

**SYC Lil' Boots**  
**Session 5**

# Spatial Awareness

## 15 Minute – Blob Tag



**Instruction:**

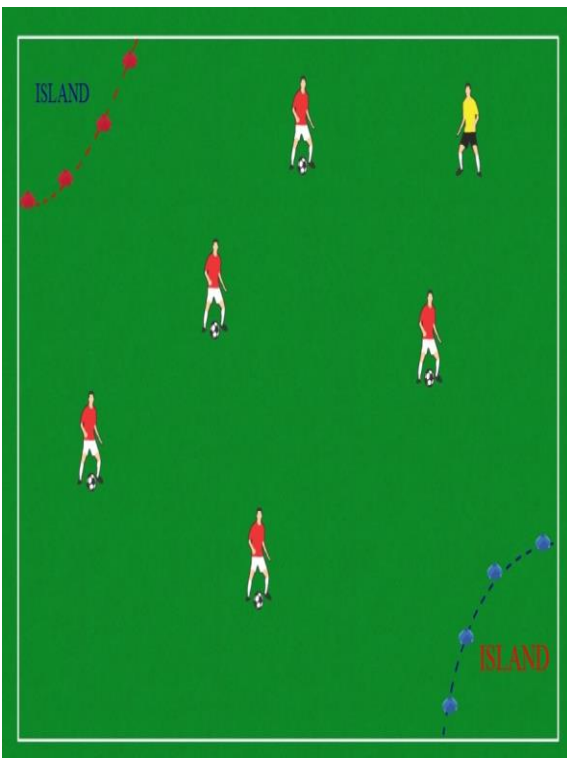
Setup a 20x20 area. Each player has a ball on one side of the field. Designate two players to be the "BLOB," which hold hands in the middle of the field. The player's objective is to get around the blob and get to the other side of the field to be safe. The blob must hold hands and move around the grid trying to kick the other player's ball out of bounds. If a player's ball gets kicked out, they join hands and become part of the blob. Last two players win and become the blob in the next round.

\*If the blob becomes too big, you can split it into two separate blobs\*

**Coaching Points:**

- Players should focus on where the blob is and recognize where the open space is, so they can take get to the other side of the field.
- Players should keep the ball close to them while dribbling away from the blob.
- Players should try to find the open space to dribble away from the pressure.
- No hands when dribbling the ball!

## 15 Minutes – Goldfish Island



**Instruction:**

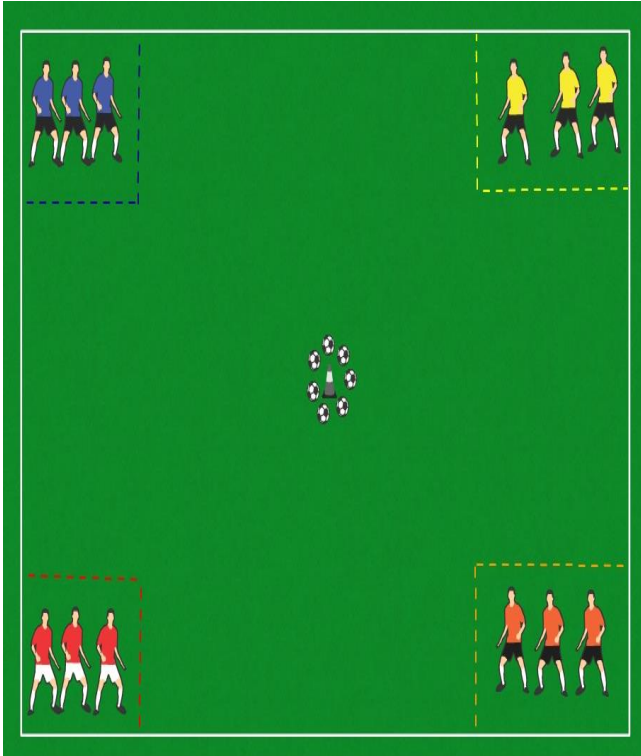
Setup a 20x20 area, each player with a ball starting by the goal. Setup two islands with cones on opposite sides of the field. Choose one person to start as the "Goldfish" Players start by dribbling freely in the area. Tell the player's that the goldfish is trying to get their "fish food" (ball). When the coach yells out "Lunch Time!" the goldfish tries to steal each of the player's soccer balls. The players are trying to get safe onto one of the islands. If the goldfish steals a soccer ball, the player has to do 10 toe touches to get back into the game.

**Coaching Points:**

- Players should focus on where the goldfish is and recognize which of the islands is closer, so there ball doesn't get taken
- Players should keep the ball close to them while dribbling to the islands.
- Players should try to find the open space to dribble away from the pressure.
- No hands when dribbling the ball!

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### 15 Minutes – Steal The Bacon



**Instruction:**

Setup a 20x20 area. Set up a square on each corner. Break the group up into 3-4 teams. A supply of balls should be in the middle of the square. On the coaches command the players must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle the players can take balls from other corners (no one can defend their own goal)

Play for a couple of minutes and then count to see which team has the most balls in the corner.

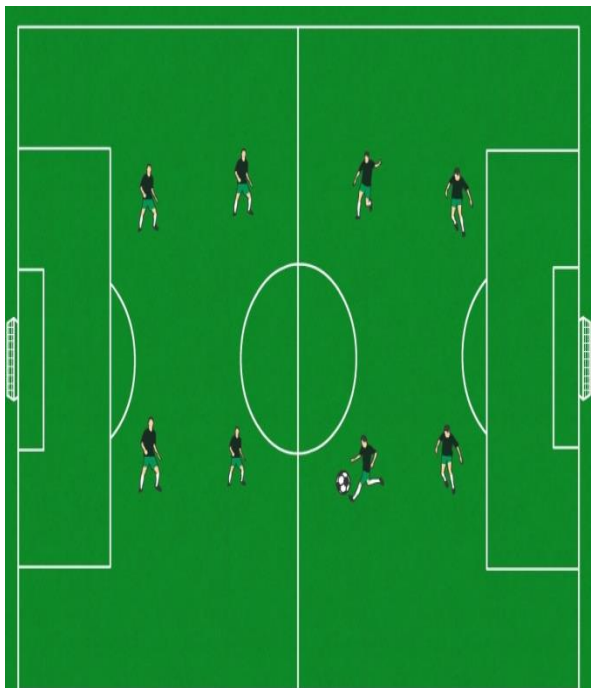
**Progressions:**

-Players must dribble the balls.

**Coaching Points:**

- Players should focus on where the all the balls are and recognize where to go, so they can take a ball from their opponents.
- Players should keep the ball close to them while dribbling away from the other team's bases.
- Players should try to find the open space to dribble away from the pressure.
- No hands when dribbling the ball!

### 15 Minutes – Game Time



**Instruction:**

Split the players up into two teams. (If more than 4 on a team, make 3 teams) Tell the players to come up with a creative team name.

Show each team which direction they are going and which goal they are shooting in. (Place a different color penny on the pug goal if it is easier)

**Coaching Points:**

- Focus on close dribbling.
- Help children recognize which direction they are going and encourage them to shoot when they are near the goal.

Encourage the players to try to win the ball back once they lose it.