101 FUN PE GAMES

SOCCER GAMES

DRIBBLE MINEFIELD

FOCUS

ENDURANCE GROSS MOTOR FINE MOTOR

GROUP SIZE

8+

EQUIPMENT

25 cones, 2 soccer balls, floor tape

SETUP

You can do this in teams or have the kids compete against each other individually. Use floor tape to mark the start and finish lines. Set up cones in your room in no particular order (as seen in image below). Place the children in traditional relay race lines.

INSTRUCTIONS

1. On 'go' the first child in line must dribble their soccer ball to the opposite end line, weaving in and out of the cones.
2. Once they get to the opposite end line, they must turn around and come back to the start line.
3. Once back at start line, they give the ball to the next child who performs the same task The first team to finish wins the race.

MAKE IT EASIER

- Use fewer cones as obstacles during the race

MAKE IT HARDER

- Use more cones as obstacles during the race as well as increase the distance they must dribble

SOCCER SHOT RELAY

FOCUS

ENDURANCE GROSS MOTOR FINE MOTOR

GROUP SIZE

8+

EQUIPMENT

2 soccer balls, 2 cones (or soccer goal), floor tape

⚠ SETUP

You can do this in teams or have the kids compete against each other individually. Set up each team in a traditional relay race line. Place 2 cones as a goal across the room on the other end line. Give the first child in line a soccer ball and use floor tape to mark off a shooting line.
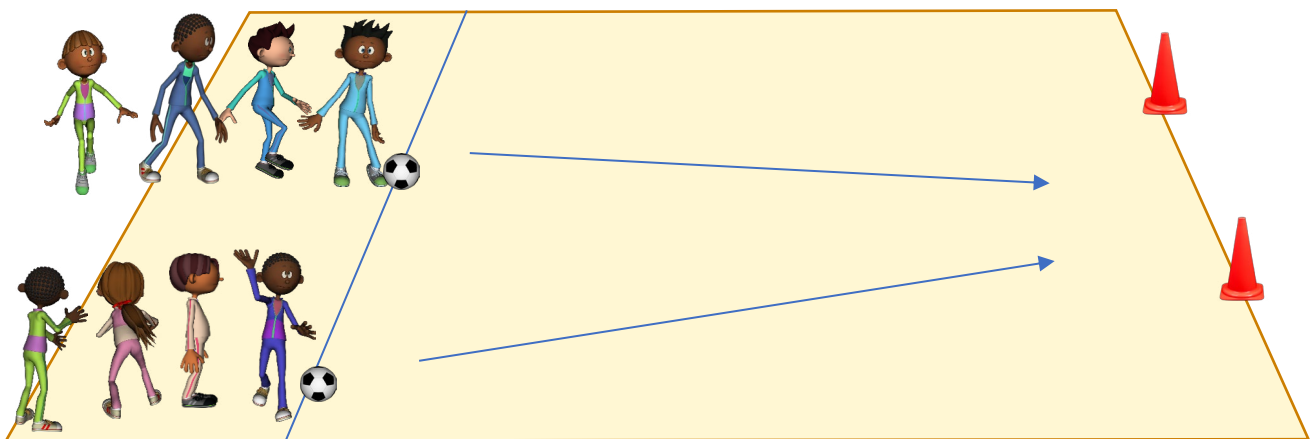
📋 INSTRUCTIONS

1. On the instructor's signal, the first kid in line must kick a soccer ball across the room at a goal which is 2 cones.
2. Whether they make it in or not, they must run after the ball, pick it up and bring it back to the next child in line.
3. If the ball goes directly into the goal, they will also receive a point.
4. Once the next child in line gets the ball, they follow the same process.
5. The first team to 15 points wins.

