one of the 3 opposition players in their area. They have 30 seconds to try and get hte ball. If they take the ball off one of the players and dribble it through the red gate, they get one point for their team. If the 3 players keep the ball and not lose it, they get one point for thier team. If the attacker goes out of the area, they automatically give a point to the opposition team. After 30 seconds, swap. One of the defenders for one ofh te players on the ball so all the players have the opportunity to defend.	
# of Players	8
Size / Shape of Field	10 balls 8 bib 15 cones 30x15 area
Duration:	10
Set and Repetition	
Coaching Interactions:	
What:	awareness, beat the player moves, protecting the ball, protecting the ball, turning and dribbling
When & How	Players need to be aware of where the defender is when coming through the gate in relation to their position in the square. When a defender is close, encourage players to use ball mastery skills to move the ball away from the opposition, If they are under pressure, encourage players to protect the ball by getting their body in between the ball and the defender. Players need to use dribbling and turns to get away from the defender and find space to maintain possession.

Coaching Considerations:

Mobility:	
Recreational:	
Modified:	
Competitive:	to make it more challenging, 2 players from each team go to defend with 2 players from each team with a ball in each box
Other:	

Ball Mastery and Dribbling 1v1 Race

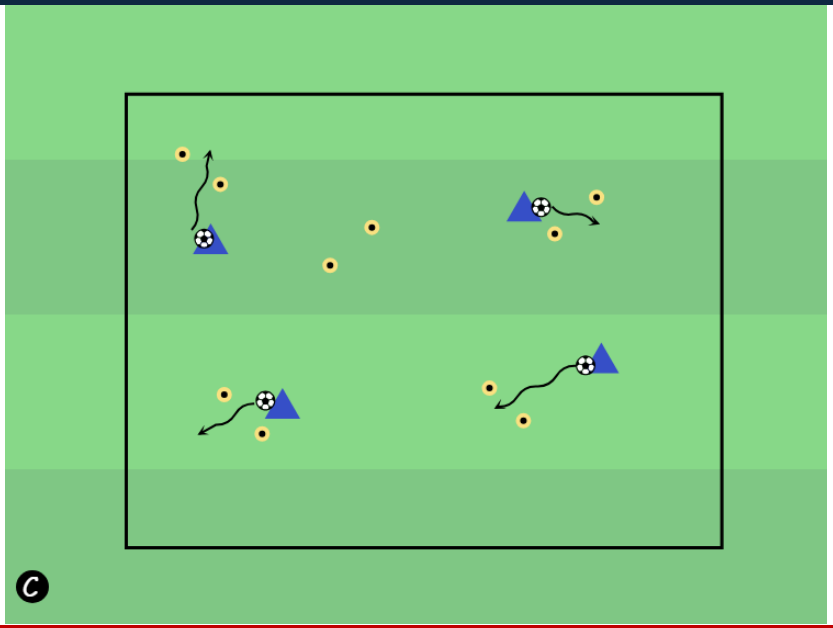


Learning Activity	
Objective	
Activity Description	
set up area as seen in the picture with one player from each team standing behind the goal. On Coach's call, players race and run around the opposite goal and into the area. The first player around the goal, the coach rolls the ball to so they can start their 1v1 against the defender. they players score in teh goal that they were stood behind. Once the ball is out of play or a goal is scored, the next two players begin the practice standing behind the goal.	
# of Players	8
Size / Shape of Field	10 balls , 8 bibs, 10 cones, 20x15 area
Duration:	15 mins
Set and Repetition	
Coaching Interactions:	
What:	Awareness, beat the player moves, dribbling
When & How	Players need to be aware of where the defender is when they receive the ball by getting their head up. To beat the defender in the 1v1, the attacker needs to use ball mastery moves to beat the opposition. Encourage players to have close control of the ball so they don't lose it and be in a position to dribble into space or at the defender to get by them.

Coaching Considerations:

Mobility:	
Recreational:	
Modified:	
Competitive:	
Other:	To make it more challenging, 2 players can run around the goal at the same time, players can score in any goal to encourage turning.

Through the Gate

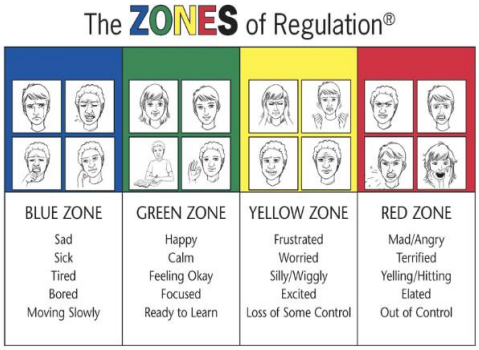


Learning Activity	Non Game Form
Objective	dribbiling
Activity Description	
players dribble through gates in a large square; increase difficulty per group or players	
# of Players	16
Size / Shape of Field	15x15 yards
Duration:	10 minutes
Set and Repitition	4x2 minutes
Coaching Interactions:	
What:	focus on different technique each set
When:	before start and each set
How:	demostrate, confirm understanding

Coaching Considerations:

Mobility:	
Recreational:	focus on positive touches on the ball
Modified:	possible secondary square
Competitive:	try to get through more gates next round
Other:	

