

CRYSA Discovery Program

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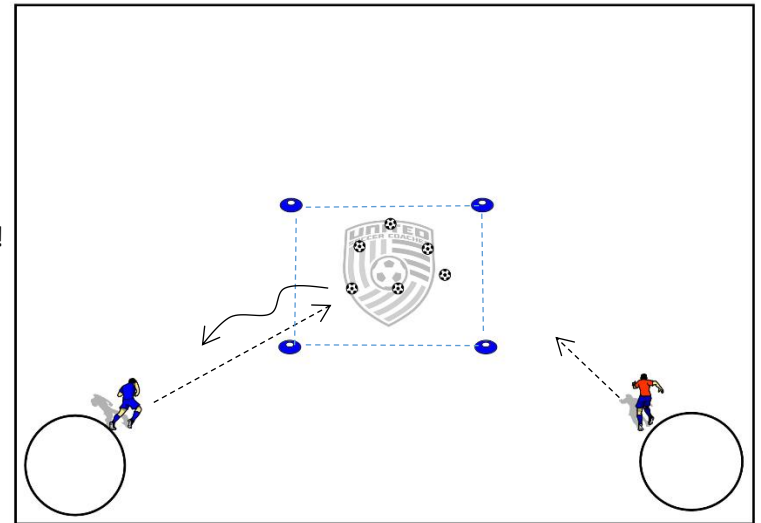
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COLLECTING ACORNS

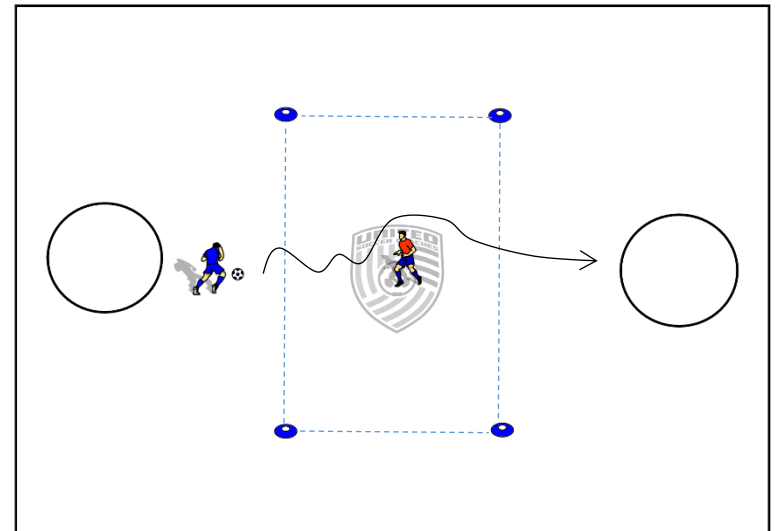
- ❖ In this activity, the player / child and parent start in their own circle. When the Parent says go, both race into the middle, get a ball and dribble it back to their circle then repeat until all the balls are finished. The person with the most wins!
- ❖ Focus on using only the feet to bring the ball back to the circle.
- ❖ With more players, allow for each other to steal soccer balls (Acorns) from other circles.



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SNEAK PAST THE SLEEPY PARENT

- ❖ In this activity, the player / child starts in the circle while the parent starts in the rectangle with their "eyes closed" as if they are sleeping.
- ❖ When the parent says "GO", the player / child attempts to dribble the ball (sneak thru the rectangle) while the parent isn't looking.
- ❖ If the parent hears the child, they can uncover their eyes and try to take the ball.
- ❖ After a few times, switch roles



