



## U6 & U8 - Video Games

Category: Technical: Ball Control  
Difficulty: Beginner

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### Description

Fun themed practice activities based on video games

### U6 - Super Mario Bros.

#### Super Mario Brothers

Fun dribbling game. Similar to a "dribbling maze."

Organization -

Set up cones (the mushrooms) randomly on your field. Every player with a ball.

How to Play -

Have your players pick a Mario Bros character - Mario, Luigi, Yoshi, Princess, Toad, etc...

Players will then dribble from one side to the other trying to avoid the mushrooms (cones). If a player hits a mushroom, they must do 2 toe taps to continue playing.

This game can be played with (dribbling) or without (running) a ball. If you play the running variation, players must do 2 jumping jacks if they hit a mushroom.

\*\* Add Bowser (a villain) to the game to try to steal soccer balls \*\*



### U8 - Pacman

#### Pacman

Fun game involving dribbling and passing, with some competition!

Organization -

Set up cones (pac-dots or pac-cones) around your field.

Ghosts have a soccer ball. Pacmen do not have a ball.

How to Play -

Pacmen are trying to pick up all the cones. The Ghosts are dribbling their ball around trying to hit the Pacmen (below the knee). If a Pacman gets hit, they give their cones to the coach (who sets up those cones back on the field) and then they get a ball and become a Ghost.

\*\* Round ends either on coaches signal or when all the pac-cones are collected. Switch who is a Ghost and who is a Pacman to allow everyone to have a turn \*\*



### Coaches Notes

- Be Organized
- Give Simple Direction
- Join in the game with your players. They like trying to beat the coach!

Both activities are appropriate for both age groups, Kindergarten and 1st/2nd Grade.

Using creative game names that your players can relate to is very important to engage them in your practice and for everyone to have fun. Instead of your players thinking they are dribbling their ball from one side of the field to the other, they will think they are in a video game as a certain character or trying to beat the game.

When explaining the game, be animated!

