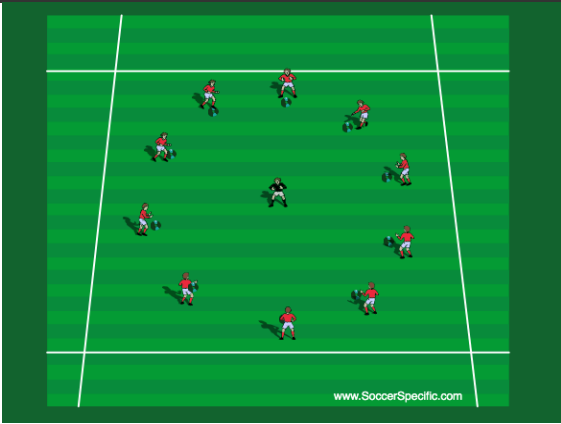




# Balance & Coordination

Date: **Oct 20, 2020** | Duration: **50 minutes** | Team: **Mini Questers**  
 Intensity: ● (1/10) |



1 ⌚ 5-7min

**Setup:** Make a circle with enough cones for each player to stand next to. No balls needed. Coach stands in the middle to lead.  
**Instructions:** Depending on age group, include things from static stretches to jumping jacks, jogging in place, high knees, etc.  
**Coaching Points:** Make sure it's interactive and fun! Let players suggest stretches and choose numbers to count to while performing the stretches.



2 ⌚ 5-7min

**Setup:** 1 ball per player  
**Instructions:** Players dribble around the area and coach yells out a body part (head, toes, knees, elbow, etc.). Players must stop dribbling and touch whatever body part is said.  
 Adaptation: Have players pick ball up, throw ball in the air and catch it, etc. when focusing on goalkeeping.  
**Coaching Points:** This is a great warm-up game! Have fun with it and help the kids relax/get to know you.



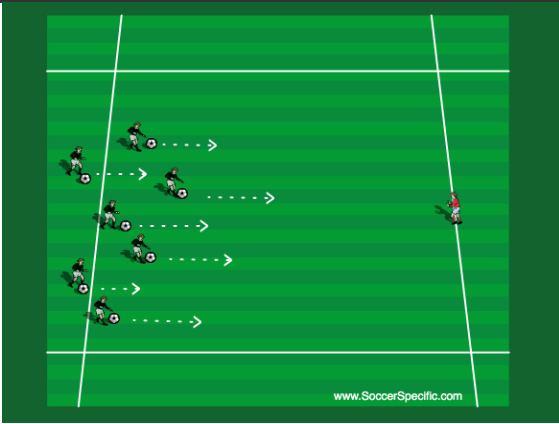
3 ⌚ ~10min

**Setup:** 4 lines (3 people at each line) with: one cone to indicate the starting point, 4-6 cones in a line, and one ball per line/one per person works too  
**Instructions:** (4-6yr olds - bottom two examples): Players will hold the ball in their hands and weave in and out of their cones. When they get to the end, they turn around and run in a straight line back to their starting cone. Players start when coach says "go!" Repeat but with the ball on their heads, with one hand, two hands, hopping, etc. First player to get back to the beginning and sit down, wins!  
 (7-9yr olds - top two examples) - Players will start with the ball at their feet and weave in and out of their cones. When they get to the end, they turn around and run in a straight line back to their starting cone. Players start when coach says "go!" Repeat but with one foot only, two feet, etc. First player to get back to the beginning and sit down, wins!  
**Coaching Points:**



# Balance & Coordination

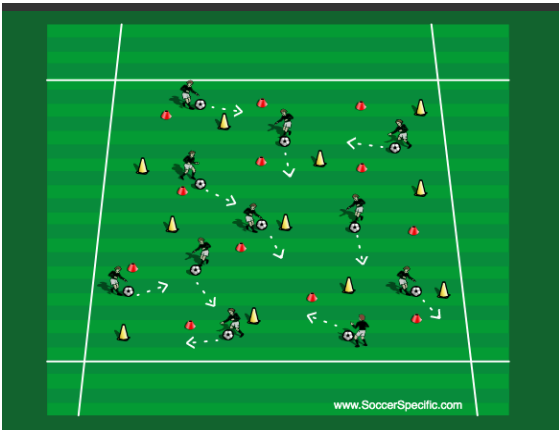
Date: **Oct 20, 2020** | Duration: **50 minutes** | Team: **Mini Questers**  
 Intensity: ● (1/10) |



4

🕒 ~7min

**Setup:** 1 ball per player, cones to create two lines ~20 yards away from each other  
**Instructions:** Each player with a ball lines up at one end of the penalty area/field. A coach stands at the other end and yells, "Green light," and turns his back to the players. The kids race across the penalty area to see who can reach the coach first. After a few seconds, the coach yells, "Red light." At that command, the players must stop and put a foot on top of the ball. The coach turns back around and looks for players whose ball is still moving. Those players must move a certain distance back to the starting line. Repeat calling red light/green light until someone wins the race. This game encourages fast dribbling while keeping the ball close along with the balance and coordination required with stop and go movements.  
 Adaptations: Allow players to be "it." Require foot on the ball when it's a "red light." Start without a ball for the younger players.

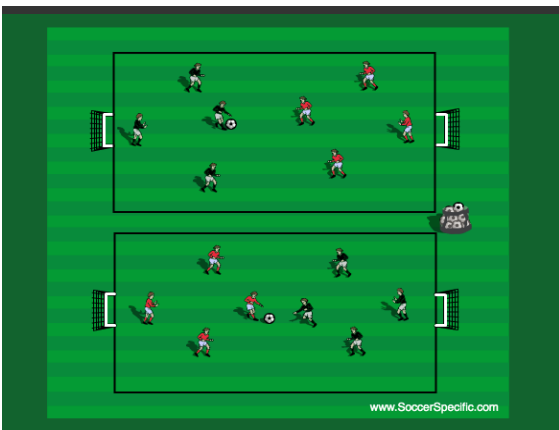


5

🕒 10-15min

**Setup:** 20x20 grid with tall cones scattered throughout and at least 1 disc cone per player scattered. Each player needs a ball.  
**Instructions:** Players will dribble around the grid and perform the corresponding action to the command that coach yells out. Each command is the name of a superhero.  
 - Flash: Players must move quickly with their ball but be able to stop very quickly.  
 - Super-girl: Players "fly" through the area weaving around each other.  
 - Spider-man: Players will "swing from building to building" (weaving from tall cone to tall cone).  
 - Iron Man: Players will "charge up their repulsor" (5 toe taps) and then "shoot a building" (try to knock over a tall cone).  
 - Captain America: Players collect a "shield" (disc cone) from the ground and try to hit coach with it.  
 - Wonder Woman: Players chase coach around and try to "lasso" him/her by dribbling a full circle around the coach.

\*Players might need a reminder on what each command means each time



6

🕒 10min

**Setup:** Use cones to create field(s); 2 pug goals per field; optional pennies (depending on # of players)  
**Instructions:** Split players into two/four teams to scrimmage. Have each team choose a team name. Let them have fun!  
 \*alternative to throw-ins/kick-ins is to just throw a new ball in every time one is kicked out  
**Coaching Points:** Remind players of coaching points made throughout the day.