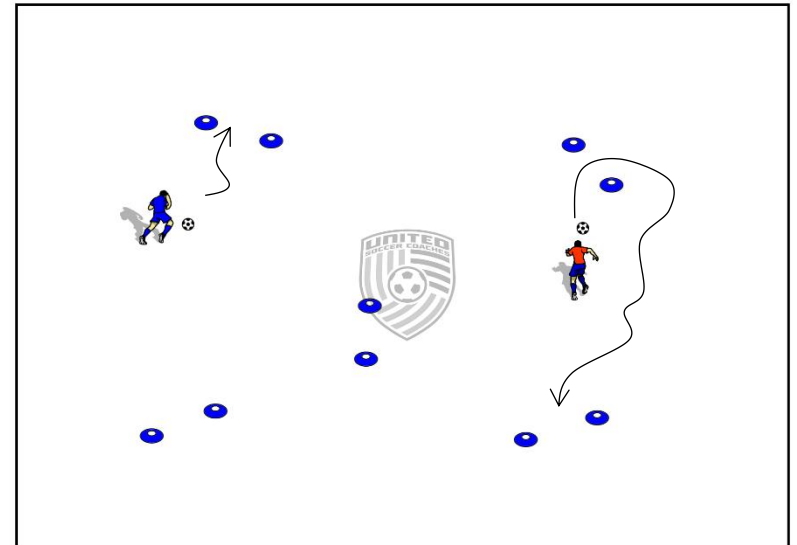
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RACE THRU THE MAZE

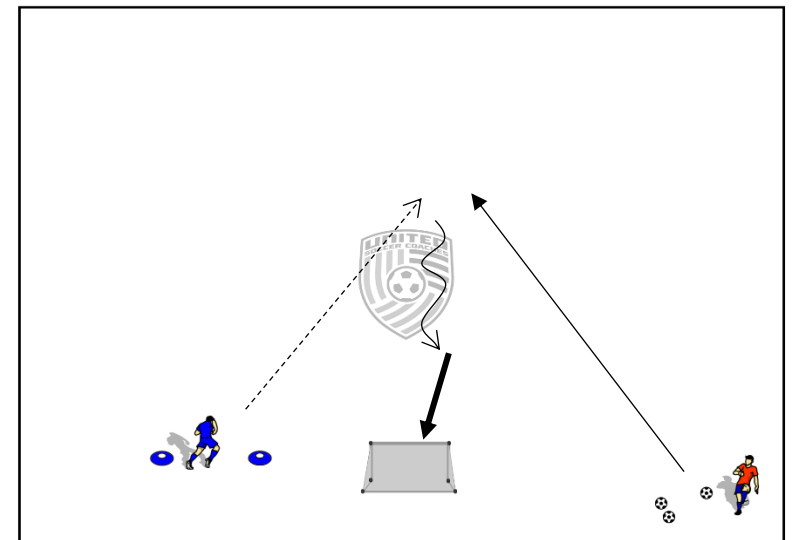
- ❖ In this activity, the player / child and the parent have a ball. When the parent says “GO”, they race around the track. The first person to dribble thru 5 gates is the winner!
- ❖ Allow the player / child to select which gates they would like to go thru.
- ❖ Be sure to focus on small touches / keeping the ball close.
- ❖ Feel free to use this as a warm up and allow the player / child to use their hands to carry the ball as they race around the track.



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SCORING GOALS

- ❖ In this activity, the player / child starts at the blue gate. The parent has a few soccer balls which they play out into the middle of the space 1 at a time.
- ❖ The player / child races out to the ball, controls it, turns and dribbles before shooting on the goal.
- ❖ Time the player / child to encourage them to go faster each time.
- ❖ Progress by having the parent become a defender after playing the ball out.



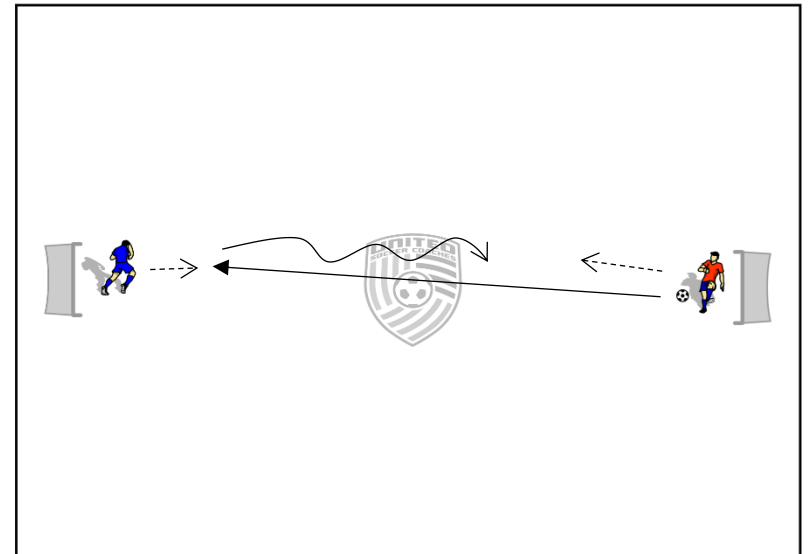
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GAME TIME

