

GoPlay! Back Pocket Games & Alternative Activities

Sport Specific Activities

Note: Use the 'extensions' for an added challenge or older age groups and use the 'simplify' for leveling down or younger/parented classes.

SOCCER

Note: If you're coaching a Soccer Multi-Sport class and want to switch it up even more - take a look at the Soccer specific lesson plans or the Soccer portion of the Soccer & T-Ball for the appropriate age group and see if there are any games you want to pull from there!

Mario Kart

Equipment: Flat & pointy cones, soccer balls

Put out a track using flat and pointy cones, hula hoops, or anything else you would like.

Relate to Mario Kart (flat cones are banana peels or turtle shells, pointy cones are boxes you have to jump over, etc.)

The kids have to make their way through the track, dodging the banana peels, boxes, and turtle shells!

[Example](#)

EXTENSIONS:

- You can add another element by having the coach throw in more 'banana peels' and 'turtle shells' while the kids go through the track.
- Add a timer and see how quickly the kids can get through the track. If they are hit by a banana peel or turtle shell they have to count to 5 or 10 before they can keep going.

SIMPLIFY:

- Remove the Mario Kart aspect but still have banana peels, or other fun things that make the course goofy and fun for the kids. Have the parents help them through the course.

Battle Pins

Equipment: Ground markers, pointy cone, soccer balls

It could be played in partners with a smaller class or as a whole class, with 2 teams.

With the 3-5 year olds it may be easier to do in 2 teams. For older groups, they would be more likely to be able to handle it in partners.

Set up a line of ground markers with a pointy cone in the middle of the line.

Have 1 kiddo stand a few feet away from the end of the line of ground markers, and another a few feet away on the other end. Or if in two teams, do the same but with each team lined up on either end.

One end or team will start by kicking a soccer ball, trying to aim for the cone and knock it over. If they knock it over, they get to move it one spot closer to their opponent.

The next person on the other side or the person at the front of the line on the other team gets to try to do the same.

The goal is to get the cone all the way to the last ground marker closest to their opponent/other team and knock it over.

[Example](#)

EXTENSIONS:

- If the game is going well, play a couple of rounds and see if they can improve each time. Ask the group about what they think would help them be successful with aim! (how to kick the ball, what to look at, how strong to kick it, etc.)

SIMPLIFY:

- Remove the partner/team aspect. Just have parents and their kiddos each have a cone and then have them practice aim and trying to kick the cone over or using the ball to aim and knock the cone over with the parents' help!

FLAG FOOTBALL

The Gauntlet

Equipment: Balls, flags, belts, cones

Use 4 cones to create a rectangular playing area (with two end zones essentially).

All of the players will have a belt and 2 flags on.

Have 4 kiddos standing in the play area approx every 5 yards. The rest of the players will line up at one end.

The first kiddo in line will have to try to run through the play area to the other end without getting their flags pulled. The players standing every 5 yards are not moving around the entire space, they are staying in line with where they originally started, only moving laterally.

Rotate through positions.

[Example at 0:14 until 1:10](#)

EXTENSIONS:

- Add a slight competitive edge by seeing which players can get through without getting flags pulled, the most times.

SIMPLIFY:

- Have the parents or coaches stand in the middle and have the kiddos run through with their flags trying not to get caught. Make it fun and not competitive. If coaches are the ones in the middle, the parents can help their kiddos get through.

The Floor is Lava

Equipment: Balls, cones

Use 4 cones to make a rectangular playing area. This is the lava.

Spread more cones throughout the playing area. These are the islands. (You will need at least as many islands, so cones, as you do players).

Put the kids into pairs. This is who they will be working with and passing to for the game. Each pair will have a ball.

Players cannot catch a ball while standing in lava, they must be on an island. So once the partner with the ball is at an island, their partner must be quick to find an island that they can catch the ball at.

Once one pass/catch is made, they must keep moving to another island.

[Example at 2:25 until 3:40](#)

EXTENSIONS:

- Add a timer and have the partners count how many passes they make. Play a couple of rounds and encourage them to try to beat their last number.

SIMPLIFY:

- Set up the game the same but have the parents and kids run around and when the coach yells out or blows the whistle, the kiddos and parents find an island and then they have to make one pass between each other. Then repeat.

KICKBALL

Line Kickball

Equipment: Bases/ground markers, ball

Have the diamond set up as normal.

There will be one person who starts in the outfield and will be the one rolling the ball to the kicker.

Everyone else lines up behind the first kicker.

For this game, once the first person in line kicks, everyone has to run the bases together, staying in line, while the pitcher runs to retrieve the ball.

Once the pitcher has the ball they have to try to tag anyone in the line. Remember that the runners can't pass each other, they have to stay in a line.

