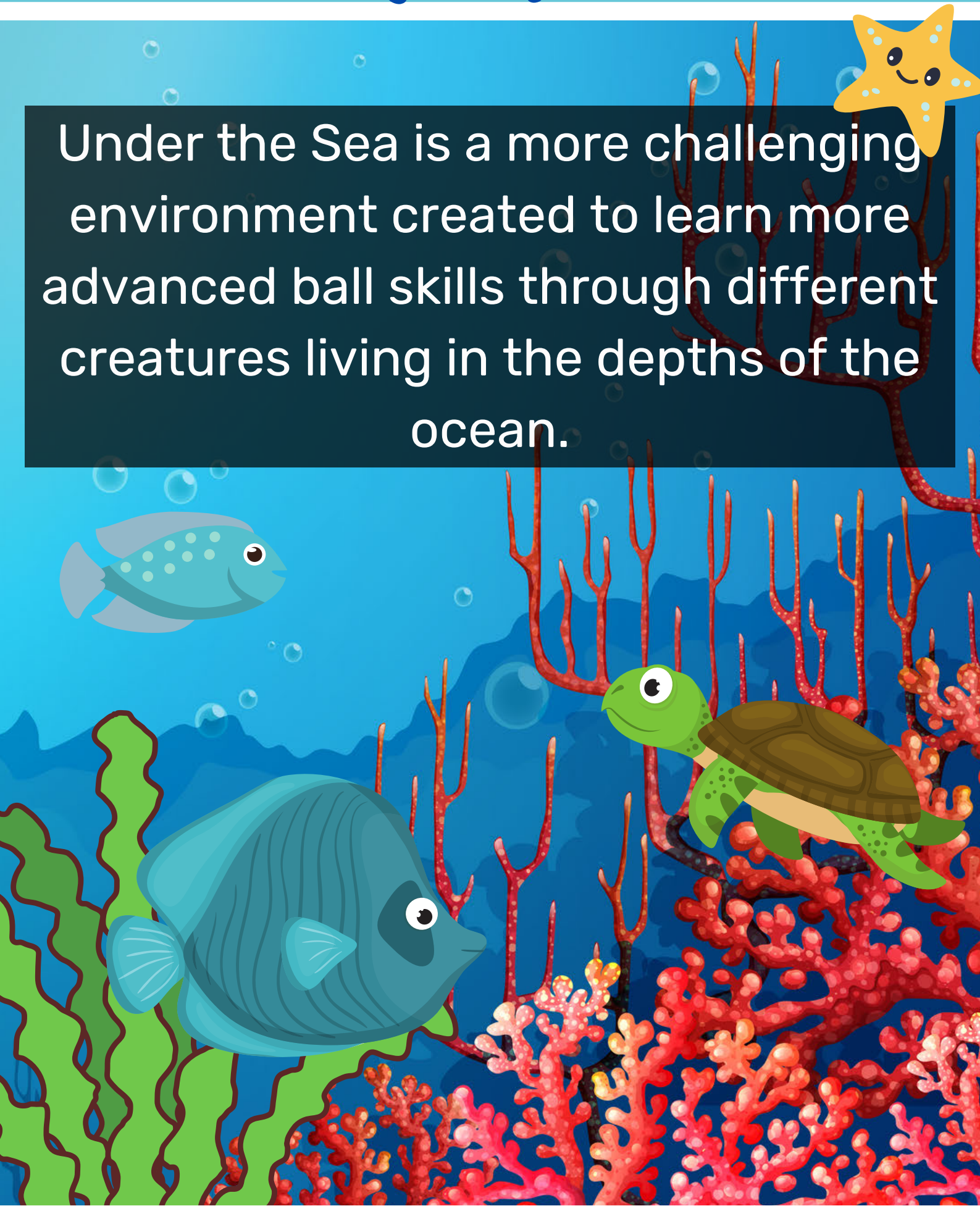


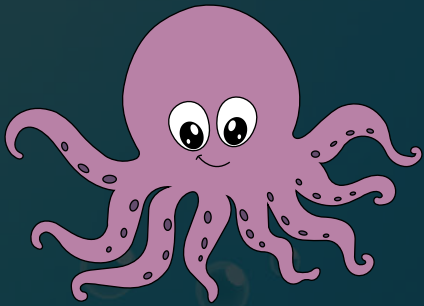
UNDER THE SEA

Under the Sea is a more challenging environment created to learn more advanced ball skills through different creatures living in the depths of the ocean.



