TOP 10

Soccer Activities

1. Shark Attack (Woodpecker)
    - Staff creates a grid (approx. 20' x 20') using four cones at each corner and each player has a soccer ball. Upon Staff's signal, players are to kick out other player's balls while protecting (shield) their own ball. Once a ball is out of bounds, that player is out and the play goes on until one player is left. Assure the players from the beginning that you will have several rounds. Vary up the games, include yourself as one of the players in some games or have the previous winner the only person to kick the balls out. A good game to coincide with instruction about shielding.

2. Numbers dribbling
    - Within a grid, players dribble a ball at their feet. When a number is shouted by the Staff, players must perform that action…the last player to perform that exercise loses. Suggestions for numbers:
        - 1 - stop the ball with their foot
        - 2 - stop the ball and put their knee on the ball
        - 3 - stop the ball and put their head on the ball
        - 4 – leave your ball & get another one
        - 5 - stop the ball, run around the grid & get to a ball (staff to remove 1 ball)
    - Play for a short time with just 3 numbers until they understand the game.

3. 4 goal game
    - Object: To develop players' abilities to change the point of attack toward the area of fewest defenders and greatest space: to improve general endurance.
    - Divide players into equal teams of 5-8 players. Make the playing area appropriate to the age/size of campers with 4 small goals place around the field. Place 2 different coloured pinnies on each net, 1 colour representing 1 team, the other colour representing the other team. Teams try to attack and defend all 4 nets. If a team scores, they remove their pinnie colour from that net. Teams win when they have scored on any 3 of the 4 nets. No goalkeepers.

4. Rapid Fire
    - Assemble 4 or 5 balls approximately 15-30 feet away from the goal line (depending upon the ages of the camper) along a straight line between cones. Designate a goalie. Each camper has a turn to shoot all the balls as quick as they can and score as many goals as possible. Emphasize shooting to alternating sides of the net to get the goalkeeper off balance. Stress good quality shots and approaches. Let each camper have a turn to see who can score the most goals.

5. Passing Accuracy test
    - Step up 5 cones such that the 1st cone is only about 3 feet away. Stagger each cone 3 feet further than the preceding cone. Cones 1 and 3 should be to the left side and cones 2 and 4 should be to the right side with cone 5 being far away but in the centre. Have each camper take a turn at passing the ball to each cone. If they hit the cone with the ball, they receive the point value of that cone. Each cone is worth points according to difficulty: 1 point for cone 1, 2 for cone 2 and so on. Total all the points and the most accurate passer is the one with the most points.

6. Goalie challenge
    - Assemble all players in a straight line beside one goalpost. Instruct campers to run into the goal area and save the shot. If they save the shot, they get to go back to the end of the line up until their next turn. If they miss the shot, they sit down & wait till the round is done or help the Staff collect balls for the shots. The players are encouraged to run into the goal area as soon as the previous goalie saves the shot. The pace is fast & furious. The challenge continues until only one camper remains. Increase speed and difficulty of the shots for each round until there is a winner.

7. 'get outta here' game
    - The players are divided into two teams and positioned at either side of the coach with multiple soccer balls outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta here". Coach: Can make the games 1v1, 2v2 or 3v3. They should vary the service

8. Soccer baseball
    - Split your squad into two teams. Just like baseball, 1 team takes to the field to try and get batters out and the other team takes their turn kicking the ball from a pitch. You can either have a Staff be the neutral pitcher or someone on the fielding team as the pitcher but they have to 'pitch' or roll a fair ball through a set of cones so batters have a chance. All other rules are like baseball except the batter must kick the soccer ball. All players on the team get a turn at bat before switching to the outfield. The team with the most points win.

9. Soccer golf
    - Played like golf, only with a soccer ball and kicking actions. Staff decide on a target for the first hole. Campers take turns kicking their ball at the target and must count how many kicks it takes to get to the target. The camper with the least number of kicks after playing all holes…wins!

