

Battleships

Age:	5-11 Year olds
Participants:	4+
Time:	10 Minutes
Equipment:	Soccer balls (enough for 1 per child), flat markers, witches hats

Skill(s):



Dribbling



Kicking (Soccer)

Set Up:

- Place a row of witches hats in middle of area
- 5 metres away on each side place a parallel row of flat markers with a soccer ball on top
- Each child starts on flat marker with a ball – half the group should be on either side facing each other



Description:

Divide group into two teams. Each team is facing each other, 10m away with a row of cones in the middle. Each player has a ball.

Coach calls the following commands:

- Destroy the battleships – kids kick balls and try to knock over cones
- Reload the missiles – kids go and retrieve balls
- Repair the battleships – players run in and fix cones up
- Enemy planes are coming – kids have to shield their ball from coach who will attempt to steal it
- Destroy the enemy planes – kids have to kick their ball at coach who will run around the area
- Change firing positions – players dribble to opposite side
- Steal the missiles- the players have to leave their soccer ball in their own half and run in to the middle and opponents area to dribble as many soccer balls back to their area

Variations:

- Move players further way from witches hats
- To start with just introduce a few of the commands and when the children have mastered this introduce more

Teaching Points:

Kicking

- Eyes on the ball
- Kicking foot like a penguin (turn it outwards)
- Step (next to the ball), swing and kick

Dribbling (soccer)

- Keep the ball close to the body
- Small, soft taps of the ball
- Use both feet