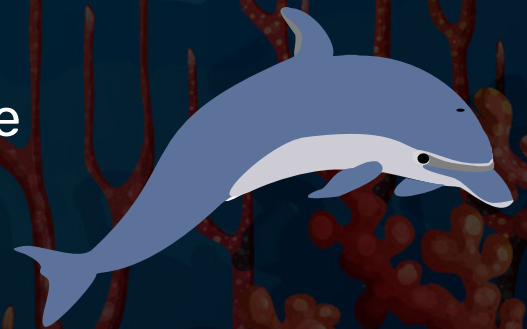
SKILLS

Rollover/Crab - Using the bottom of the foot to roll the ball across your body to the other foot. Use both feet to go both ways.



Flip Flap/Octopus - drag the ball on the inside then push away with the outside keeping the ball connected to the foot.

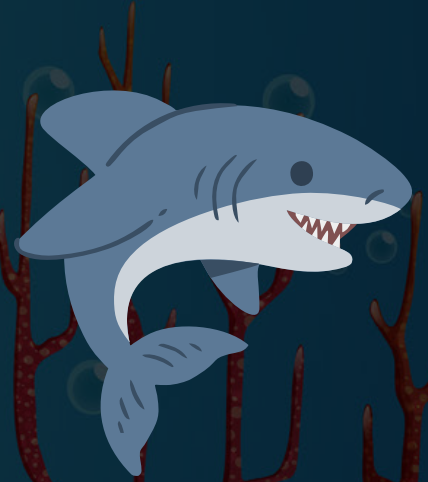
Double Hop/Dolphin - Hop to one side of the ball then the other side then push the ball away.



Starfish - parents Stand like a starfish and the players try pass the ball through the parents leg.

SKILLS

Ball Protection/Shark - Coaches try tackle the kids.



Double Dragback/Seal - Use the bottom of the foot to stop the ball and roll the ball behind the player twice. Players should rotate the way the ball goes.



Outside-Outside/Jellyfish - Using the outside of the foot to tap the ball alternating feet.



Moving Sole taps/Seahorse - Using the sole of the foot to tap and roll the ball in front alternating feet



SKILLS

Toe Taps/Penguin Feet – Using the inside of the foot to repeatedly tap the soccer ball with alternating feet. Jogging in place with more precision.



Don't touch anyone/Sea Urchin – looking up to make sure we don't bump into anyone and move into space.

Inside-Outside Both feet/Sea Snake – using the inside of the foot to tap the ball then the outside alternating feet.



SKILL STORYLINES

Octopus - Have very sticky tentacles, so when we dribble the ball it needs to be stuck to our foot.

Dolphin - Dolphins love to jump out of the water. So when we dolphin, we are going to jump besides the ball twice before pushing it.

Starfish - Starfish sit at the bottom of the ocean and they don't move much so can the parents stand like a starfish and the players try pass the ball through the parents leg. Can we make a star with your body?

Crab - How do crabs move? Moving sideways can we perform rollovers.? E.g. side to side.

Sea Horses - Like to hide in the coral away from our sharks. So, to protect our ball from the sharks we need to move the ball with the soles of our feet so the sharks can't see our ball from above.

Shark - Are very hungry and they like to eat our soccer balls so we need to keep our soccer balls safe from the sharks.

Seal - Love to do tricks and they love eating fish so we are going to drag the ball back to look for fish, and then drag the ball back the other way to look for even more fish.

Jellyfish - Like to sting lots so when we touch the ball we want to quickly tap it with the outside of the foot so we don't pop the ball with our sting.

Penguin - How does a penguin move (waddle). Using both feet can you waddle like a penguin with the ball (toe taps)

Sea Urchin - Are very spiky and you can't touch them, so we have to make sure we don't touch anyone else so we don't get pricked.

Sea Snake - Slither through the ocean so use your inside and outside to move like a snake with both feet.

Session 5

Introduction (3 mins)

Introducing Under the sea and explaining how we train and what creatures we have.

Recap of Last Weeks Skills (5 mins)

Bear (Hop), Frog (Inside-Inside-On top-On top), Panda (Chop) and Hippo (sit on the ball).



Skill 1 (3 mins) Penguin Feet/Toe Taps.

Some of our animals like to be in the sea too. Can we move with the soccer ball with our penguin feet? Our penguins move faster in the water so can we try run with our penguin feet.