10. Soccer Tennis
    - Create 2 rectangles approx. 10yd x 25yd with a middle zone about 5yd x 25yd…There are 3 zones. Break players into 3 teams of 4 (1 team per zone) with pinnies. Coach passes the ball (from the side) into 1 of the end zone teams to keep possession while 1 player from the middle zone enters the zone 7 tries to get the ball or kick it out. If the defender gets possession or kicks the ball out, the attacking team now becomes the middle zone defenders and tries to win the ball back from the opposite side attackers. Team with the ball in the end zone must play 5 passes amongst themselves without losing the ball & then pass across the middle zone to the other end zone team to get 1 point. If the player from the middle zone gets the ball or kicks it out, both teams switch zones and play continues from a coach's pass in.

Quiet Games

1. Simon Says 'please'
    - The twist: You don't do it unless Simon says the word 'please' before each action.

2. Freeze/ Graveyard
    - Count down from 10 to 1. Campers must become silent and freeze at the precise instant you call out 1. Alternatively, you can toss something in the air and when it reaches the ground, they must freeze. While frozen, staff try to make the camper laugh or move (without touching them). Last person 'unfrozen' wins.

3. Persnickety Penelope's Puzzling Preferences
    - Say: "I know a woman named Penelope who is very persnickety. Do you know what that words means? She's very picky. Very particular. But also very confident. She knows exactly what she likes, and exactly what she doesn't. But she has some puzzling preferences. For example, Penelope loves books, but she really doesn't like (note: please don't use the word 'hate') movies. Oh, and she is very fond of pepper, but she doesn't like salt. And if you ask her about school, she says she loves school, but doesn't like studying. And she loves to sleep, but she will never, ever, be caught taking a nap. Doesn't like naps. No way. So: Can you tell me what Penelope would like and what she would not like?"
    - To play, the campers have to use the same framework you did. That is, they have to say, "She likes popcorn but doesn't like ice cream." You would thank him or her for trying, but say that "actually Ms. P doesn't like popcorn. She tried it once and spit it out. Butter, however, is one of her favourites. But she can't stand peaches." And then you'd make the sort of face that shows strong dislike of something, and ask the camper to guess again.
    - In the example above, the secret to what Penelope likes is that she likes anything with double letters. But the cool thing about this puzzling brain game is that campers can challenge each other over and over by just coming up with a different secret rule. And the rule can be very simple or very subtle, and not necessarily be based on spelling. For example, Penelope might like things that begin with a B, or things that have two syllables, or things that use electricity, or bigger than our hand.
    - The key: It can be frustrating to not figure out the puzzle, which is our moment to point out that learning or doing hard things is often frustrating. And if we can get them to keep trying, we can praise them for their persistence. As some campers catch on, talk to them about how to be supportive of others who are still working on it. Speak about the value of patience. Have those "in the know" say what Penelope likes so everyone is involved. If someone calls someone 'stupid," this is a terrific opportunity for you to ask them about why this is not acceptable. How do we want other people to feel? What message does it send about the name caller if she or he puts someone else down?

4. This is Milk
    - How to play: The Staff holds up an imaginary glass in one hand and says, "I love to drink things that are good for me. This is milk." She puts it down. She picks up a second imaginary glass. "This is orange juice." She then repeats this with both "glasses." Now she picks up a "glass" and asks the camper, "What is this?" They have to guess whether it contains milk or orange juice as the Staff continues to display and label these imaginary glasses. Sometimes the campers will guess correctly and sometimes they will be wrong. The game is to figure out the secret as to when this invisible stuff is milk, and when it's orange juice. The secret: if the staff is 'looking at the glass' when they ask, it is orange juice. If they are not 'looking at the glass' when they ask, it is milk.