MAKE IT EASIER

- Keep the distance the children shoot closer so the shot is easier

MAKE IT HARDER

- Move the goals further away and raise the point total to win to 21 instead of 15

SOCCER PASS RELAY

FOCUS
ENDURANCE · GROSS MOTOR · FINE MOTOR
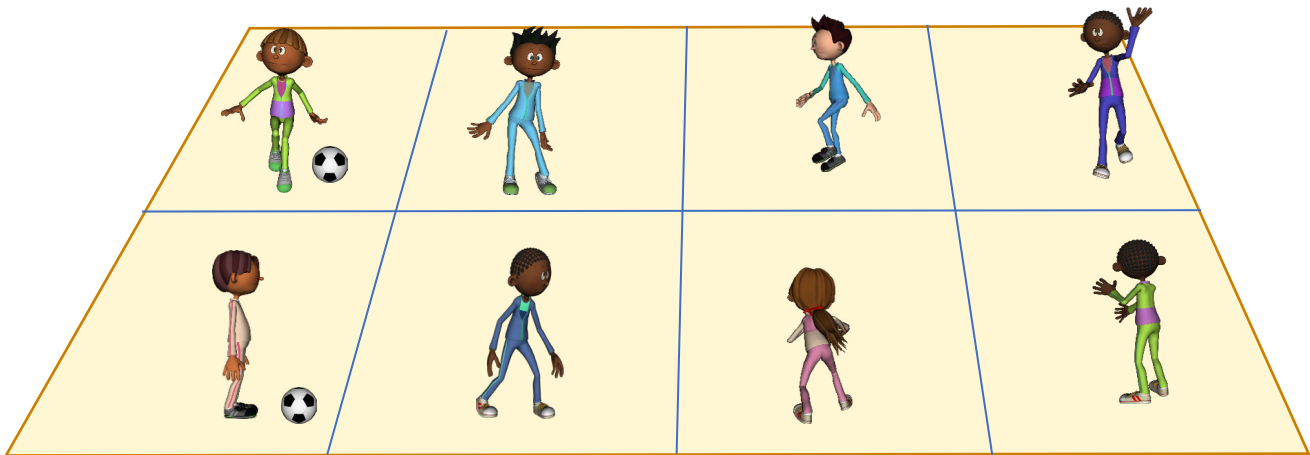
GROUP SIZE
8+

EQUIPMENT
2 soccer balls, floor tape

SETUP

Mark off the floor with tape, giving each child a space in their line. Give the first child in line a soccer ball.

INSTRUCTIONS

1. On the instructor's signal, the first kid in line must kick their soccer ball to the next child in line.
2. That next child must trap the ball, then proceed to kick it to the next child in line.
3. The pattern continues until the last child in line gets the ball.
4. Once the last child gets the ball, they start the process going in the reverse direction.
5. The first team to get the ball back to the first child wins the race.

MAKE IT EASIER
• Decrease the distance between players

MAKE IT HARDER
• Use your non-dominant foot only

SPEED DRIBBLE RELAY

FOCUS

ENDURANCE GROSS MOTOR FINE MOTOR
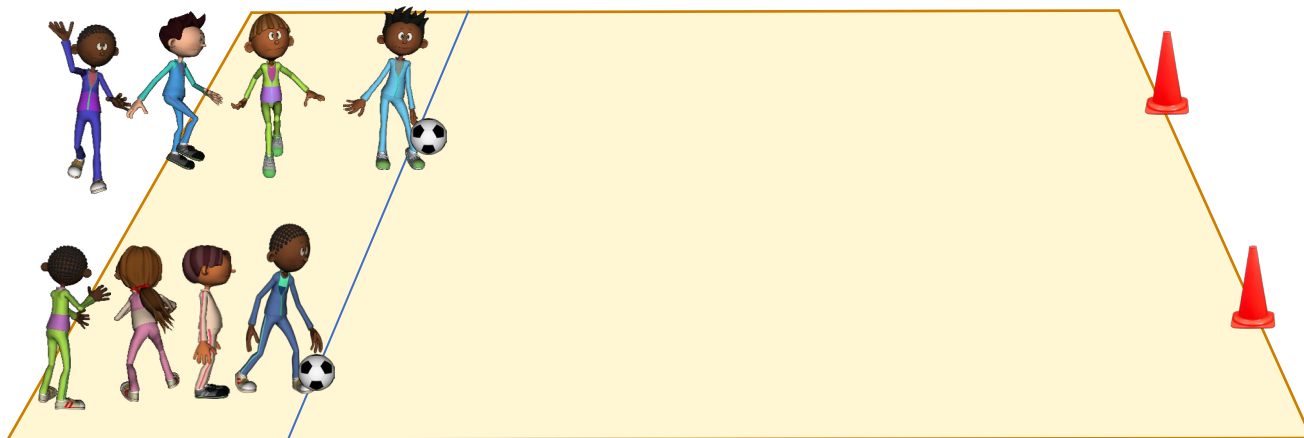
GROUP SIZE

8+

EQUIPMENT

2 soccer balls, 2 cones, floor tape

SETUP

You can do this in teams or have the kids compete against each other individually. Each team lines up in a relay race format. Set up 2 cones on the opposite end of the room and place tape on the floor to designate where the children start from. Give the first child in each line a soccer ball.