Skills 2 (3 mins) Crab/Rollover.

Crabs move side to side. Can we use the sole of the foot to roll the ball to the side like a crab.

Crab claws nice and high in the air shouting pinch, pinch!



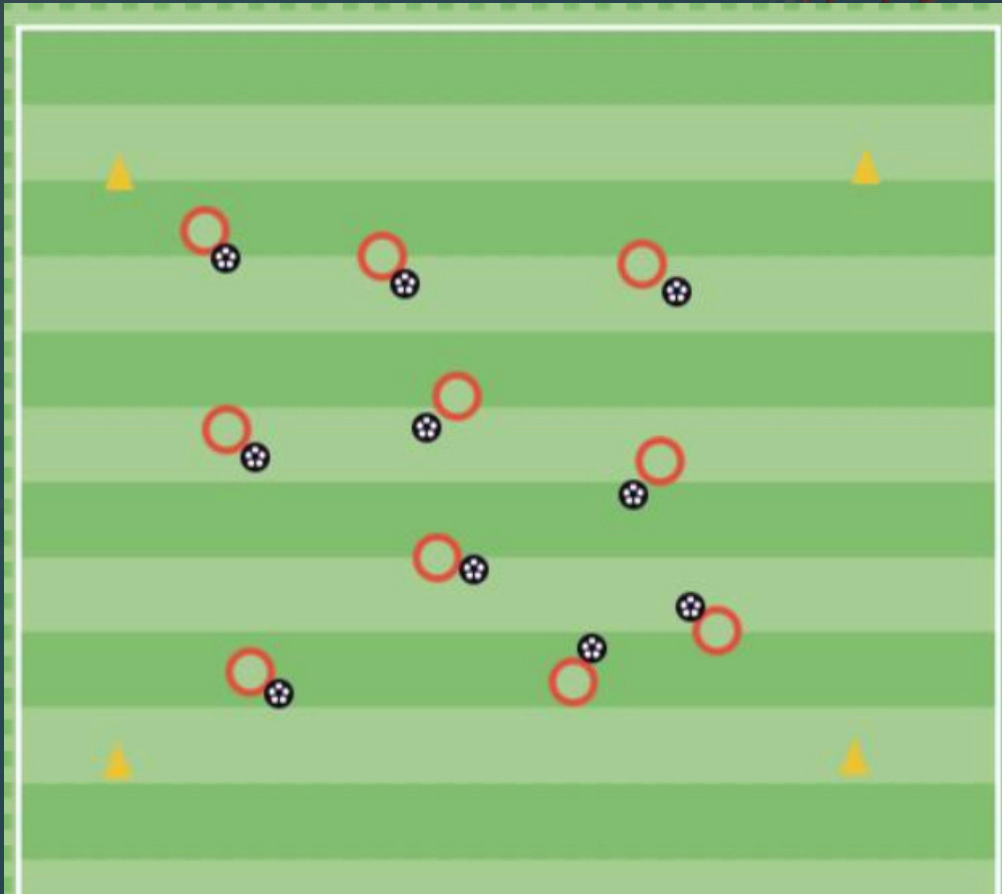
Skill 3 (3 mins) Jellyfish/Outside-Outside

Our tentacles sting so we are going to sting the soccer ball shouting zap every time we touch it with the outside of our foot. Alternating feet

Drinks Break (3 mins)

Session 5

In group game - Coaches are Sharks (7 mins)
Coaches will tackle players going too slow and knock their ball outside the grid into the water.



Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

Session 6

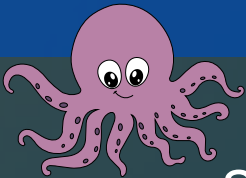
Recap of Last Weeks Skills (8 mins)

Penguin Feet (Toe taps), Crab (Rollover) and Jellyfish (Outside-Outside).



Skill 1 (3 mins) Octopus/Inside-outside.

Our tentacles are very sticky, so we are going to try keep the soccer ball stuck to our feet like an octopus.



Skills 2 (3 mins) Dolphin/Double Hop.

Dolphins love to tricks and jump out of the water so we are going to jump to the side of the ball twice.



Skill 3 (3 mins) Starfish

Our parents or Guardians are going to become our Starfish. The starfish dont move, so, we are going to pass the ball through the legs of our starfish (nutmeg).