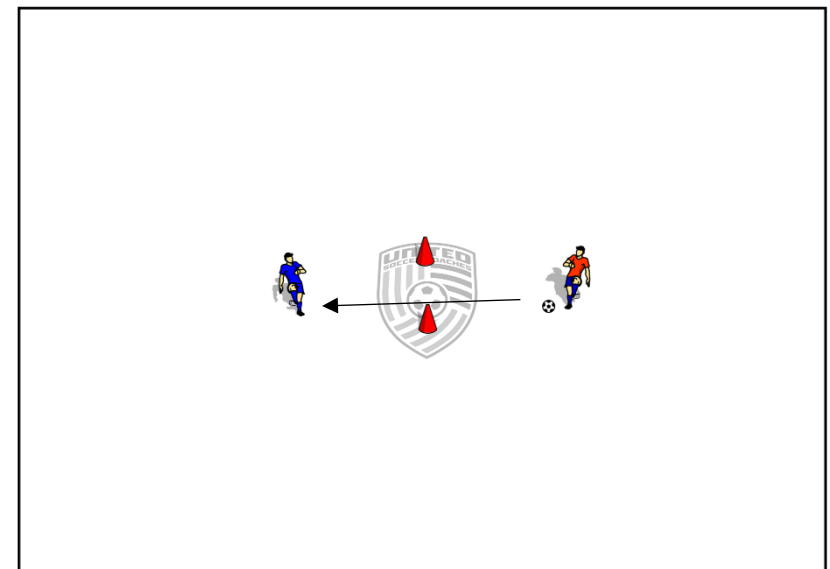
- ❖ In this activity, the player / child and parent play a 1 v 1 game.
- ❖ Have the parent start with the ball. They play a pass out to the player / child and the game begins.
- ❖ For advanced players / children, allow them to play the first pass.



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SHARING THE TOY

- ❖ In this activity, the player / child and parent stand an equal distance from the gate (Red cones). The idea is to work on passing but the hidden message is to “Share the toy”.
- ❖ Ideally the inside of the foot is used but allow the player the ability to use whatever part of the foot they choose. Ie. Toe, Heel, Laces, Bottom.
- ❖ Create a competition... who can get more thru the gate and or how many in a row can the parent and child complete together.
- ❖ Have the player and parent throw the ball and roll the ball to each other as well.



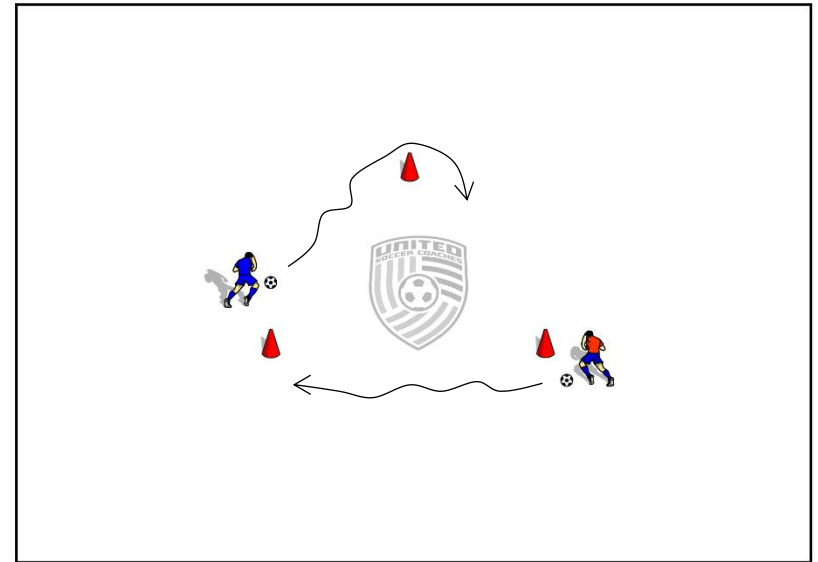
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CAN YOU CATCH THE OTHER PLAYER

