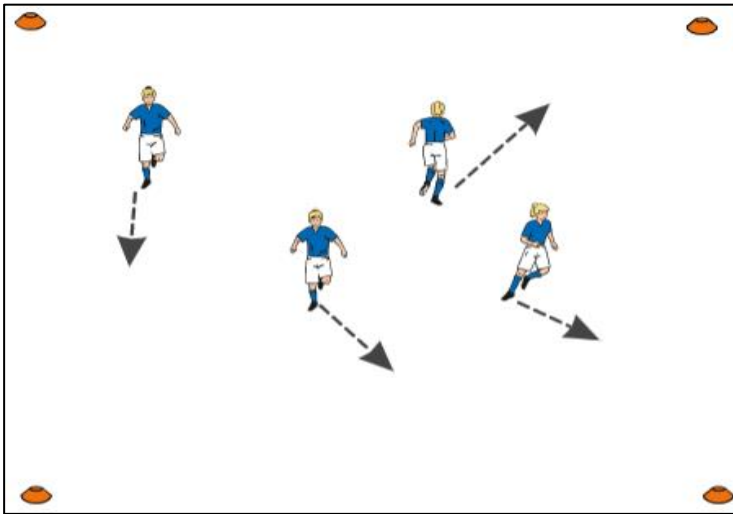


Super Mod Activities

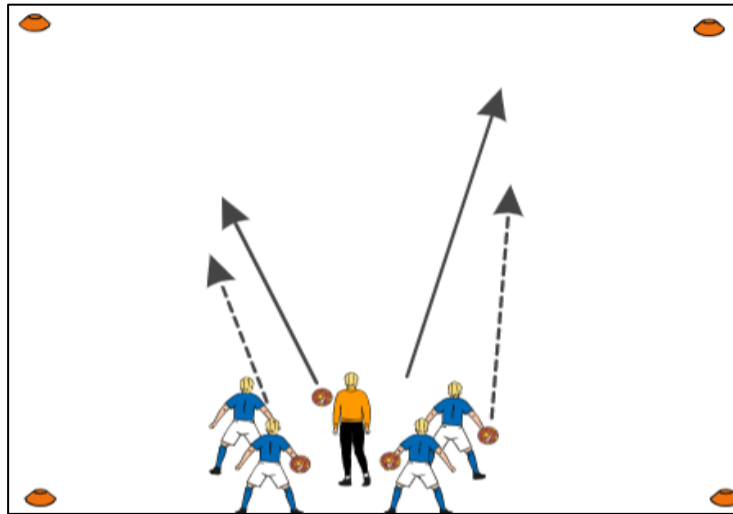
Activation Warm Up

Have players engage in different coordinated movements. Examples: Take big steps like a dinosaur, walk like a bear, crawl like a crab, skipping forward and backward, jog forward and backward, jump pretend rope, hop on one foot, etc.



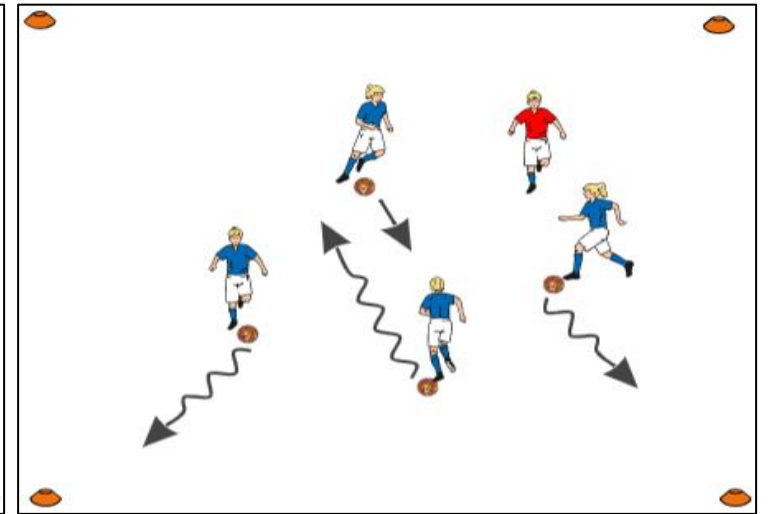
Bring it Back to Coach

A player will hand you a ball and you toss or kick it giving them an instruction on how to bring it back. Examples: Bring it back with your left or right foot, tapping, in 3 touches, doing a move, etc.