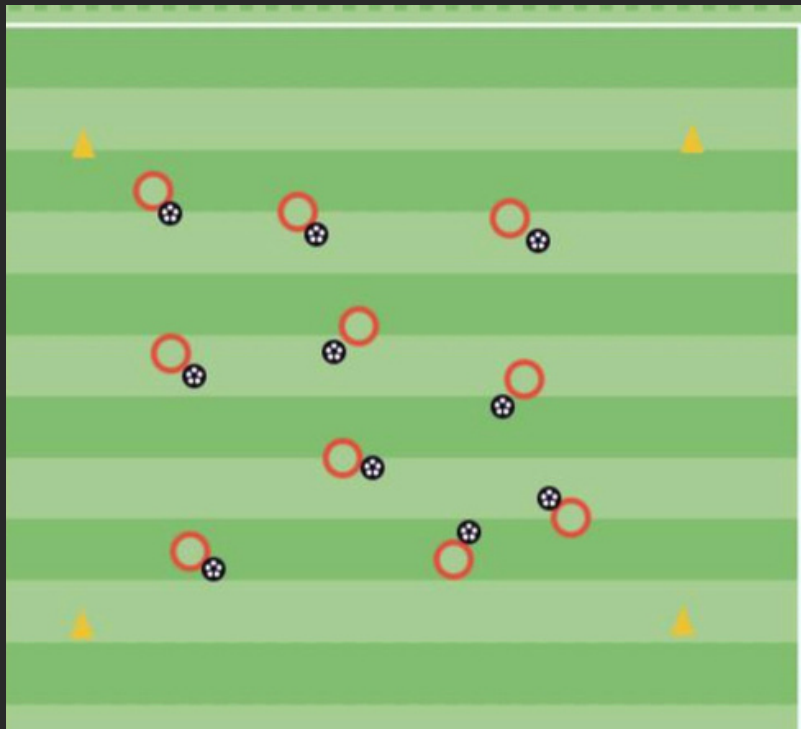
How many of our starfish can you pass the ball through in 30 seconds!

Drinks Break (3 mins)

Session 6

In group game - Musical Body Parts (7 mins)

The body part called by the coach is the body part players must put on the ball as quick as they can.



Drinks Break (5 mins)

Games (25 mins)

7v7 Games

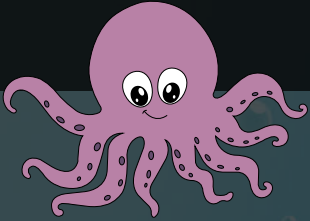
Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

Session 7

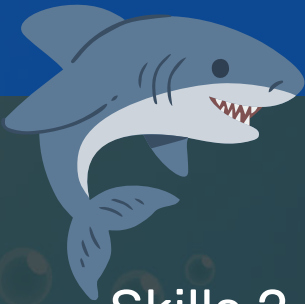
Recap of Last Weeks Skills (8 mins)

Octopus (Flip Flap), Dolphin (Double Hop) and Starfish (Pass through parents legs)



Skill 1 (3 mins) Shark/Protect the ball.

Coaches are sharks players should try to protect their ball using their body.



Skills 2 (3 mins) Seal/Double Dragback.

Reach out for the ball with the sole of the foot and drag it behind!

Seals are very hungry for fish so they check both ways for more food.



Skill 3 (3 mins) Seahorse/Moving Sole Taps.

Make sure the sharks cant see your ball from above by protecting it with your foot.