5. Do as I do
    - How to play: The Staff does a simple series of actions and invites campers to observe very closely and copy exactly everything the Staff did. The actions can be easy hand motions, taping a stick on the table in a certain rhythmic sequence, or something similar.
    - The secret: The Staff adds an extra little thing just before or immediately after the sequence of actions. If the campers don't "catch" this occurring, they may not include it when they try to repeat the actions.
    - For example, the Staff may clear her throat slightly before beginning. If the campers don't notice and include this in their own rendition, then they haven't "got" it yet.
    - Remember to be encouraging – have all the campers say very brightly and positively, "Ooooh – that was SO close." The Staff must remember to use good judgment about when the level of frustration gets too high for learning, and when to make the clues that are given more and more obvious to enable the campers to figure out the puzzle.
    - If the secret is a sound, you can (as one of your last and biggest clues) suggest that campers close their eyes as you do your sequence. Then they will be sure to notice what you're doing. If the secret is an extra physical action, go very, very slowly, breaking everything down into little steps.
    - If they don't get it, keep being positive and reassuring, demonstrating confidence that they will figure it out. Say, "I want you to watch everything I do from when I say 'Begin' to when I say 'The End.'" This will usually tip them off to the extra thing you're doing.
    - Here's a second example of a secret action. Instead of clearing your throat, fold your hands on the table or your lap as soon as you seem to finish the sequence. If the campers don't notice that you are finishing that way, then they haven't caught the secret yet.

6. Numbers guessing
    - How to play: The Staff does some kind of gesture or movement while sitting on the ground. Participants are instructed to try and figure out what number (between 1-10) the Staff is trying to convey. The Staff instructs participants to wait until the whole clue is complete.
    - The key is prep: The Staff should, casually before the game ever starts, grab a ball and place it between his/her legs as if its just a prop he/she is playing with casually. The gesture of movement from the Staff can be wild, obscure, and constantly changed. But every single clue should end with the Staff placing anywhere from 1-10 fingers on the ball in his/her lap. Participants will be mesmerized by the gesture and not realize the answer is simply in the number of fingers placed on the ball at the end.
    - To help participants 'get it' sooner, the Staff can make the finger placement more obvious or continue to reiterate 'wait for the whole clue to be given'

7. Wink
    - Campers sit in a circle. The Staff explains that in a minute, they will ask the campers to cover their eyes & bow their heads. The Staff will walk around the outside of the circle and tap 1 or 2 people on the back. When the Staff says "okay, look up", everyone uncovers their eyes and looks up. Whoever was tapped on the back is a "winker", and anyone not tapped is a "detective". Everyone is then instructed to casually look each player in the eye. Winkers can wink at anyone they make eye contact with and that person must wait 2 seconds and then lie back "asleep" for the rest of that round. If any detective sees who winked at them, they can put up their hand and take a guess. But 1 wrong guess and they too fall "asleep". Game continues until either the winkers are guessed or there are no more detectives left.

8. Picnic
    - Players sit in a circle. Staff starts by saying "I'm going to a picnic and I'm going to bring _____". What they bring is predetermined with some kind of clue (eg. Anything that starts with the same letter their first name starts with, or the 1st letter of the alphabet). Each player must then take a turn and say what they are going to bring to the picnic. The Staff will either say "No you can't come to my picnic" or "Yes, you can come to my picnic" depending upon whether they picked up on the clue and said something that fits.

9. Orchestra/ Rhythm Master
    - Campers sit in a circle, and the Staff designates a “guesser” to walk to another area not looking at the group. The Staff assigns “maestro” from the group sitting down and tells everyone to do what they are doing and the “guesser” will have to try to find out who is the “maestro”. Instruct players not to all look at the “maestro” or the guesser will have an easy time guessing. The “maestro” must, from time to time, change the pattern up but they should do it when the guesser is not looking. The guess has 2 or 3 guesses as to who is the “maestro”

10. Thumper
    - Campers sit in a circle. Staff, starting with themselves, instructs each player to come up with a symbol or sign they want to use (eg. Thumbs up, okay sign, stroke hair with your hand, finger on your chin…almost anything…except ones that make a sound). One by one have each player show the rest of the group what their symbol is. Once everyone has a good handle on at least 1 or 2 other players signs, you may begin a practice round. Play starts with all players tapping their knees twice and clapping twice in unison. One player (usually the Staff) starts with their symbol first and “passes it on” by doing another player’s symbol. That player must now do their symbol and them someone else’s. Play continues until a player makes a mistake (either the wrong order, wrong symbol, a symbol of someone who is out already or is too slow in doing the symbol). Start out slow and forgiving and then speed it up as players get more used to it.