Zones of Regulation

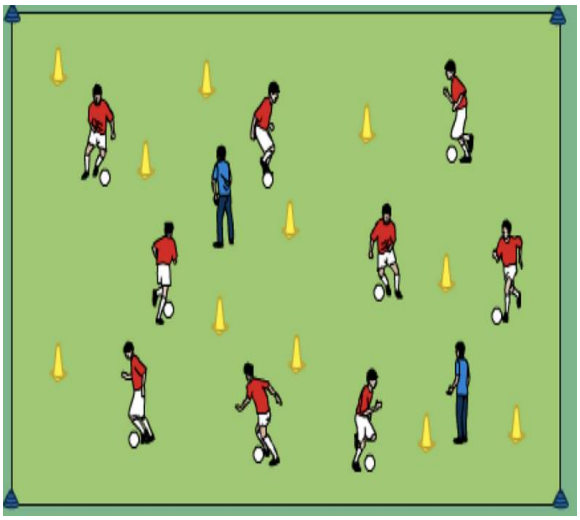


Learning Activity	Non Game Form
Objective	Social emotional learning and communcation
Activity Description	
Players and their buddies will dribble to a colored cone (blue, red, yellow, green), once there player will practice a soccer stop and then with buddy identify at least 1 feeling for the zone color. For example: player dribbled to red cones and would express that in the red zone they could feel mad.	
# of Players	all
Size / Shape of Field	half of the field
Duration:	10 mins
Set and Repitition	3x
Coaching Interactions:	
What:	Singal when players can move and stop
When:	after it seems like all players have identified a feeling
How:	Can walk around and ask players/buddies and also have buddies give a thumbs up whent their group is done

Coaching Considerations:

Mobility:	Dribble the ball to cones and stop
Recreational:	buddy gives prompts/ examples fo feelings
Modified:	have print out of zones to support players
Competitive:	player identifies feeling and 1 strategy to help them when they are feeling that way
Other:	

Cone Knock Over

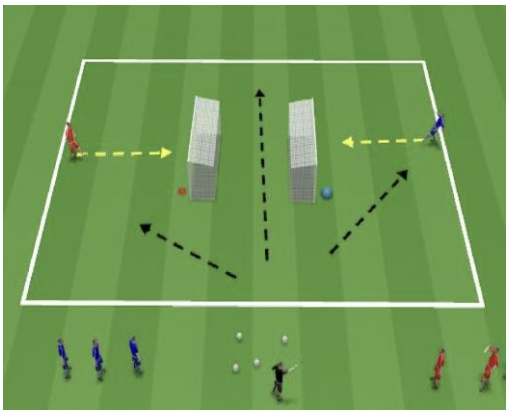


Learning Activity	Non Game Form
Objective	Speed,accuracy and environmental awareness
Activity Description	
With cones set up around the field, have buddies vs players in this game. Players need to dribble the ball to a cone kick the ball to knock over the cones with the goal of knockign all cones over. However, buddies will be tasked with going around and picking up cones, encourage players to continue to scan the environment	
# of Players	all
Size / Shape of Field	full
Duration:	5 mins
Set and Repitition	2x
Coaching Interactions:	
What:	Singal when players can begin and when to end
When:	After 5 mins
How:	Timer will go off, provide verbal and visual stop signals

Coaching Considerations:

Mobility:	dribble and kick the ball
Recreational:	
Modified:	Buddies pick up cones slower, use half the field intead of full
Competitive:	Have players keep track of how many cones they knock over
Other:	

Back to back goals



Learning Activity	Non Game Form
Objective	
Activity Description	
Placing the goals back to back with a slgiht space inbetween. Rotate 3x3 players in at a time, working on players passing to team mates and communicating to each other. Also pratice in listening to the coach and being able to stop playing and rotate out	
# of Players	all
Size / Shape of Field	full
Duration:	15-20 mins
Set and Repitition	1-2x
Coaching Interactions:	
What:	Rotate players in and out
When:	~ every 3 mins
How:	Signal to players (yell, bell, horn, whistle, flashlight)

Coaching Considerations:

Mobility:	body awarenss
Recreational:	have all players stop and roate in/out
Modified:	Visual and verbal signal, warning when to tranisiton
Competitive:	have 1-2 players rotate at a time
Other:	

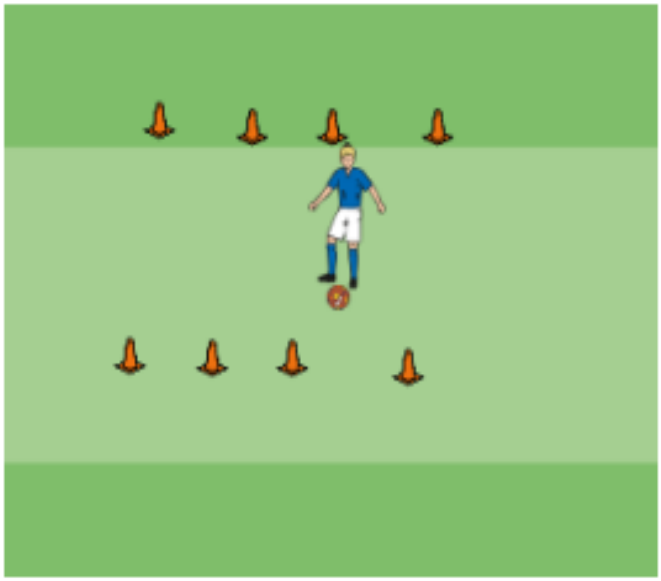
Cone Knockdown and Setup

Learning Activity	Non Game Form
Objective	
Activity Description	
Set up tall cones (use lots of colors). Have players Dribble around and if they see a cone standing upright, knock it over. If it is on it's side, stand it upright with your foot. Varitions: Assign colors to players, knock over all the blue cones, teams, etc. When they get to the edge of the area, encourage use of pullback to change directions	
# of Players	all
Size / Shape of Field	random area based on need
Duration:	10 minues
Set and Repitition	3x3, encourage improvement each one
Coaching Interactions:	
What:	Instructions and demonstration
When:	Start
How:	Show and tell

