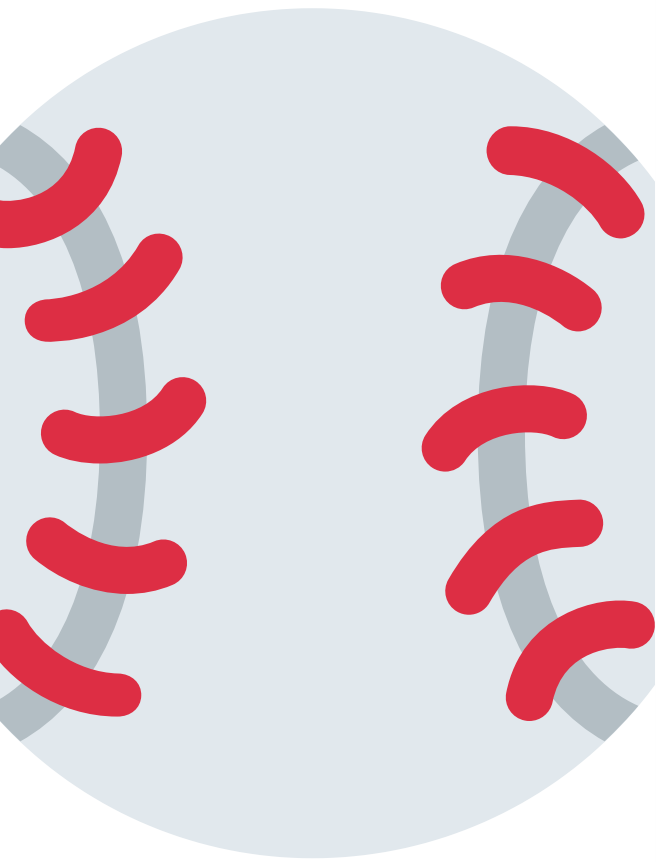


# Soccer With True North (Ages 4-7)

## Warm Up: Balloon Keep Up

**Equipment:** A balloon or a large lightweight ball

**Description:** Have your child use their feet to bump the balloon into the air, kids see how long they can keep the balloon up before it touches the ground. The only rule is that there is no using hands. See how many keep ups your child is able to do in a row, have them try to beat their score each time. If this is too difficult for your child have them catch the ball after each kick, once they get the hang of this they can progress to only using their feet.



## Activity: Obstacle Course (Dribbling)

**Equipment:** A soccer ball or large round ball, pillows, blankets, boxes or any household item that creates a great obstacle.

**Description:** Use pillows, blankets, containers, and other objects to build the “walls” or sides of the course. For an easier path, make the path wide and turns gradual. For a more difficult path, make the path thinner, with various turns. Challenge your child to dribble their ball through the course without touching any of the objects (pillows, blankets, containers) with their ball. After the first course, challenge your child to create a course for you to try. Time yourself, then challenge your child to beat your time.



## Activity: Kick Bowling (Passing and Shooting)

**Equipment:** A soccer ball or ball, bowling pins (yogurt containers, water bottles or paper towel rolls, etc).

**Description:** Set up 6-10 bowling pins in a triangular formation. Mark a spot 5-7 meters back from the containers, and have your child kick a ball to try and knock down as many pins as possible. A sample layout of the pins can be found below:

