

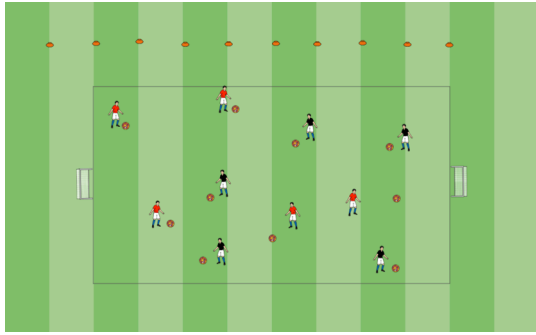
Coach: Stephen Bird

SpongeBob Square Pants

Dribbling into space



A Lifetime of Soccer



Warm-Up

Work: 10 Mins

Players have a ball each and complete the following:

SpongeBob SquarePants- Dribble Fast

Patrick Star- Dribble Slow

Squidward Tentacles- Show me your tricks

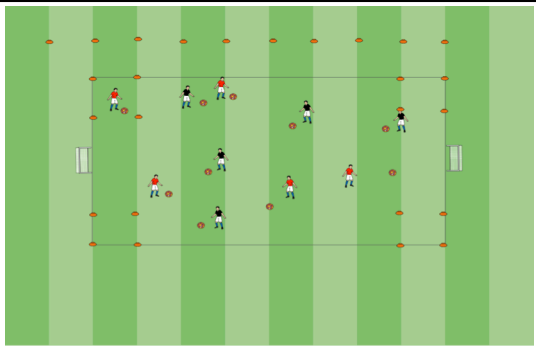
Mr. Krabs- Talk like a pirate (e.g. one foot on the ball & say "I I captain")

Mrs. Puffs- Crash (when coach shouts, "Mrs. Puffs" players must crash on the floor)

Larry the Lobster- Show me your muscles

Officer Nancy- Coach becomes Nancy and tries and catches the players

Organization: Area 30 x 35.



Technical

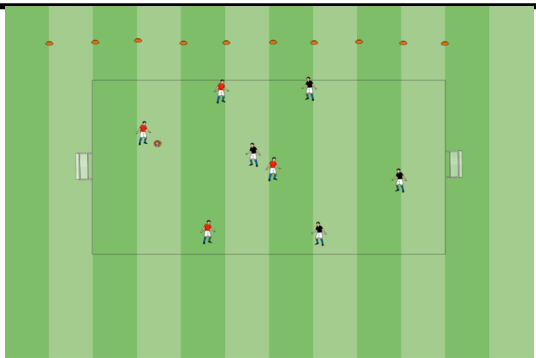
Work: 12-15 Mins

SpongeBob SquarePants vs. Squidward

SpongeBob has irritated Squidward and must dribble away from him. Squidward will attempt to kick his or her soccer ball and hit SpongeBob. If SpongeBob gets hit, he or she will lose a jellyfish. SpongeBob can hide in his Pineapple house for no than 5 seconds before he or she must dribble out. Once the SpongeBob's lose all their jellyfish (10 in total) players must perform 10 toe-taps to get 3 extra jellyfish.

Switch players around.

Organization: Gates spread out around the area. Different sizes.



Scrimmage

Work: 12-15 Mins

SpongeBob's vs. Patrick Star's

3v3 or 4v4 scrimmage.

Organization: Same area as before.

Key Coaching Points:

- 1) Where can you go to secure the jellyfish?
- 2) Allow kids to use their imagination and let the game flow