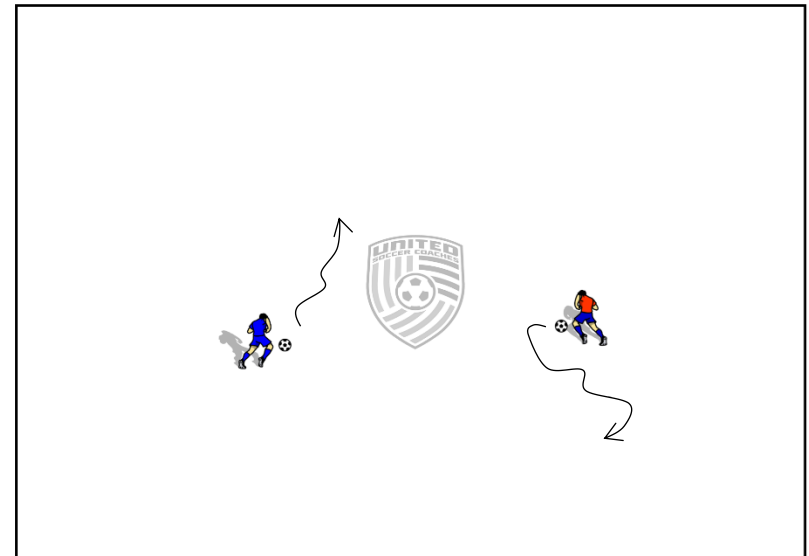
- ❖ In this activity, the player / child and parent start on different cones that make up a triangle.
- ❖ When the coach says go, the parent and race around the triangle trying to catch each other.
- ❖ Change directions



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MOVING AND GROOVING

- ❖ In this activity, the player / child and parent each have a ball and are asked to move around in the space.
- ❖ The Grooving part are skills / tricks such as Pull Backs, Run overs, Step overs, and Circling Away with the outside of the foot.
- ❖ Ask the players to keep the ball close using small touches and after they Groove, can they accelerate away from the space.



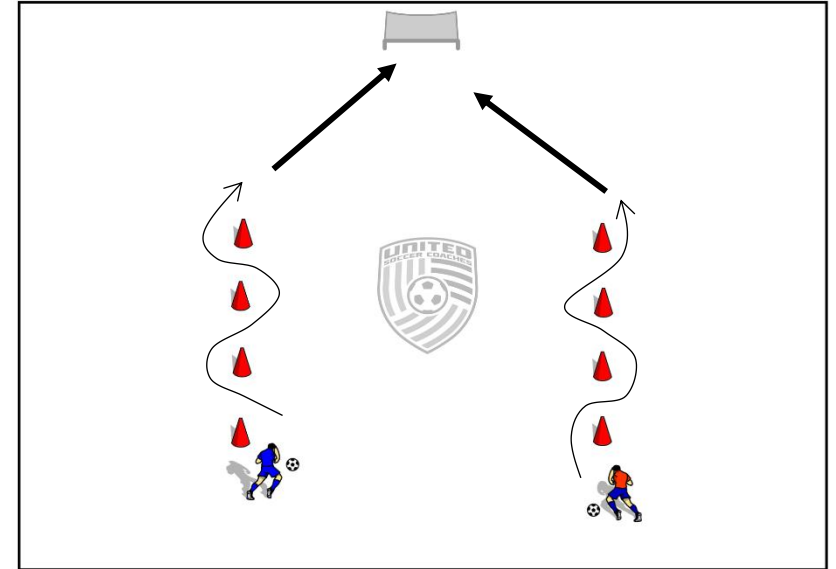
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WEAVING OUR WAY TO GOAL

