



Activity Time

Hands-on and engaging learning experiences for younger learners

Luna Roo the Kangaroo Baller

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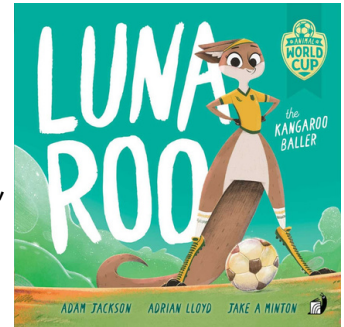
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Themes: Soccer, Agility, Movement, Coordination, Play, Ball-skills

Age group: All ages



Duck tails soccer drill

You will need:

- a spacious grass or turf area
- 2 or more players
- 1 soccer ball per player
- 1 scarf or bib per player (that can be tucked into pants as 'tails')
- 4 x cones



Be like Roo and you too can practice your soccer skills with this fun ball-dribbling drill.

Set up:

1. Create a square grid (e.g. 5x5m). The size of the area can be adjusted to suit the needs and abilities of the players
2. Every player has a ball and one 'tail' tucked into the back of their shorts.
3. To 'warm up', practice dribbling the ball with your feet. Don't forget:
 - to use the inside or outside of your foot to push the ball, rather than the toes, to help you control the ball
 - to keep the ball close to you, so you can change direction quickly.

Playing:

1. The aim is to dribble your ball and avoid having your tail stolen, while trying to steal others' tails. The winner is the player with the most tails at the end.
2. Depending on the age and ability of your players, you might like to play 3 sets of 4 minutes, with 1-minute rests in between.



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Rules (adapt to suit the ability and needs of your players):

- If a player's tail is stolen, they can keep dribbling to try and take another tail from someone else.
- Players must keep their ball under control; if it goes out of the square, they must retrieve it.
- Encourage players to use their hips to protect their tail and face opponents rather than just trying to run away.

Alternative soccer drill ideas for beginners:

Red light, green light

For this players:

- dribble the ball when the caller says "green"
- stop the ball instantly with the sole of their foot when the caller says "red".

The focus is on being able to stop and control the ball.

Cone weave

Set up a line of 4 or 5 cones spaced apart. Players take turns to weave the ball in and out of the cones using both feet, focusing on small, sharp touches.



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