INSTRUCTIONS

1. On the instructor's signal, the first kid must speed dribble the soccer ball to their cone and go around it.
2. Once they go around it, they must speed dribble all the way back to the start line.
3. Once they get the ball back to the start line, the next child follows the same process. The ball cannot be passed back to the next child.
4. The first team to have everyone complete the tasks wins the race.

MAKE IT EASIER

• Make the distance shorter that the children need to dribble

MAKE IT HARDER

• Have each child go 2 times instead of 1 time as well as increase the distance of the race

TORNADOES AND VOLCANOES

FOCUS

ENDURANCE   GROSS MOTOR   FINE MOTOR

GROUP SIZE

16+

EQUIPMENT

20-30 disc cones

SETUP

Set up a 20x30m space and fill it with disc cones, half of them upside down (Tornadoes) and half right side up (Volcanoes). Split your group into 4 teams and line up each team in a corner. The first child in each line has a soccer ball.

INSTRUCTIONS

1. Choose two teams to be volcanoes and two teams to be tornadoes. The object of the game is for the kids to flip as many cones as they can to match their team name.
2. On 'go' the first child in line dribbles into the playing area and finds the closest cone. They stop, trap the ball, then flip the cone over to a volcano or tornado.
3. They then dribble back, exchange the ball, and the next person in line repeats
4. Play for 2-3 minutes. The team with the most cones matching their team name wins.

MAKE IT EASIER

- Use a smaller space with fewer disc cones to flip. Reduce the teams from four to two.

MAKE IT HARDER

- Have players use their weak foot (usually left foot) only. Have a larger space with more disc cones to flip.

FOCUS

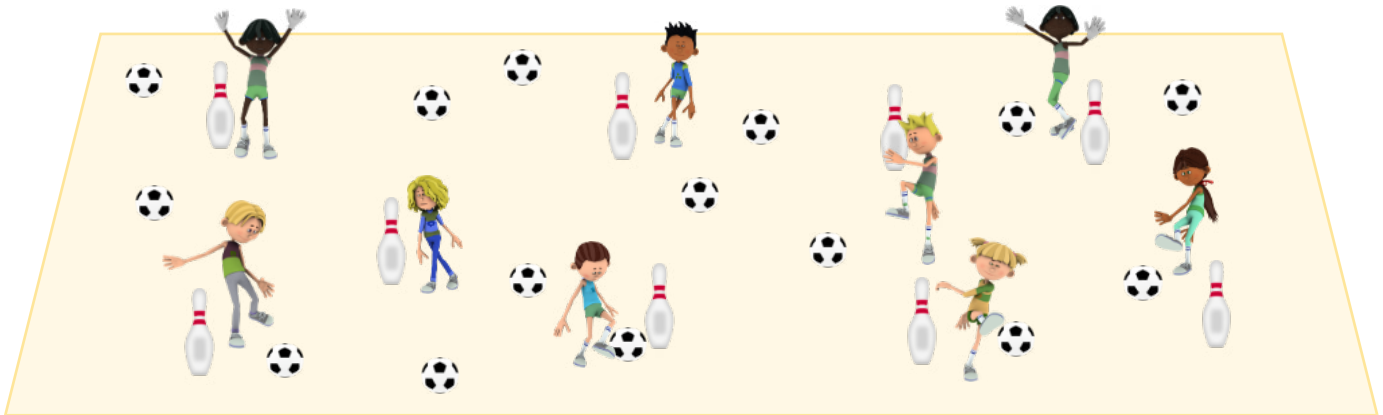**ENDURANCE** **GROSS MOTOR** **FINE MOTOR**

GROUP SIZE

8+

EQUIPMENT

Enough pins for each child, 20 sponge soccer balls

⚠ SETUP

Give each child a bowling pin and have them place it somewhere in the room. Provide almost double the amount of sponge soccer balls for the game. So if you have 10 kids playing, have about 20 balls.