Coaching Considerations:

Mobility:	Use hands if needed, instruct buddies
Recreational:	Count Number of Cones hit, Stop 1/3 way through ask them, tell them this time do more
Modified:	Lots of modifications
Competitive:	Teams, races, who can get all their cones first
Other:	

Pull Back



Learning Activity	Skill: Pull Back Move
Objective	Learn to do a pull back
Activity Description	
Set up 2 lines of cones. Player line up and do a pull-back, teach them how. Hand out stickers when they do it right. Have them do it lots of time back and forth. Keep handing out stickers as they do it well/faster. Encourage them to speed up as they start to master the skill. Go back and forth between the lines of cones, slowly to start and speed up as needed.	
# of Players	10-Jun
Size / Shape of Field	2 lines, as long as needed
Duration:	5-10 Minues
Set and Repitition	Just once
Coaching Interactions:	
What:	Demonstrate the move and reimforcement
When:	Start and throughout
How:	Line up and show them

Coaching Considerations:

Mobility:	Players can use other movements, buddies help. Progress not perfection
Recreational:	Emphasis on correctness over speed
Modified:	Increase or decrease space as needed
Competitive:	Emphasis on speed and correctness
Other:	

Knockout

Learning Activity	Non Game Form
Objective	

Activity Description

Set up a square, player enter square with the ball and have to dribble around without getting knocked out. Coaches walk around and try to knock the players out, Players do a pull-back to get away from coaches. Once a player gets knocked out they become a defender. Keep going until until one is left then restart.

# of Players	6 to 10
Size / Shape of Field	Square size varies by players
Duration:	15 minutes
Set and Repitition	3-4 games

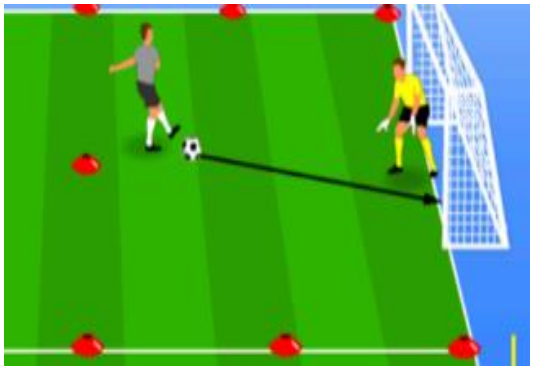
Coaching Interactions:

What:	Instruction and playing, handing out stickers
When:	Start and during
How:	Show and tell

Coaching Considerations:

Mobility:	Have buddies help when needed
Recreational:	Coaches Defenders, reward the skill
Modified:	Lots of modifications
Competitive:	Players knock each other out, coaches watch
Other:	

Kicking with the proper part of foot

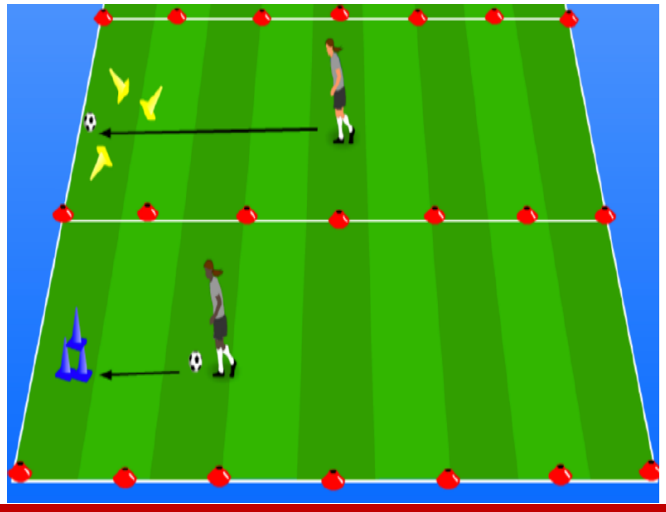


Learning Activity	Non Game Form
Objective	pass/score goal, correct kicking
Activity Description	
1.Players stay in their grids and shoot on goal 2.Buddy plays keeper 3. Once successful, move back and try again 4. Encourage proper passing/shooting technique 5. Play for a few minutes and start over	
# of Players	2
Size / Shape of Field	Small, 4x3 goal
Duration:	5 minutes
Set and Repitition	as needed
Coaching Interactions:	
What:	Help athlete- Kicking/ passing with proper parts of feet
When:	Toe kicking observed
How:	Demonstrate foot placement and kick style in slow motion

Coaching Considerations:

Mobility:	Decrease distance from goal
Deaf/HOH	Demonstrate, check for understanding, hands up when exercise is over
Intellectual/learning disability	Model behavior in slow sequences
Blind/sight impaired	Shorter distance Buddy stands behind goal, calls athlete to help with direction
Competitive:	Use non-dominant foot
Other:	

Soccer bowling

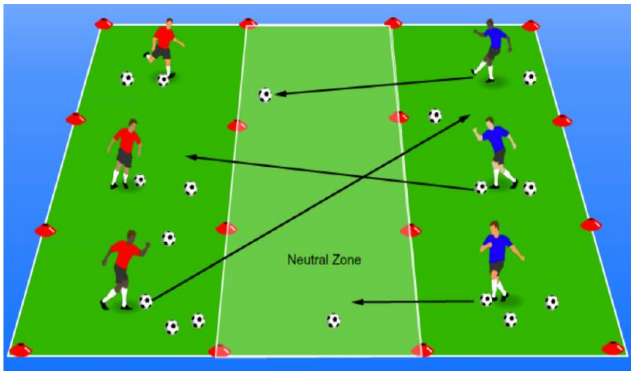


Learning Activity	Non Game Form
Objective	Knock over cones
Activity Description	
Kick ball into cones. Simulates accurate passing/shooting. Attempt to knock over cones in one shot.	
# of Players	1
Size / Shape of Field	small area
Duration:	3-5 min
Set and Repitition	as needed
Coaching Interactions:	
What:	Help athlete with aim/ execute kick accurately
When:	if athlete misses/ does not understand
How:	Model foot placement and kicking foot angle