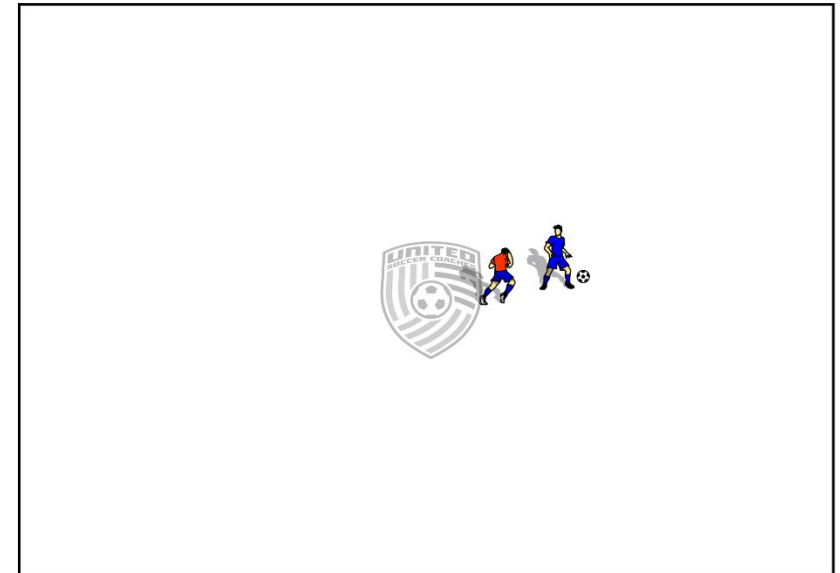
- ❖ In this activity, the player / child and parent each have a ball.
- ❖ They start at the first cone and weave / dribble thru the cones towards the goal.
- ❖ Ask the players to take small touches, keeping the ball close.
- ❖ Change



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ULTIMATE CHAMPION

- ❖ In this activity, the player / child starts with a ball while the parent tries to steal it away.
- ❖ If the parent steals the ball, they then try to keep it away from their child.
- ❖ Teach the child to get low and keep the ball on the furthest side of their body.
- ❖ Award points to the child if they can keep the ball for longer than 3 seconds.



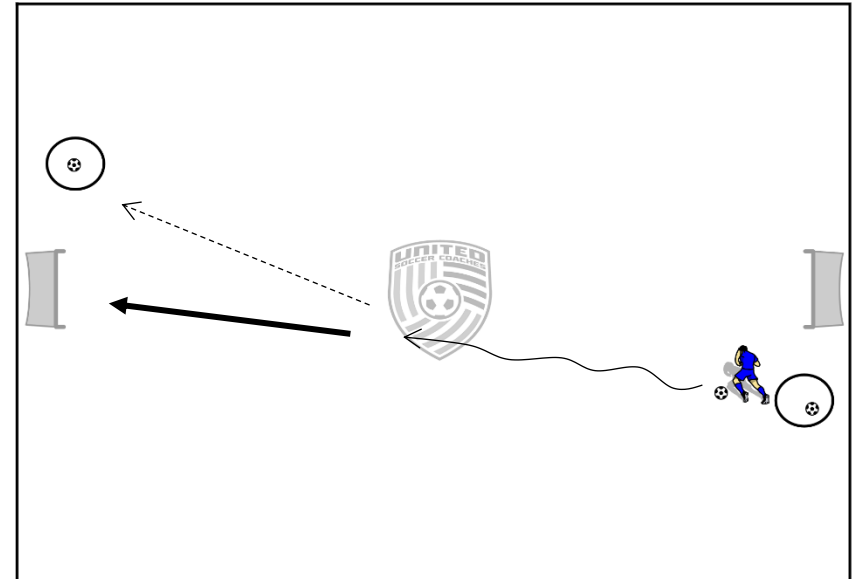
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BACK & FORTH – SCORING GOALS