INSTRUCTIONS

1. Each child is a guard for their pin as well as a shooter hitting other kids' pins.
2. On 'go' kids will kick a ball at other children's pins. At the same time, they are also protecting their pin. They can use any ball they find not being used.
3. If a student's pin gets knocked over, that child is out of the round. The last child left is the winner. It is a continuous game until the last child is left.
4. Kids may leave the pin they are guarding at their own risk, as their pin may get knocked over, forcing them out of the game. No hands can be used.

MAKE IT EASIER

- Play the game and allow the children to have partners. This way one child is the shooter while the other is the goalie.

MAKE IT HARDER

- Children have to play solo with no partners helping them.

FIGURE-8 DRIBBLE RELAY

●●● ○ ○
Intermediate

FOCUS

ENDURANCE

GROSS MOTOR
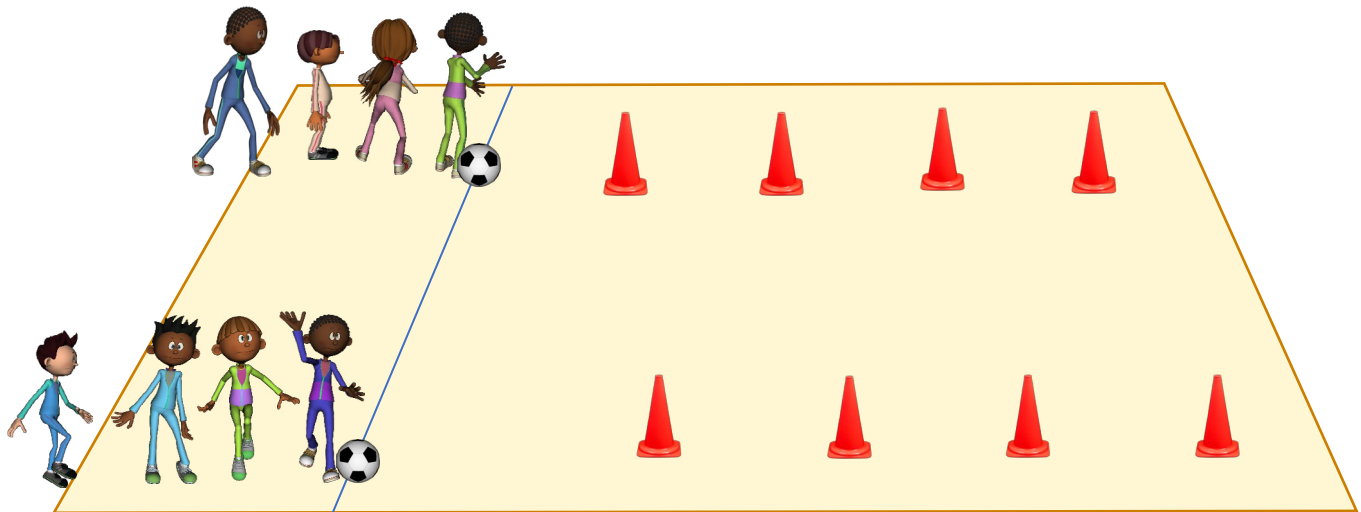
FINE MOTOR

GROUP SIZE

8+

EQUIPMENT

2 soccer balls, 8 cones

🔺 SETUP

You can do this in teams or have the kids compete against each other individually. Each team lines up in a relay race format, starting on the baseline. Place 4 cones about 5 feet apart in front of each team. The first child in line should have a soccer ball.

📋 INSTRUCTIONS

1. On the instructor's signal, the first kid must dribble their soccer ball, weaving in and out of the cones in front of them like a figure-8.
2. When they get to the last cone, they must go around it and come back to the start line the same way, weaving in and out of cones.
3. When they get back to start, the ball is given to the next child in line who now takes their turn.
4. The first team to finish wins the race.

MAKE IT EASIER

•   Use fewer cones

MAKE IT HARDER

•   Use more cones and increase the distance

101 FUN PE GAMES

VOLLEYBALL GAMES