Coaching Considerations:

Mobility:	Start static, try from a walking pace
Deaf/HOH	Demonstrate, check for understanding, hands up when exercise is over
Intellectual/learning disability	Model behavior in slow sequences
Modified:	Move closer or further from cones
Competitive:	Add another athlete as a defender
Other:	

Clean up the yard

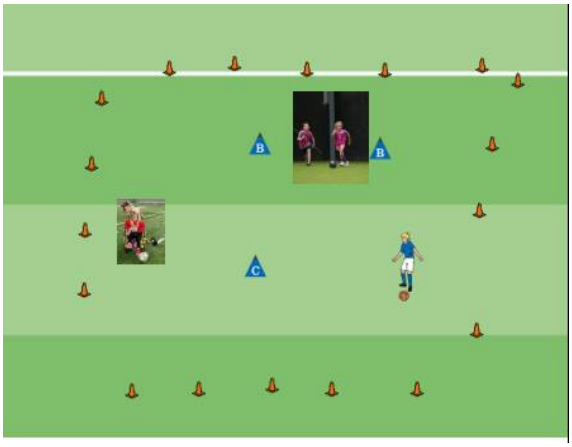


Learning Activity	Non Game Form
Objective	Quickly pass or shoot to keeps balls out of your zone
Activity Description	
1. Players stay in their grids (yard) 2. Players on one side try to send balls to the other side 3. Only the coach is allowed in the Neutral Zone 4. Encourage proper passing/shooting technique 5. After a set time, the team with fewer balls wins Buddies retrieve out of bounds balls and put them back in nearest zone	
# of Players	Varies, set up by pairs
Size / Shape of Field	Varies per number of pairs
Duration:	1-2 minutes
Set and Repitition	As needed
Coaching Interactions:	
What:	Help athlete- Kicking/ passing with proper parts of feet
When:	Incorrect form or accuracy
How:	Demonstrate foot placement and kick style in slow motion

Coaching Considerations:

Mobility:	Make grid sizes larger, distances longer
Deaf/HOH	Demonstrate, check for understanding, hands up when exercise is over
Blind/sight impaired	Buddy protects player from shots smaller/closer grids buddy stands in opposing grid, calls to athlete to aid direction
Intellectual/learning disability	Model behavior in slow sequences buddies can assist
Competitive:	Add defender(s) in neutral zone Mismatched number of players per side
Other:	

Title - Name of Game



Learning Activity	Change of Direction
Objective	Be the last one with the ball
Activity Description	
Set up a square grid area using cones. All players start inside the square with a ball. Players must dribble around the area, keeping control of their ball and avoiding defenders. Coaches (or designated defenders) walk around inside the square, trying to knock players' balls out of the area. Players can use a pull-back move or other turns to evade the coaches. If a player's ball is knocked out, they become a defender and help knock out the remaining players. The game continues until only one player is left , they are the winner. Reset and play again. do for 7 minutes	
# of Players	8-10
Size / Shape of Field	half court
Duration:	7 minutes
Set and Repitition	
Coaching Interactions:	
What:	Give Instruction
When:	beginging
How:	Show them and have another player demonstrate it with you!

Coaching Considerations:

Mobility:	Have buddies assist or takeover
Recreational:	
Modified:	Play a smaller game with buddy if big group is too much
Competitive:	you want to be the one to win and get a prize
Other:	

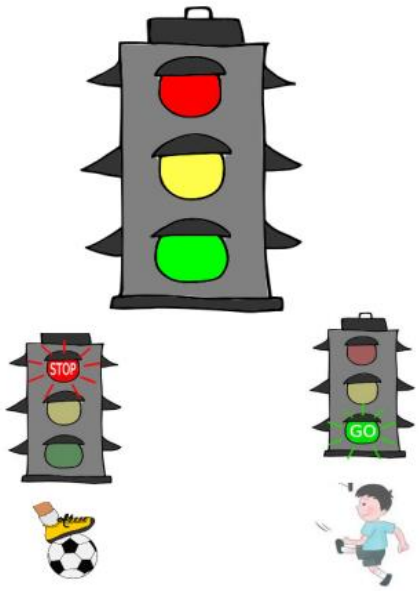
Sharks and Minows

Learning Activity	Ball Control and speed
Objective	Be the last Minnow standing
Activity Description	
Whoever won Knockout is the shark first. They will be in the middle and say minnows in water everyone else will try to dribble to the other side without getting tagged. If tagged you will be a shark until everyone is tagged but 1. Repeat if there is time.	
# of Players	8-10
Size / Shape of Field	half court
Duration:	7 minutes
Set and Repitition	ideally 2
Coaching Interactions:	
What:	Give Instruction and be a shark in round 1
When:	begining
How:	Give them direction then tag in round 1 with the single shark.