Dribble Tag

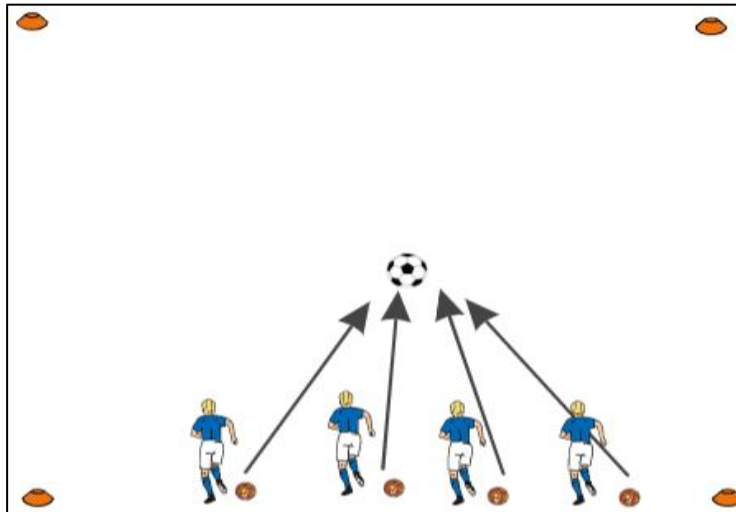
Players dribble in the area and one or two taggers attempt to tag them. You can vary the taggers with balls and without. When a player is tagged have them do 3 jumping jacks or action of your choice then they are back in. No freeze tag.



Super Mod Activities

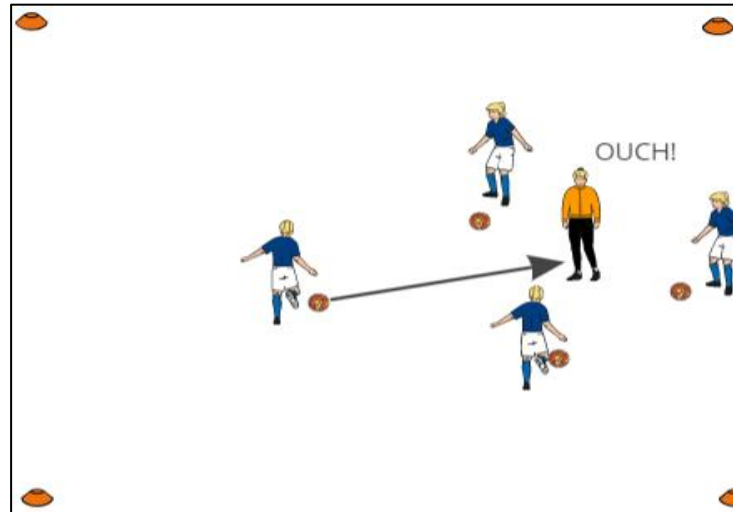
Marbles

Players line up on the end line with a soccer ball. One or two opposite color soccer balls are placed in the field. Players need to move the opposite color balls over the other end by passing their balls into it.



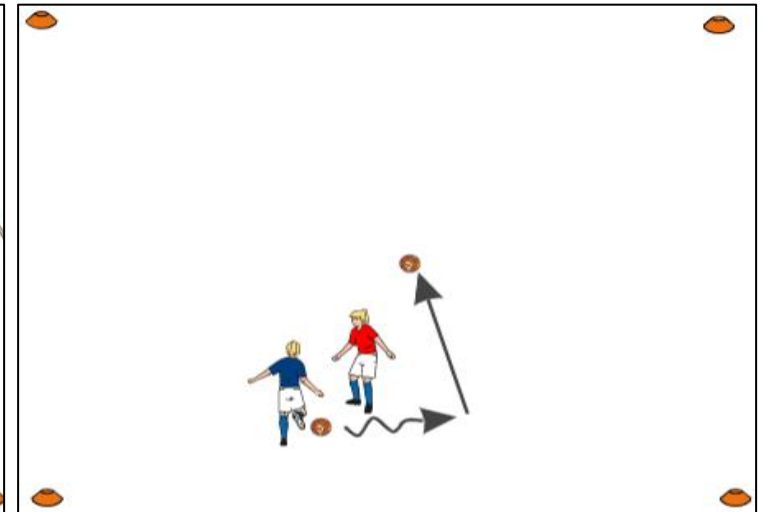
Ouch!

