

Mickin' It

Tots

Week #3

5/16/2021

✓ Warm Up

- stomp the cones
- dribble thru the cones - don't touch
- cone pick up

✓ Coach/Simon Says

- mix of silly (touch your nose to the ball) and skill
 - banana peel
 - touch ball with the inside/outside of your foot.
 - take - take

✓ Freeze Tag

- only "freeze" kids that kick the ball far away from them.
- establish boundary (cones or white line) first
- encourage use of moves from Simon says
- freeze a kid by stepping on their ball
 - when frozen; hold ball over head and yell "help me, help me, I'm frozen"
 - become unfrozen when another kid passes their ball between their legs

✓ Mr Fox or Three Little Pigs

✓ Pirates of the Soccer Field

- need to set up 4 pug goals or cones in corners of field.
- 4 groups: relay race to ball pile in the middle of the field. Take their treasure (ball) and put on the pirate ship (goal/cones).
 - make fun/silly... cover one eye with a patch
pirates say "Rrrr..." etc

✓ Coach Dodgeball