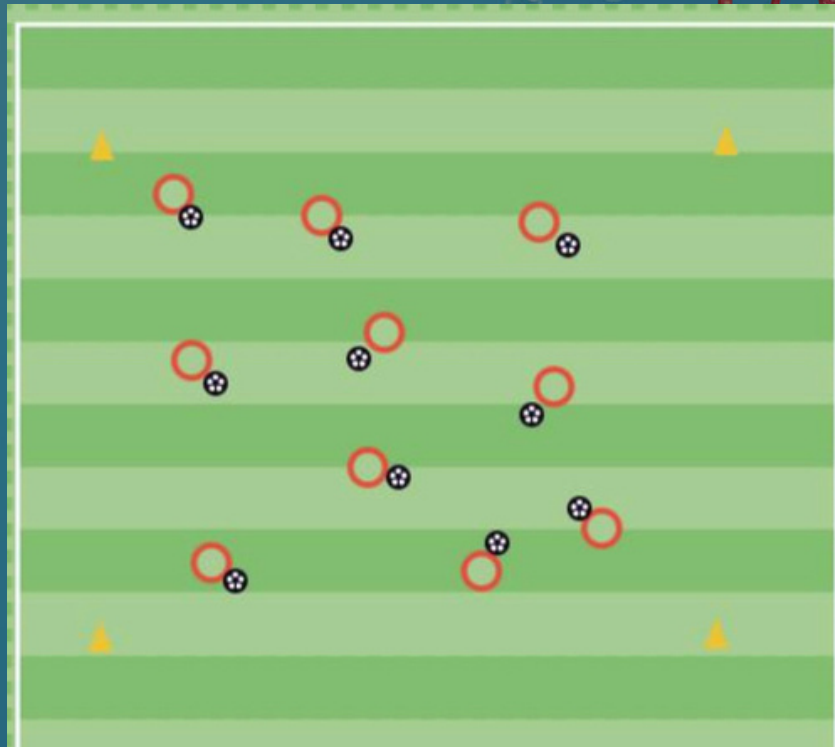


Drinks Break (3 mins)

Session 7

In group game - Musical Statues (7 mins)

When the music stops, you stop as quick as you can.



Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

Session 8

Recap of Last Weeks Skills (7 mins)

Shark (Protect the ball), Seal (Double Dragback) and Seahorse (Moving Sole Taps).



Skill 1 (3 mins) Sea Urchin/Dont touch anyone else. Sea Urchins are very spiky so we have to make sure we look up and dont bump into anyone else.

We scan and check behind us before turning, and keep our head up to see if we can find a gap to dribble through.



Skills 2 (3 mins) Sea Snake/Inside-Outside Both Feet.

Slither through the ocean like a sea snake. Using both feet to help us change direction as quick as a snake! What noise does a snake make?



Skill 3 (3 mins) Hippo/Sit on the ball.

Hippos spend a lot of the time in the water too. As soon as the coach shouts Hippo sit on the ball like a big hungry hippo as quick as you can.

Drinks Break (3 mins)

Session 8

Game - Seaweed, Starfish, Shark (8 mins)

Get as many parents and volunteers to step onto the field. They start as seaweed waving in the ocean, aim for the kids is to not touch the slimy seaweed.



Coach then shouts starfish where the volunteers become starfish.

Suddenly the coach shouts sharks and the parents become Sharks!



Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

MOVIE CHARACTERS



SKILLS



Dash/speed dribbling - Dash is known for his extreme speed, so challenging the kids to run with the ball as quick as they can

Elsa/Frozen - Elsa is the Ice Princess, so when the coach shouts Elsa the players must freeze with the ball



Happy Feet/Penguin - Inside-inside waddling like a penguin. Happy feet loves to dance so can we add some dance moves.



Rex/Dinosaur - Rex stomps on the soccer ball alternating feet with a very loud ROAR!



Patrick/Starfish - Every coach and/or parent(s) must stand like a star legs open wide allowing the kids to pass the ball through the legs.



SKILLS

Simba/Lion - We are trying to protect Simba (our ball) by going big toe over the ball and little toe takes away (stepover) + a big ROAR!



Bruce/Shark - All coaches and parents become sharks trying to steal the soccer balls.

Gloria/Hippo - Sit on the ball like a big lazy hippo.



Dory + Nemo/Fish - kids become little fish looking out for a predator the lurks in the depths of the ocean.



Viper/Snake - inside-outside slithering like a snake making their best snake noise (sss).



SKILLS

Po/Panda - performing a karate chop with our foot on the soccer ball using the inside of the foot. Shouting hiyah



Buzz Lightyear/ hop - Buzz jumps to infinity and beyond to the side of the soccer ball and then takes it away.



Sebastian/Rollover - Rolling the ball side to side like a crab. Can we try go faster with our rollovers.



Melvin/Giraffe - Reach out as long as a girrafes neck with your foot to the soccer ball, then drag the ball behind us and chase it.



Session 9

Introduction (5 mins)

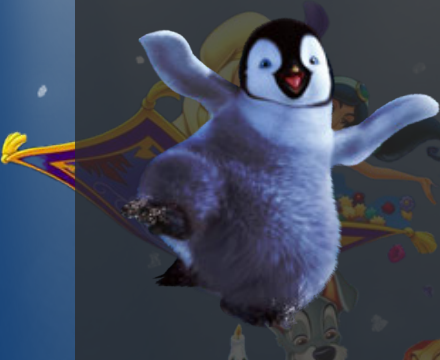


Dash/speed dribbling (The Incredibles)
- Dash is known for his extreme speed, so challenging the kids to run with the ball as quick as they can

Elsa/Frozen - Elsa is the Ice Princess, so when the coach shouts Elsa the players must freeze with the ball



Happy Feet/Penguin - Inside-inside waddling like a penguin. Happy feet loves to dance so can we add some dance moves.