Each player has a ball, and the coach rotates around the field. Players try to pass their ball and hit the coach. Each time the coach gets hit they say Ouch!



Land the Space Craft

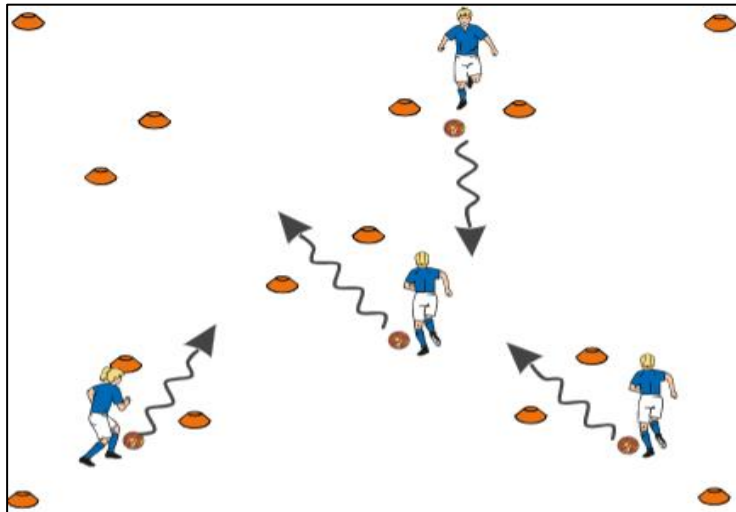
Players are in groups of two with two balls. One ball is placed on the ground as the space station and the other ball is the space craft. Players play 1v1 and try to land the space craft by passing into the space station ball.



Super Mod Activities

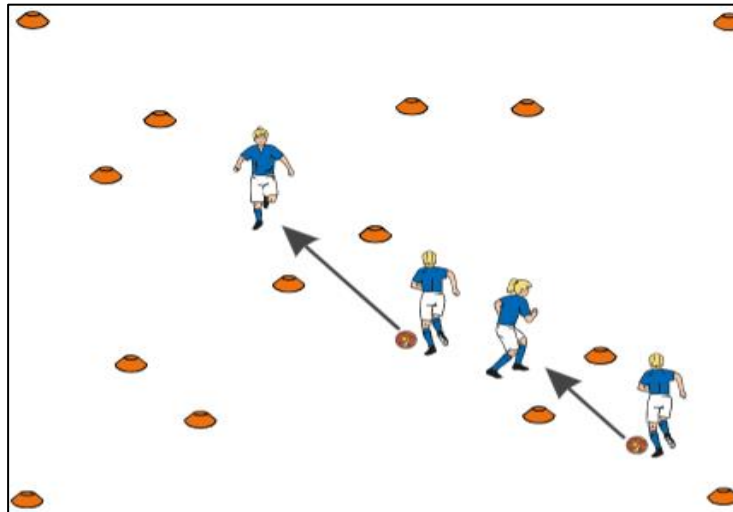
Get Through the Gates (Dribbling)

Set up gates by putting pairs of cones together approximately a yard or two wide. Have players dribble and see how many times they can get through all of the gates in 1 minute.



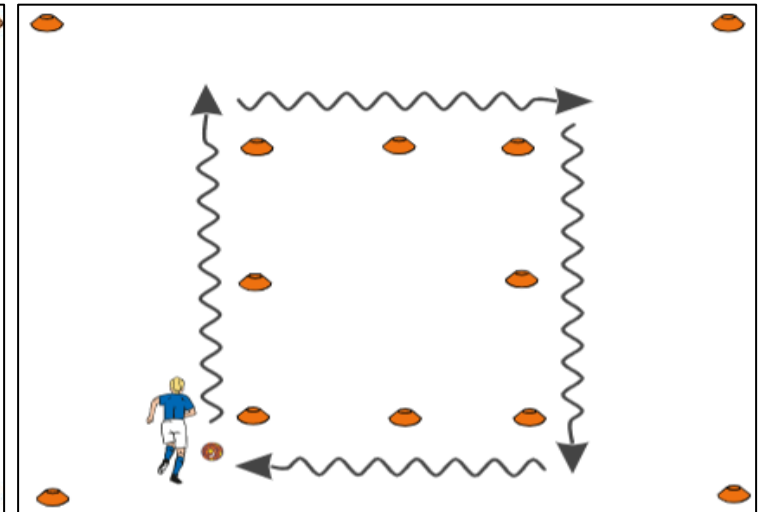
Get Through the Gates (Passing)