11. Bang Bang…who did I get?
    - The group stands in a circle. One person stands in the middle as the sheriff. The sheriff quickly spins around and then points straight at one person in the circle and says “bang!” The pointed-at person crouches as quickly as possible. The two people standing next to the pointed-at person must quickly point at each other, shouting each other’s names. The person who is last to shout the name of the other is out of the game. Unless, the pointed-at person in the middle of those two does not crouch in time. In that case, that person is eliminated. When there are only two people left, they stand with their backs to each other in the middle of the room. The sheriff calls out random numbers. On every uneven number the pair takes a step away from each other. On the first even number they draw, quickly spinning around and then shooting. The quickest draw is the winner.

12. Charades
    - Choose a player to start. The player thinks of a word that the others should be familiar with. The player then acts the word or phrase they've chosen in front of the other players. The first person to guess the word or phrase gets a point.

Active Games

1. Capture the Flag
    - Two teams play in a large field or area separated by a center line. Designate an area on each team known as "jail" where players tagged on the other team must go. Teams place their flags somewhere in their end zone area. If a player is tagged on the opposing team's side, they go to the "jail" until one of their "free" teammates tags them. First team to 'capture' the flag and run it back to their side wins.

2. Rock Paper Scissors
    - **Relay RPS** - Create 2 teams. Each team splits into 2 equal groups where 1 group stands behind a cone approximately 10 yards from the rest of their team. Same for the other team. On the Staff queue, 1st player on each team runs to each other and does a RPS session. As soon as they both get the same symbol, they high 5 each other & run to the end of their own line. First team to get through their whole team wins.
    - **Team RPS** - Create 2 teams (using a full or half size soccer field works). Teams are assigned a captain who will huddle with their team and come up with a 'rock paper or scissor' that all team members must remember. They should also come up with a secondary symbol just in case of ties. Then both teams should approach each other with players lining up directly across from an opponent (within arms reach). Captains in the middle of the line should initiate the rock paper scissors exercise and all players should follow in unison. Whichever team wins the rock paper scissors exercise must chase players on the other team and try to tag them before they retreat back to their 'safe zone'…a spot on the end of their field. Anyone tagged is now part of the other team and joins them. Play continues until there is nobody left on 1 team….or they are just too tired of running.
    - **Biggest Fan RPS** - This is the most fun RPS game. Everyone plays as an individual. Staff advises players to walk around randomly in a designated area. On the Staff queue, players quickly approach a nearby individual player and do a rock paper scissors exercise. Whoever loses the battle must now go behind the winner and start cheering them on (as their biggest fan). A winner then finds another winner who battle out another RPS exercise. Whoever loses that, takes their whole team and joins the winner to make a much larger group of 'biggest fans'. Play continues until there are only 2 individuals (with their fans) left who battle it out to be the biggest winner.

3. Colours
    - Set up a large square with a different colour on each of the 4 corners (use pinnies if you wish). Designate the 'caller' (usually the Staff member to start) to stand/sit in the middle of the square blindfolded. On command from the staff, players should run around to find another colour (corner) by the time the staff counts down from 10 to 1. Staff will shout out a colour and everyone on that colour is eliminated for that game. Play continues the same way until there is only 1 winner in the end.