Rex/Dinosaur (Toy Story) - Rex stomps on the soccer ball alternating feet with a very loud ROAR!



Patrick/Starfish (Spongebob) - Every coach and/or parent(s) must stand like a star legs open wide allowing the kids to pass the ball through the legs.



Drinks Break (3 mins)

Session 9

Game - Frozen/Stuck in the mud (8 mins)

The coach becomes Elsa the Ice Princess, if they touch the soccer ball that player become frozen and cannot move.

To get unstuck players must roar like rex to break the ice and get free!



Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

Session 10

Introduction (5 mins)

Simba/Lion (Lion King) - We are trying to protect Simba (our ball) by going big toe over the ball and little toe takes away (stepover) + a big ROAR!



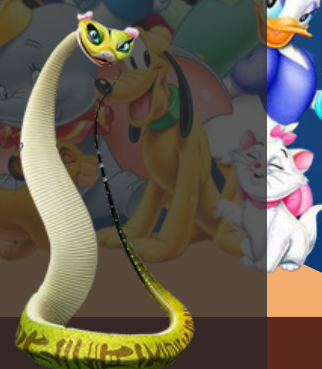
Bruce/Shark (Finding Nemo) - All coaches and parents become sharks trying to steal the soccer balls.

Gloria/Hippo (Madagascar) - Sit on the ball like a big lazy hippo.



Dory + Nemo/Fish (Finding Nemo) - kids become little fish looking out for a predator the lurks in the depths of the ocean.

Viper/Snake (Kung Fu Panda) - inside-outside slithering like a snake making their best snake noise (sss).



Drinks Break (3 mins)

Session 10

Game - Dory and Nemo vs Bruce (8 mins)

Coach asks as many parents to enter the field!
The kids become fish from Finding Nemo, such as Nemo and Dory.



The coach shouts Bruce and the parents become sharks.

Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

Session 11

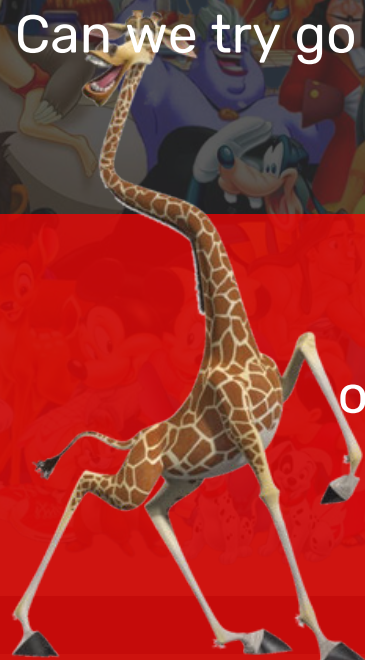
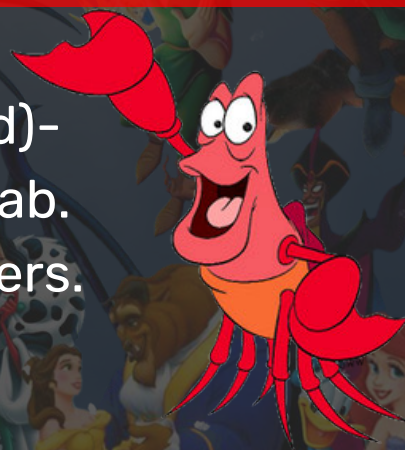
Introduction (5 mins)

Po/Panda (Kung Fu Panda) - performing a karate chop with our foot on the soccer ball using the inside of the foot. Shouting hiyah



Buzz Lightyear/ hop (Toy Story)- Buzz jumps to infinity and beyond to the side of the soccer ball and then takes it away.

Sebastian/Rollover (Little Mermaid)- Rolling the ball side to side like a crab. Can we try go faster with our rollovers.



Melvin/Giraffe (Madagascar) - Reach out as long as a girrafes neck with your foot to the soccer ball, then drag the ball behind us and chase it.