Coaching Considerations:

Mobility:	If A player cant be the minnow let them be a shark 2 its less moving around
Recreational:	
Modified:	have buddy kick the ball for player
Competitive:	You want to be the last one standing
Other:	

Red Light Green Light

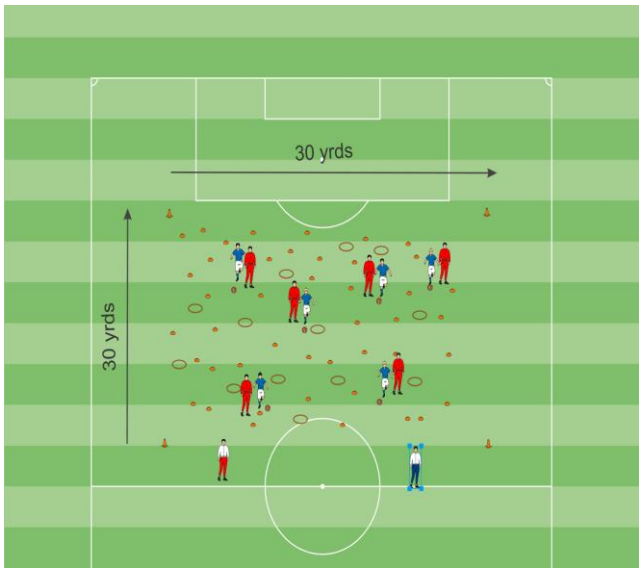


Learning Activity	Ball control and forward kicking
Objective	Not get out
Activity Description	
Players will line up on baseline. Players will have their ball big kicks when they hear green, little slow kicks when they hear yellow and stop when red.They will playe for 10 minutes!	
# of Players	8-10
Size / Shape of Field	half court
Duration:	10 minutes
Set and Repitition	ideally 3 rounds (down and backs)
Coaching Interactions:	
What:	Call out the colors
When:	Whole Game
How:	Bein g in the middle and speaking the colors

Coaching Considerations:

Mobility:	A player can do it in a smaller box so its less movement
Recreational:	
Modified:	have the buddy and them take turns
Competitive:	you want to not move
Other:	

Finding Nemo

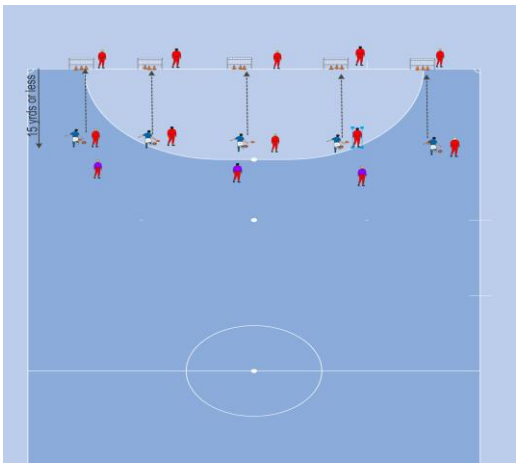


Learning Activity	Non Game Form
Objective	Grab/dribble into dots/rings
Activity Description	
The goal is to "swim"/dribble through the mines/cones to find nemo. Nemo are the dots and the goal for the players is to move through the cones and grab/dribble over the dots to save Nemo!	
# of Players	6-8
Size / Shape of Field	30 by 30 or 20 by 20
Duration:	12 mins
Set and Repitition	2 sets of 5 mins
Coaching Interactions:	
What:	Every time a player gets a nemo or saves nemo being supportive
When:	Every time a player gets a nemo or saves nemo
How:	Either with our hands, body, or voices celebrating however they perfer.

Coaching Considerations:

Mobility:	Allows for them to go at their own pace and move in a tight space without worrying about overexerting themselves since its not to tight.
Recreational:	Is for fun and there is no competition between each other unless the players themselves want to.
Modified:	If a player in a wheelchair or someone with limited mobility give them more space and give them more nemos closer to them.
Competitive:	Can be competitve but is more against themsevels. Try to save more Nemos then the time before
Other:	

Free the goal

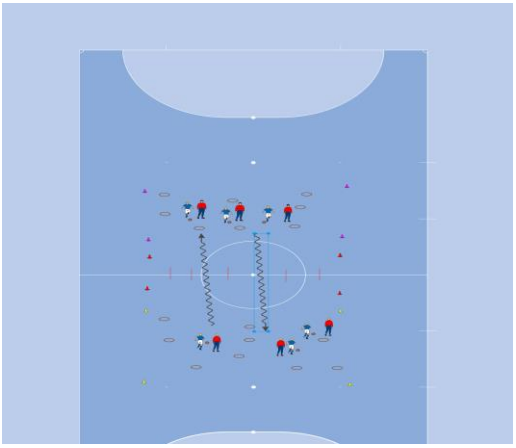


Learning Activity	Non Game
Objective	To work on shooting mechanics and shooting on a goal
Activity Description	
We are trying to free the goal. The cones are like bars keeping the goal closed. The goal is to knock down all tha bars so you can score all the goals you want.	
# of Players	5-10
Size / Shape of Field	15 yards or less/more
Duration:	10 mins
Set and Repitition	10 mins 1 set
Coaching Interactions:	
What:	Where are we aiming and what is our goal. And celebrating
When:	At the start of the activity and during the activity
How:	Talking and showing them excatly what their goal is and with our voices, bodies and actions!

