### Cannon Ball Run



In a 15W x 20L yard grid (the ship) place all the players (PIRATES) on one end line w ithout a ball. Coaches w ill start on the

outside of the activity with all soccer balls and attempt to hit pirates below the knee as they run across the ship, by

PASSING THE BALL ON THE GROUND. When the coach calls out "Cannon Ball Run", all the pirates will run to the other end

of the ship and avoid getting hit. Any pirate that gets hit below the knee must join the coaches as a Cannon Ball Shooter

## Marble Kings/Queens



In a 15W x 20L yard grid, select 2 or 3 Marble Kings / Queens to start the game with a soccer ball in their

hands. All other players will be dribbling their ball. The Marble Kings / Queens have to run around and

tag the dribblers' ball with their soccer ball by throwing it underhand. When a dribblers soccer ball gets

tagged, they become a Marble King/Queen, the Marble King / Queen becomes a dribbler.

Round 1: The coach starts as the the Marble King/Queen

Round 2-3: Select 2 or 3 players to be the Marble Kings or Queens

Round 4: Pair players up. One is the dribbler, the other is a Marble Kings/Queens. Switch roles every

time the Marble King/Queen tags the partner's bal

#### **Castle Combat**



In a 15W x 20L yard grid, the coach makes 2 teams of 3-5 players each. Players are lined up next

to the coach. When the coach serves in the ball, the 1st player on each team will go after the

soccer ball and try to dribble the ball back to either castle. If a player stops the soccer ball inside a castle, they get a point for their team. Players can not defend inside the castle Round 2: Have two 1v1 games going at the same time with different soccer balls Round 3-4: Coach can make the games 2v1, 2v2

# **Cannon Ball Shootout**



In a 15W x 20L yard grid (THE OCEAN) place pirates on 2 teams standing on either side of the coach,

w ith a small goal on each end line. The coach w ill serve a ball out (THE CANNON BALL) into the

Ocean and the 1st pirate in each team's line will go out and try to shoot the cannon ball in the opponents goal to sink their pirate ship!

Round 1-2: Play 1v1

Round 3-4: Coach can make the games 2v1, 2v2

## scrimmage



3v3 or 4v4 with no goalies. Scrimmage.