4. Elephant Ball
    - Players all stand in a circle with their feet pressed against the person beside them and their hands clasped together making a 'trunk'. A ball (ideally soft) is thrown into the middle and players try to bump the ball between other players legs. If the ball goes between the legs, that player 'loses' a limb and is down to 1 arm. If it goes through their legs again, they sit down & became a bumper. If the ball goes between 2 players legs (outside of each), each player loses a 'limb'. The winner is the last with a limb still intact.

5. Flinch
    - Players stand in a line or circle with hands and arms at their side. Staff either tosses or fakes a toss of the ball to any player. If a player "flinches" during a faked toss, they get a letter. If the ball is tossed, the player must catch it or they get a letter. Use the word PIG or HORSE. Play continues until there is one player left.

6. Squat
    - Players stand in a circle. Staff throws a ball to one player to catch. The two players on either side of the catcher must squat immediately. The last person to squat is eliminated. Play continues until all players are out. Not every catch will eliminate a player.

7. Shipwreck
    - Make 3 parallel lines spaced approximately 10 yds apart (1 known as air, 1 known as land, and 1 known as sea). The center line is LAND and the end lines are SEA and AIR. Players should be lined up shoulder to shoulder on center line to start game. Explain the actions players must following when called:
    - AIR-run to center line
    - LAND-run to appropriate end line
    - SEA-run to appropriate end line
    - SUBMARINE-lay on back & hold up 1 leg in the air
    - SCRUB THE DECK-all on knees scrubbing the floor
    - HIT THE DECK-all are flat on their stomach
    - SATURDAY NIGHT-all begin dancing
    - SUNDAY SERVICE-all are on knees with praying hands
    - MAN OVERBOARD-get into groups of 3, if there is an odd number left, they are eliminated
    - CAPTAINS ABOARD-all stand at attention with hand saluting the captain.

    Begin with a warm-up so everyone knows the calls, then start eliminating the last player to do the action. The last one in the game is the winner.

8. Doctor Dodgeball / King's Court
    - Same as Dodge ball with 2 teams except that if a player is hit, they must lie down on the spot. If the doctor (chosen by Staff at beginning of the game) can drag the "hit" player to the end of their square, they are back in the game. If the doctor is hit, play continues until last player is out.

9. Drip Drip Drop
    - Same as Duck Duck Goose using different words. Have a sponge or small bucket and every time the camper says Drip they put a little water onto the campers head. When they say drop they either squeeze the sponge out or pour the water onto the "Drop" camper.

10. Scavenger Hunt
    - Staff researches and finds interesting things to search for and find. Staff should make a list of questions for players to find/search for (ie. How many garbage cans? What is the number on the nearest house?). Players are divided into teams and given the questions & a pen. Teams must try to answer all questions as quickly as they can & return the paper to staff.

11. TV tag
    - The chosen "It" player stands beside a tree/post approx. 20-30' from the rest of the players line up in a straighten line so players shoulders are side by side. The "It" calls out the initials of a MOVIE title. Eg: Snow White = S. W. When a player on the line calls out the correct name of the movie, that player runs to the post/tree and back trying to beat the "it" from running to the line and back to the tree. The winner of the race becomes the "it" and continues. You can use movies, TV shows or other topics. If players get stuck, the "it" can offer clues.

12. Head/ Catch
    - Players stand in a circle. Staff, standing in the middle of the circle, begins by tossing a soccer ball towards the head of a player while calling out "head" or "catch". The player must head the ball back or catch & throw it back to the Staff depending upon the instruction. Upon getting a good rhythm, introduce the reverse instruction. If you shout head, they must catch & toss it back. If you shout catch, they must head it back to you. If they do the wrong action, the player must sit down until everyone is eliminated.

13. Ladders
    - Players get a partner. Facing their partner, players should line up sitting down across from their partner so that each pair is separated by 2'. Give each pair of two players the same number. Facing each other with feet touching, legs together, the Staff calls out a number. The pair with that number must rise, run to end of row, around the outside and run back up to spot. First player sitting down gets a point for their team.