Coaching Considerations:

Mobility:	Works on mobility with shooting and taking steps.
Recreational:	Shows them to have fun with shooting the ball and no competition
Modified:	If the need to be closer or father away we can adjust that for them.
Competitive:	Can be made a competition to see how many they can get in a certain amount of time.
Other:	

Cross the river

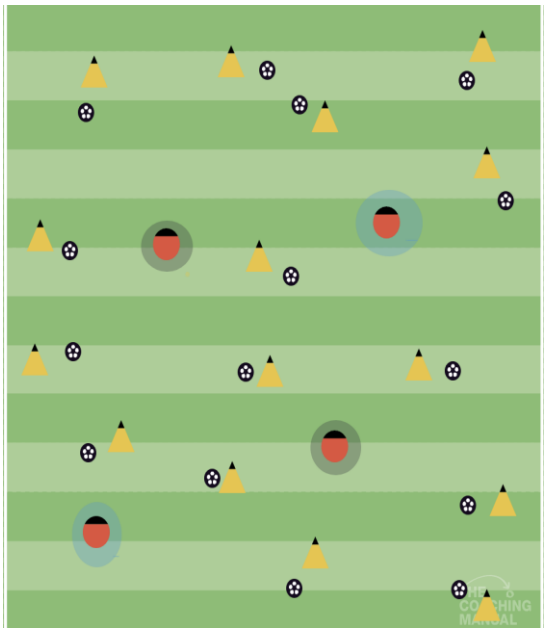


Learning Activity	Non Game
Objective	Working on dribbling technique and mechanics
Activity Description	
The goal is to go across the river to grab a dot or cone and bring it back to their side! Trying to work on dribbling and not run into the big monsters in the middle.	
# of Players	6-8
Size / Shape of Field	35 ft by 30 ft
Duration:	12 mins
Set and Repitition	2 sets of 5 mins with two minute reset time.
Coaching Interactions:	
What:	Eyess up, dribble not into the tall poles, dribble and find the rings/dots and bring them back to your side
When:	At the start and during the activity
How:	With my body actions and my voice.

Coaching Considerations:

Mobility:	Space the cones futher apart and create more space
Recreational:	
Modified:	Provide ASL or visual signs
Competitive:	If some are more advanced add more obstaculs.
Other:	

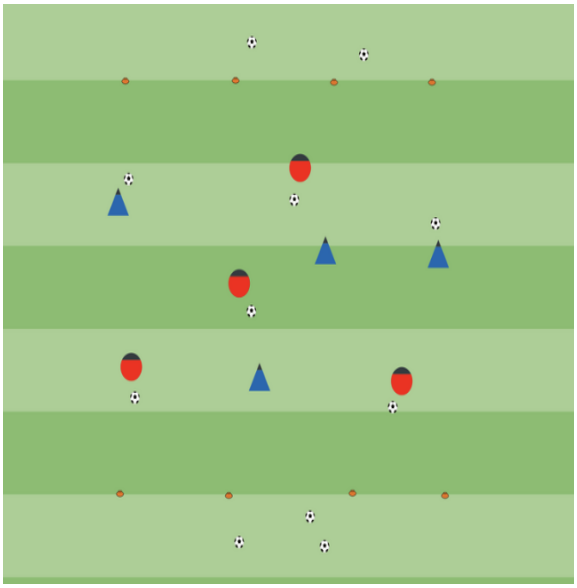
Octopus Tag



Learning Activity	Non Game Form
Objective	Improve agility/ ball control
Activity Description	
Coaches or Buddies are outfitted as "octopi", made by attaching pool noodles between hula hoops. Players (fish) must dribble to avoid being tagged by an octopus. If tagged, players sit with hands in the air as seaweed, until another fish comes by and tags them back into the game.	
# of Players	15
Size / Shape of Field	20x20
Duration:	10 min
Set and Repitition	5min x 2
Coaching Interactions:	
What:	Encourage awareness ("do you see an octopus"). Display ways of avoiding being tagged (feinting, turning, changing speed).
When:	Buddies can model techniques. Check in with players for understanding, wellness, and to challenge.
How:	Demo what happens when you're tagged and ways to avoid being tagged.

Coaching Considerations:	
Mobility:	Adjust space to accomodate assistive devices if needed. Buddies may assist with devices. Ensure player is using properly sized ball. Activity may be done with or without a ball.
Recreational:	Emphasize feints and changing speed to avoid being tagged.
Modified:	Instead of having players be tagged back in after becoming seaweed, they may become jellyfish and work with the octopi to "sting" other players.
Competitive:	Emphasize feints and changing speed to avoid being tagged.
Other:	This is a fun twist on tag; though it does take specialized equipment, it also encourages more imaginative play and creativity.

Fill the Bank



Learning Activity	Non Game Form
Objective	Improve ball control & dribbling

Activity Description

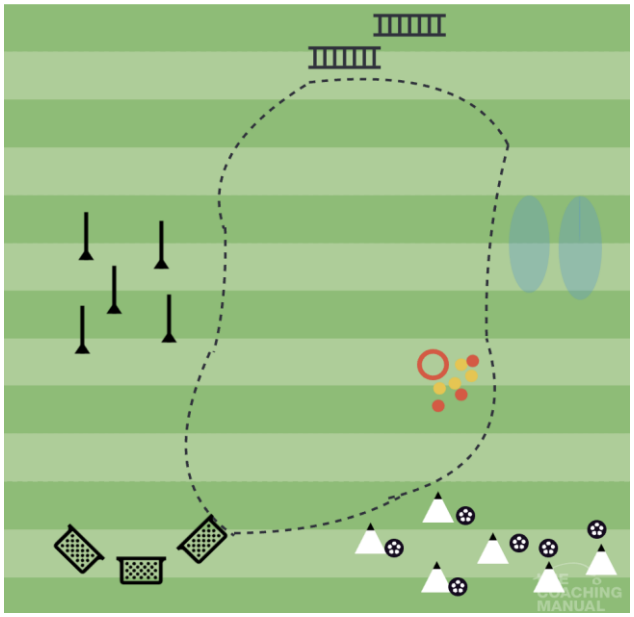
Divide into two team and create a grid that includes two end zones. Place an uneven number of balls in the end zones. Players take balls from their end zones and dribble across to place the ball in their opponent's end zone. Stealing the ball is allowed in the main grid. Play ends after a pre-determined amount of time or if all the balls are in one end zone. Progression: allow for limited passes

# of Players	15
Size / Shape of Field	15x20
Duration:	10 min
Set and Repitition	3min x 3

Coaching Interactions:	
What:	Encourage awareness to avoid other players. Maintain control while dribbling; utilize multiple surfaces of the foot.
When:	Buddies can model techniques. Check in with players for understanding, wellness, and to challenge.
How:	Demo proper dribbling technique, turns, and how to stop the ball inside the area.