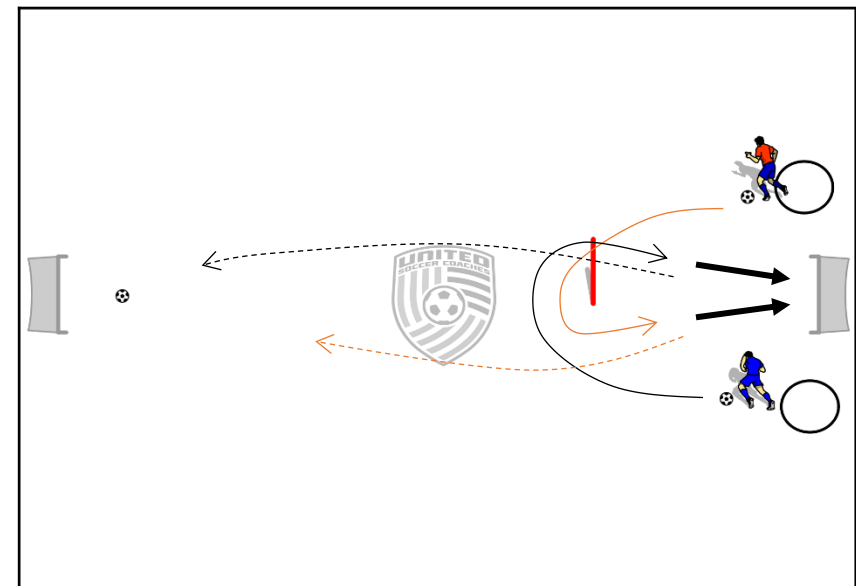
- ❖ In this activity, the player / child starts with a ball in one of the rings. When the parent say go, the child dribbles the ball and shoots on the goal. Once they score, they get another ball from the Ring beside that goal and repeat going back the other way.
- ❖ Encourage the child to dribble quickly and once they score, they race to the next ball.
- ❖ For beginners / younger players, allow them to carry the ball and throw it in. Its more about the movement, following patterns and moving fast than dribbling the ball.



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AROUND THE POLE – RACE FOR THE BONUS GOAL

- ❖ In this activity, the player / child and the parent starts with a ball in one of the rings.
- ❖ When the parent (or the child) says “GO”, they race around the pole and shoot on the goal next to their starting Ring. They then race to the other goal and the first player there shoots the ball in for a bonus goal.
- ❖ This is an activity you can play over and over again. The children love this!
- ❖ To change it up, allow the players to carry the ball and throw it in the goal.



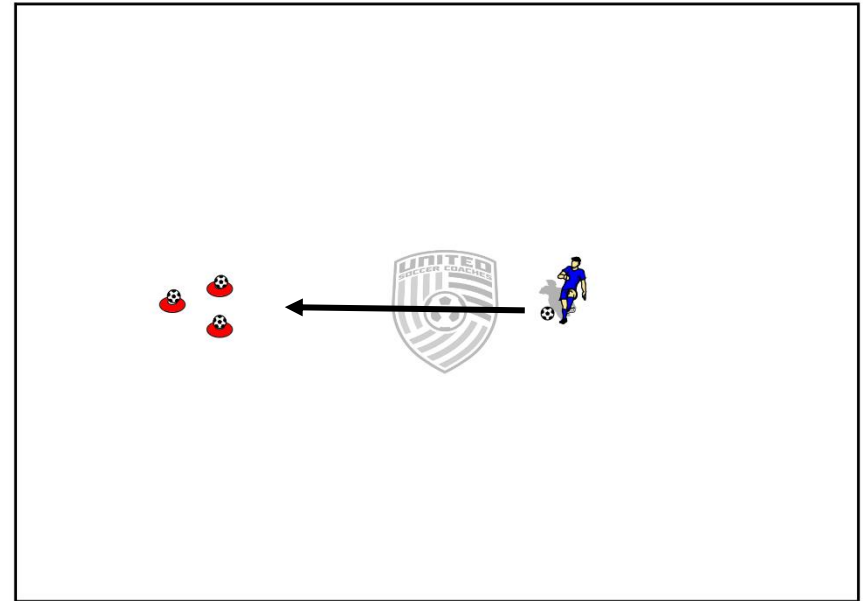
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SOCCER BOWLING