14. Larry, Curly, Mo
    - Get all the campers to get into groups of 3. Once they have their groups get all the campers to form a giant circle but standing beside their group members. Each person in the group will be assigned a name, either Larry, Curly or Moe. Place a pinnie, (or small ball or some sort of small object that can be easily grabbed by campers) in the middle of the circle, one for each group/team that is apart of the circle. The staff member will then call out one of the names, either Larry, Curly or Moe, and the camper with that name must run around the outside of the circle. Meanwhile his/her fellow group members must make a bridge by putting their hands together up in the air. When the camper that has run around the circle returns he/she is to run under the bridge his team has made and grab a pinnie. In the next round, the staff can take one pinnie away. Repeat the game. This time the team that does not get a pinnie is out. They still need to be a part of the circle to maintain the form as well as cheer on their fellow campers. You can make this game go faster too by taking away more pinnies and eliminating more teams at once.

Icebreakers

1. Name Game
    - Everyone sits in a circle and the first person says their name and something that starts with their first letter (ie. Jeff Jam), the next person does the same for themselves and then repeats each person prior to them. Play continues until everyone has a turn, getting more difficult each time.

2. I've gotta hand it to you
    - Ask campers to partner up. One partner must now trace a number or letter and the other partner must guess what they traced. Try drawing different shapes or items.

3. This is my nose
    - Staff to say: "I once met a woman/man who said the most peculiar thing. She introduced herself, and then she said (pointing to her chin), 'This is my nose.' I understood, like you, that sometimes people are different and they have different ways of looking at things, which is OK, and actually interesting. So I, wanting to be respectful, said, 'Ah. And this (point to your nose) is my chin…"
    - How to play: You "accept" what the person says by showing them that you get the opposite (i.e. if this is your elbow (they pointed to eye), then this (the elbow) would be called an eye). Then as each person has accepted, they move on and try it to another person.

4. Awe-sum
    - Players should partner up. Staff to say: Please put one hand behind your back. In a moment, not yet, when I say "go", you're going to throw that one hand out in front of you with a number of fingers pointing out, one through five. No zero. So, for example, now I'm doing the number two, with 2 fingers pointing. Now all five, and so on. Your partner is going to do the same thing at the same time, with any number of fingers. The object of the game is to be the first one to add up the total number of fingers on both of your hands and shouts out that number first. That person is the winner of that round.
    - Variations: 2 hand addition, multiplication, subtract larger number from smaller number, add a 3rd player. Make it a tournament, winner moves on.

5. Bunnies
    - Players sit in a circle side by side. Staff starts with the 'bunnies' by putting both hands to their temples (thumbs touch the temple and 4 fingers waiving). Staff can get rid of the bunnies a number of ways, introduce each way 1 at a time and test for awhile before introducing others:
    - 1 – throw both hands towards anther player making eye contact with them (both thumbs must leave the temple). Bunnies are now with that person who must 'pickup the bunnies' & so the same on their temple. The original thrower of the bunnies, must drop their hands.
    - 2- drop either the left or right hand to your side while other hand still wiggling on the temple – play transfers to the player siting beside the hand still wiggling. Same procedure as 1.
    - 3- throw both hands straight up in the air – 1st person to reach straight up & pull down the bunnies has them
    - 4 – fake – pretend to throw bunnies but don't let your thumbs leave your temple
    - Once everyone fully understands the game, players are eliminated 1 by 1 if they either 1) flinch when not supposed to or 2) too delayed in picking up the bunnies when supposed to.

6. Telephone
    - Campers sit in a circle. Staff creates a phrase that is a little tricky to remember & then whisper to the person next to them. That person must repeat what they heard into the ear of their neighbour. Play continues until the final person hears the message and then repeats out loud what they heard. Everyone has a laugh at how many changes took place.
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7. Finish my sentence
    - Staff starts a story with 1 word. The person beside them then says 1 word to add to the 1st word, and so on until you have 1 long funny run on sentence. Players are encouraged to say a word as quickly as they can, that way the story will sound funnier.