Coaching Considerations:	
Mobility:	Adjust space to accomodate assistive devices if needed. Buddies may assist with devices. Ensure properly sized balls are available.
Recreational:	Emphasize feints and changing speed to avoid running into players. Ensure players are dribbling into the area, not passing/ shooting.
Modified:	Players may pass only in the middle area. Teams may designate defenders to disrupt in the middle rather than dribble the ball across.
Competitive:	Emphasize feints and changing speed to avoid running into players. Ensure players are dribbling into the area, not passing/ shooting.
Other:	Fast-paced game to challenge awareness, speed, and control.

Mario Kart



Learning Activity	Non Game Form
Objective	Improve agility/ ball control

Activity Description

Players are set at a starting line on a course that has been set up with various obstacles (tunnels, ladders, balance beams, poles, ect.) Coaches and buddies not directly assisting a player may take spots around the course providing moving obstacles (placing themselves as moving walls, tossing cones/ vests to be avoided). Players make their way around the course, dribbling/ passing through the obstacles. Finish with a shot on a mini goal.

# of Players	15
Size / Shape of Field	20x30
Duration:	10 min
Set and Repitition	5min x 2

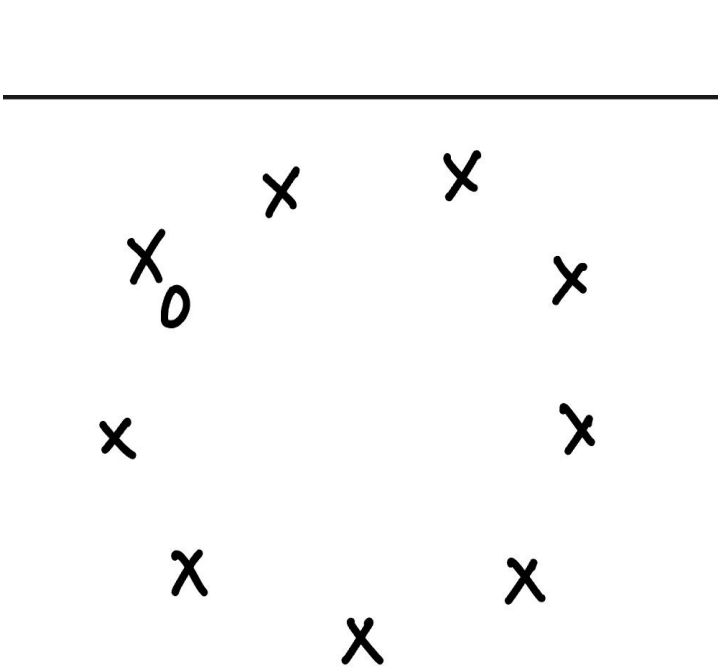
Coaching Interactions:

What:	Encourage awareness and imaginative ways of dealing with obstacles. Display of avoiding the moving obstacles (feinting, turning, changing speed) and proper dribbling techniques.
When:	Buddies can model techniques. Check in with players for understanding, wellness, and to challenge.
How:	Demo how to interact with each obstacle.

Coaching Considerations:

Mobility:	Adjust space to accomodate assistive devices if needed. Buddies may assist with devices. Ensure player is using properly sized ball. Activity may be done with or without a ball.
Recreational:	Increase the amount of obstacles. Emphasize utilizing multiple surfaces of the foot.
Modified:	Adjust width of the track. Increase/ decrease obstacles. Increase competition by making it a relay.
Competitive:	Increase the amount of obstacles. Emphasize utilizing multiple surfaces of the foot; incorporate juggling.
Other:	A fun warm up that can accomodate multiple sensory needs and competition levels.

A-Z Juggling Circle



Learning Activity	Juggling
Objective	To juggle the ball in the circle with each touch representing a letter of the alphabet until the group reaches "Z"

Activity Description

Players will gather into a circle and attempt to juggle a ball through the entire alphabet. Once a player volleys the ball back into play, another player should volley the ball agin before it hits the ground. Each successful volley counts as a letter. If the ball hits the ground the group must start over at "A". The game ends either when time is up or when the group gets to "Z".

# of Players	Minimum of 4, no maximum
Size / Shape of Field	A circle with about a 1-2 ft space between each player
Duration:	Either for time or until "Z" is reached
Set and Repitition	1 repetition, 1 set

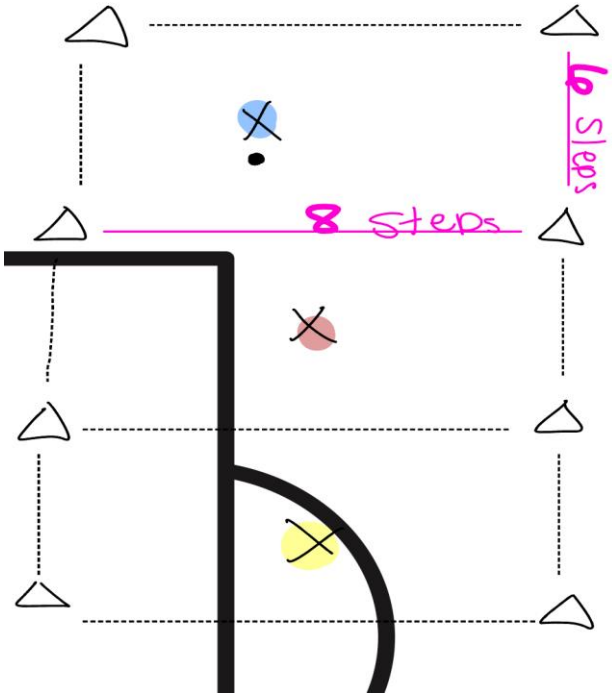
Coaching Interactions:

What:	Ensure players understand game objective and how to remain safe when a ball is in the air.
When:	Demonstrate and model game before play begins.
How:	Gather all players around in a cirlce for the playing area and walk through how the game is played as a whole group before realeasing atheltes to play.

Coaching Considerations:

Mobility:	Athletes can use their hands the ball if they are unable to use their body to keep the ball in the air.
Recreational:	Remind them to use light touches and to always be ready for a ball to come to them.
Modified:	Can use a lighter ball/balloon to allow participants more time to get under the ball.
Competitive:	Have them model the game in the beginning to show how it is supposed to be played and to get athletes excited.
Other:	N/A

Cross the River

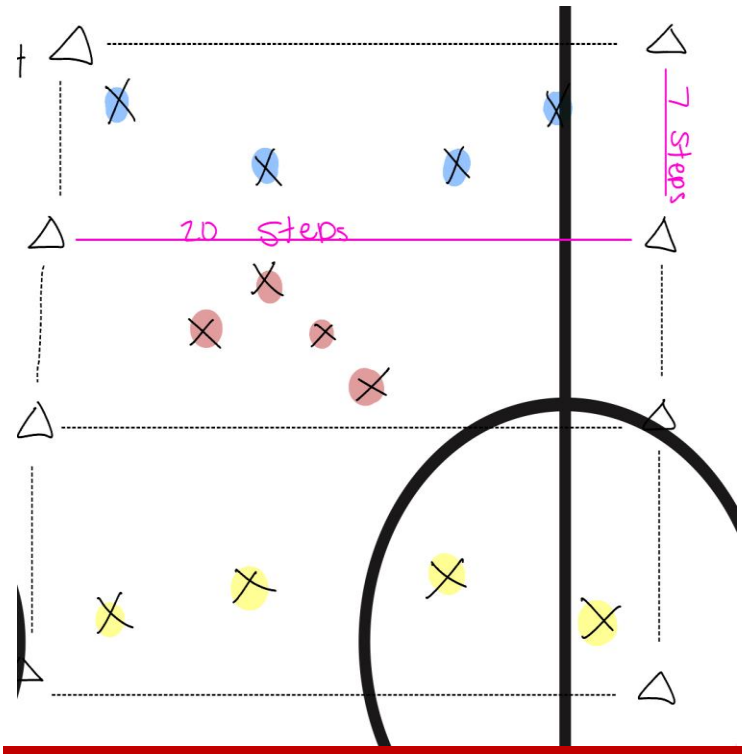


Learning Activity	Passing & Defending
Objective	Increase Defensive Skills and Speed of Passing
Activity Description	
Players are put into 3 channels alone. The player in the middle channel is trying to prevent the other two players from passing to one another. The players that are not in the middle are trying to pass to one another. Once a player on the end receieves a pass and maintains control within their channel they earn 1 point. If the defensive player stops a pass and maintains control within their channel they receive a point. Defenders trade places with offensive players at the end of each round.	
# of Players	3
Size / Shape of Field	Rectangle split into 3 equal horizontal sections
Duration:	5, 2 minute rounds.
Set and Repitition	5, 2 minute rounds.
Coaching Interactions:	
What:	Ensure players understand game objective and how to win.
When:	Demonstrate and model game before play begins.
How:	Gather all players around a playing area and walk through how the game is played as a whole group before releasing athletes to play.

Coaching Considerations:

Mobility:	Athletes can roll the ball if they are unable to pass over long distances.
Recreational:	Ensure area is big enough to allow for success.
Modified:	Can use a lighter ball to allow the ball to roll faster to defeat the defenders easier.
Competitive:	Have them model the game in the beginning to show how it is supposed to be played and to get athletes excited.
Other:	N/A

Cross the Sea



Learning Activity	Passing and Defending
Objective	Increase Defensive Skills and Speed of Passing

Activity Description

Players are put into 3 channels with their respective team. The team in the middle channel is trying to prevent the other two teams from passing to one another. The teams that are not in the middle are trying to pass to one another. Once a team on the end receieves a pass and maintains control within their channel they earn 1 point. If the defensive team stops a pass and maintains control within their channel they receive a point and trade places with the team in which they took possession from.

# of Players	Ideally 12
Size / Shape of Field	Rectangle split into 3 equal horizontal sections
Duration:	3, 3 minute rounds.
Set and Repitition	3, 3 minute rounds.

Coaching Interactions:

What:	Ensure players understand game objective and how to win.
When:	Demonstrate and model game before play begins.
How:	Gather all players into playing area and walk through how the game is played as a whole group before realeasing atheltes to play.

Coaching Considerations:

Mobility:	Athletes can roll the ball if they are unable to pass over long distances.
Recreational:	Ensure area is big enough to allow for success.
Modified:	Can use a lighter ball to allow the ball to roll faster to defeat the defenders easier.
Competitive:	Have them model the game in the beginning to show how it is supposed to be played and to get athletes excited.
Other:	N/A