

Musical Soccer

Age:	3-8 Year olds
Participants:	1+
Time:	10 Minutes
Equipment:	Speaker & music player (phone), cones, flat markers, soccer balls

Skill(s):



Dribbling



Kicking (Soccer)



Jumping



Balancing

Set Up:

- Set up a large 10m x 10 m square on a hard surface
- Place as many soccer balls out as there are children
- Coach controls the music
- Some songs we like to use are: Justine Clarke songs: Roar Like a Dinosaur, Do the Hullabaloo, Everywhere's a Dancefloor and I like to Move it from Madagascar

Note: Musical Soccer can be used for any skill focus by adjusting the activities you do when the music stops



Description:

When the music is playing the coach instructs the children to dribble the ball around the square. When the music stops all players complete a soccer challenge:

- Toe taps on ball
- Jump/ hop over ball
- Keep-ups
- Swap balls with a partner
- Dribble to a marker and back
- Shoot for goal

Variations:

- Change soccer challenges
- Add more difficult challenges

Teaching Points:

Dribbling (soccer)

- Dribbles with the inside and outside of feet
- Moves ball from one foot to the other
- Maintains even balance
- Lifts head to look around
- Arms move to assist action