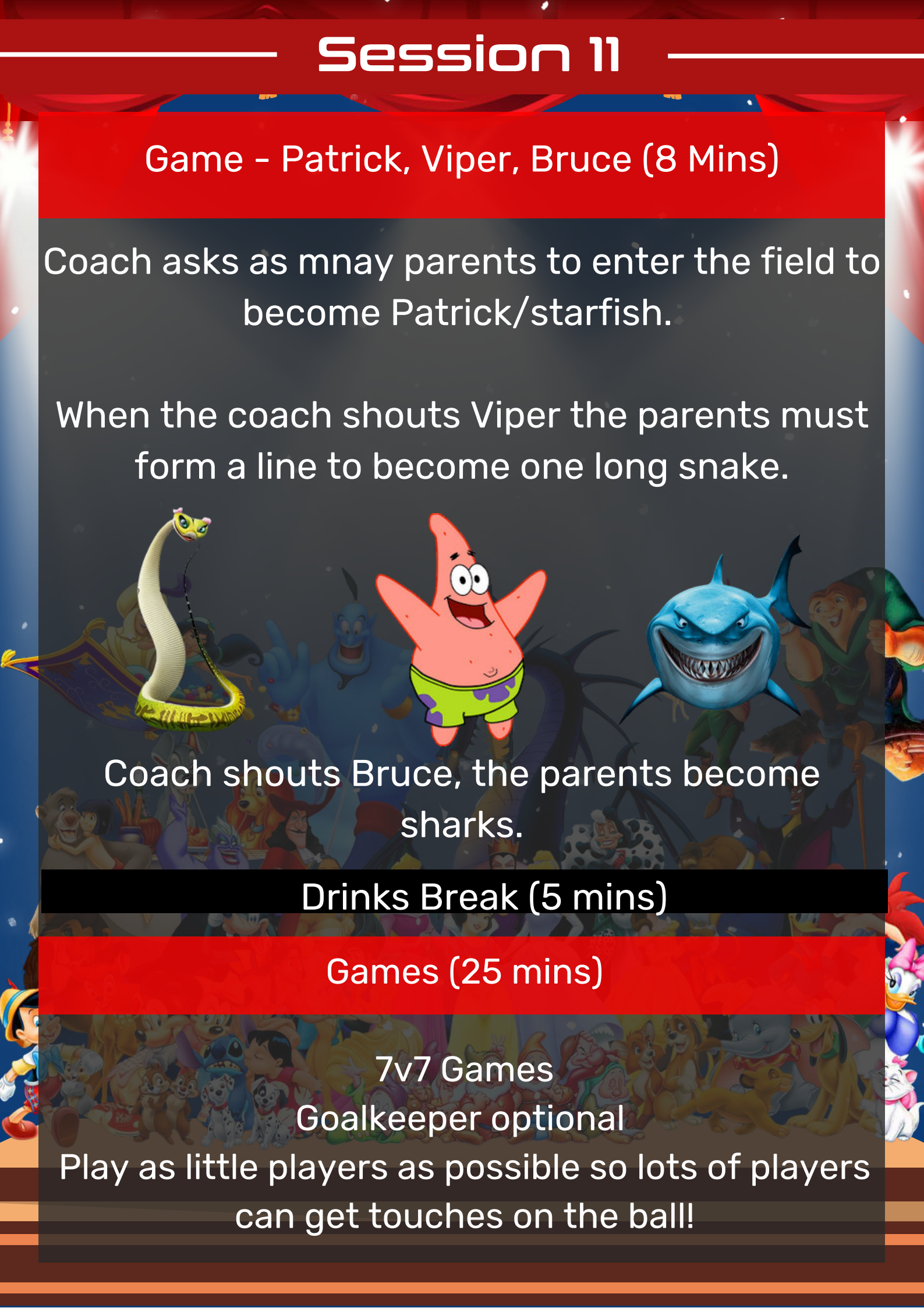
Drinks Break (3 mins)

Session 11

Game - Patrick, Viper, Bruce (8 Mins)

Coach asks as many parents to enter the field to become Patrick/starfish.

When the coach shouts Viper the parents must form a line to become one long snake.



Coach shouts Bruce, the parents become sharks.

Drinks Break (5 mins)

Games (25 mins)

7v7 Games

Goalkeeper optional

Play as little players as possible so lots of players can get touches on the ball!

TOURNAMENT DAY



RSCC

REVOLUTION SOCCER CANADA

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In affiliation with PUMA

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