Same set up as the dribbling activity. Put players in groups of two with one ball. Have players pass through the gates and see how many times they can get through the gates in 1 minute.



Indy 500

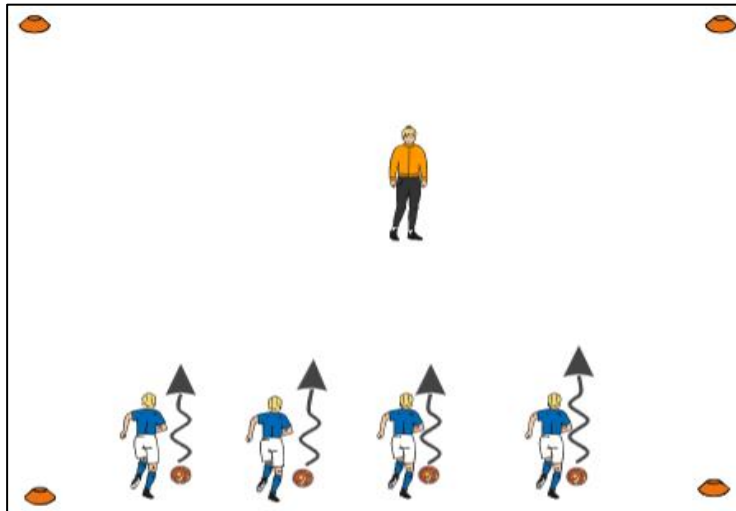
Set up a racetrack (a simple rectangle will do) and add a finish line. Have the players dribble around the racetrack until they have crossed the finish line. You can add obstacles of your choice around the track.



Super Mod Activities

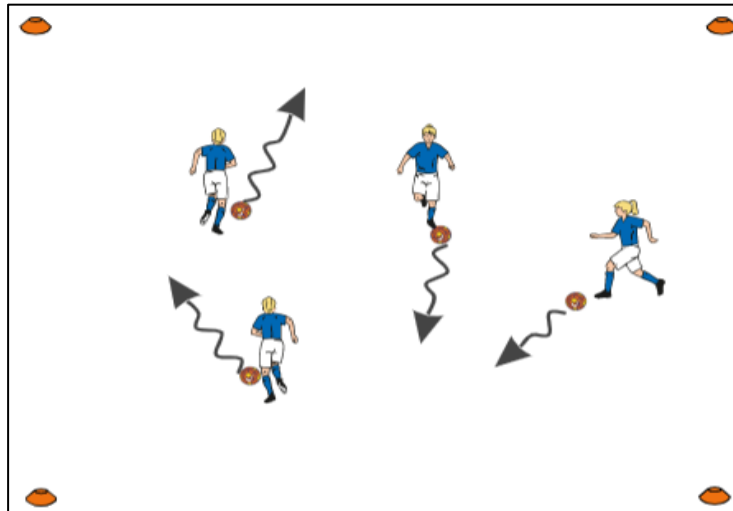
Red Light, Green Light

Players line up on the end line with a ball. Start with verbal commands of green light (dribble), red light (stop ball). You can progress to a hand up being a red light and hand down being a green light.



My Moves

Each player has a ball, and the coach asks for a volunteer player to show their favorite move or make one up. Once they demo it for their teammates everyone dribbles and practices the move. Rotate volunteers.



Volcanos vs Flying Saucers

Place an equal number of cones on the field. Half of the cones are right side up (volcanos) and half of the cones are upside down (flying saucers). Player's dribble and try to flip as many cones as they can to match their objective.

