Recreational Curriculum Sunnyvale Alliance Soccer Club sunnyvalesoccer.org



SAFARI SOCCER

Background Story:

You're going on Safari - pack your soccer ball in case the animals want to play!

Activation:

- 1) Move like the animals that you might see:
 - a. Cheetah run fast.
 - b. Turtle move slowly.
 - c. Kangaroo hopping.
 - d. Crab slide sideways.
 - e. (Use your imagination!)



Ignition Activities:

2) Bring it Back

- a. Can you bring the ball back like an animal?
- b. Cheetah fast (push with laces).
- c. Penguin small touches (insides of feet).
- d. Crab moving sideways (rolling ball with sole of foot).
- e. Snake zigzag (inside/outside of foot).
- f. Hedgehog (left foot only, it's British!).

3) Up & Down

- a. Ants set-up (cones) anthills.
- b. Anteaters knock down cones with a ball.

Up & Down

4) Crab Soccer

- a. Can you play a game with your hands (behind) and feet (in front) on the ground?
- b. Move like a crab!

Game:

5) 1v1

- a. Challenge the animals to a game of soccer.
- b. How many animals can you spot during the game by the way you move the ball?





Bring it Back