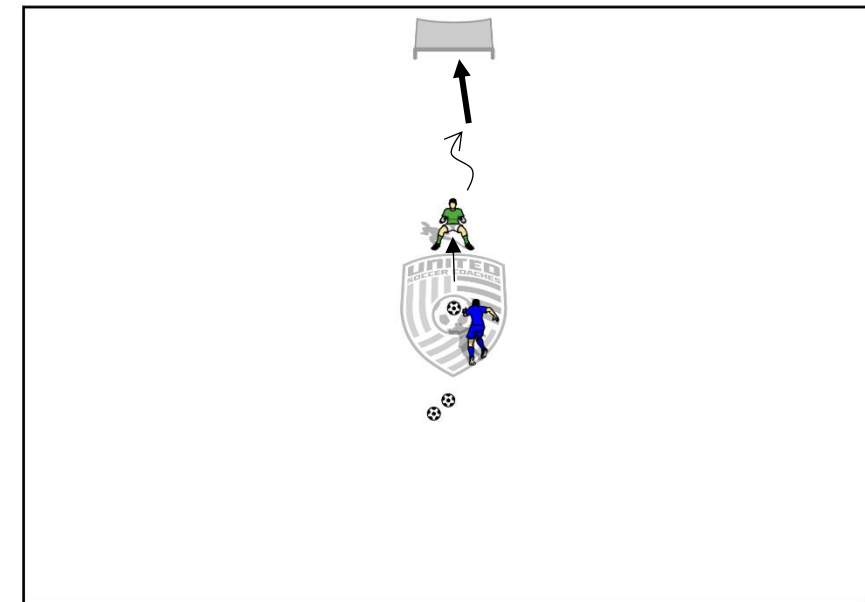
- ❖ In this activity, place soccer balls on top of the cones but be sure to keep 1 for the player / child
- ❖ When the child is ready, they kick and /or throw the ball and try to knock the other balls off the cones.
- ❖ Spread the cones out or have the child kick / throw from further away if they are having too much success.



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NUTMEG MOM & DAD

- ❖ In this activity, the player / child has a ball. The parent stands in the middle of the field with their feet wide apart.
- ❖ The child dribbles the ball, kicks it between their parents legs then crawls underneath before getting the ball again and shooting it into the goal.
- ❖ Once the player / child scores, they race back, get a ball and do it again.



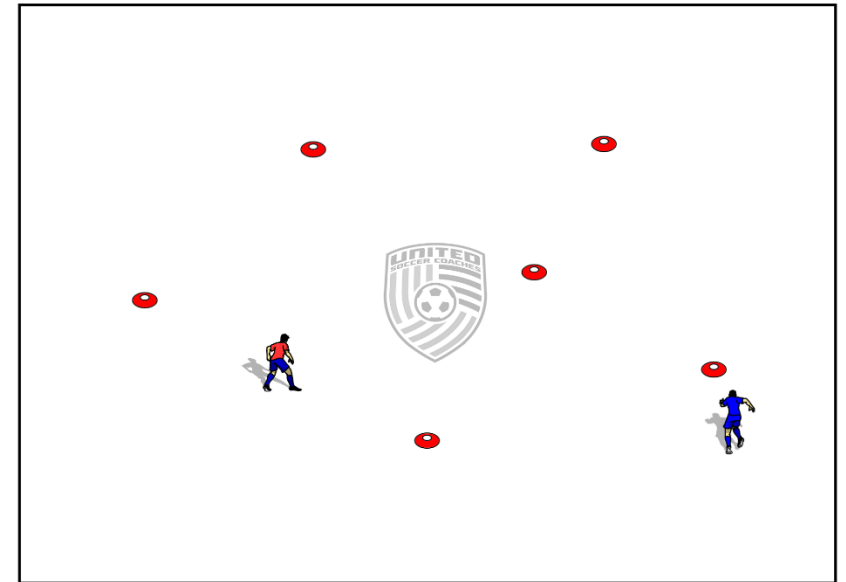
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BUILDERS vs DESTROYERS

- ❖ In this activity, the player / child and the parent race around flipping cones. The “Builder” wants to flip all the cones so they are the right way up... The “Destroyer” wants to flip all the cones upside down.
- ❖ Play short quick games and change roles after every game.
- ❖ Progress by introducing a soccer ball. Each player must dribble the ball and flip cones.



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TAIL TAG

- ❖ In this activity, the player / child tucks a pinnie into their waist band.
- ❖ When the parent so go, they try to pull the pinnie out while the child tries to run away / protect the pinnie.
- ❖ Change roles each time



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