Whoever is tagged joins the outfield.

The players who make it back home line up again, with a new person as the kicker.

EXTENSIONS:

- Add another layer to the game where the players who are tagged and join the outfield cannot be the ones to tag the runners. They can help retrieve the ball, but then they must pass it to the original pitcher to tag one of the runners.

SIMPLIFY:

- Rather than the extension, make it more simple so any of the outfielders can do the tagging.
- You can also level down by removing the rule that the runners must stay in a line. So they can all run in a clump/at their own pace instead. This makes it easier to avoid the tagging as well.

T-BALL

Note: If you're coaching a T-Ball Multi-Sport class and want to switch it up even more - take a look at the T-Ball specific lesson plans or the T-Ball portion of the Soccer & T-Ball for the appropriate age group and see if there are any games you want to pull from there!

Note: Since you will have small balls when playing T-Ball, the 'Relay Race' game in the Unparented 'Other Activities' could be a good warm-up or fun game to implement!

Maze Drill

Equipment: Cones, balls, target (hula hoop or tee with ball)

Using cones, set up a track for the kids to move along. The kids will line up at the start of this track.

At the end, either have a hula hoop or a tee with a ball on it as the final target.

One at a time, the kids will hold the ball and have to shuffle through the maze/track until they get to the end where they can throw at the target to either throw through the hula hoop or try to knock the ball off the tee.

[Example](#)

EXTENSIONS:

- For older, more experienced groups try the variation where they have to try to knock the ball off the tee at the end.

SIMPLIFY:

- For younger, less experienced groups try the variation where they have to throw the ball through the hula hoop (either held up by a coach or just throw at it on the ground).
- Simplify further by removing the shuffles and have them just run and aim.

Ball Chase Race

Equipment: Balls, hula hoop

Have the kids split into two groups and each line up, facing towards the play area. The kids who are not first in line should stand off to the side so they are not in the way of the throwing. Have a hula hoop set up at the starting area.

Coach will stand between them and throw two balls out into the field. The first kid in each line has to run after the ball, pick it up, and turn back around to try and throw it into the hula hoop. Repeat with the next kids who are first in line.

[Example](#)

EXTENSIONS:

- Add in a team element where you keep track of which player was the one who got their ball into the hula hoop. That is one point for their team. See which team can get the most points. (You can decide how you want the point system to work, maybe it's that if neither throw their ball into the hoop that is 0 points for both, whoever gets it in first gets the point, or maybe it's that if both get it in, they both get the point).

SIMPLIFY:

- For a parented group, have the parents throw the ball and the kiddos have to run after it and get it. If you feel like they are able to add in the element of throwing it back to their parent, do that too!

TRACK & FIELD

Note: Some of the 'Other Activities' may also work well for your Track & Field session!

Track & Field Relay Race

Equipment: Cones, playground ball (or other ball)

Set up 2 starting cones where the players will line up (split the group into 2 teams).

Then put 2-3 more cones apart from each other in line with the first cones. Give a kickball to the players who are first in line (or if you happen to have a smaller t-ball that would work too).

Each cone will have a different track & field action. You could do high jumps, side hops, lunges, etc. Set a certain amount of that action that they have to do before going to the next cone.

The first player will run with the ball to the first cone, put the ball down and complete the action. They will leave the ball at this cone and go through the rest of the actions at each cone. Once they complete the last one, they will run back to the first cone, pick up the ball, and throw it to the next person in line. This person will repeat the same actions.

The goal is to be the first team to have all of their players complete the course. Remember to keep form in mind!

[Example at 1:20 until 2:06](#)

EXTENSIONS:

- You could have the kiddos help pick the actions. Encourage them to think of ones related to track and field and create a collaborative environment to work together to make the course.

SIMPLIFY:

- *Instead of having 2 teams, each kiddo goes through with their parent, not racing against anyone. Have the course actions be more simple and the course be shorter and cheer each other on as you go! Remember high fives at the end.*

LACROSSE

Fishies Fishies, Come Swim in Our Ocean

Equipment: Sticks, balls, cones

Using 4 cones, create a rectangular play area.

2-4 players (depending on how many kiddos are in the class), will not have a stick and will be in the middle of the play area. These kiddos are the "octopus".

The rest of the players will have a stick and a ball and will start at one end of the play space. These kiddos are the "fish".

The goal is for them to cradle the ball across the field without getting tagged by the octopus or running out of bounds.

If they are tagged or drop their ball, they switch with the person who tagged them. So they would give the tagger their stick and ball to become a fish, and they would now be an octopus.

EXTENSIONS:

- *Create different variations of the game where it is only coaches as the octopus to start, or switch so all the kiddos are the octopus and the coaches are the fish trying to get through them.*

SIMPLIFY:

- *No need to simplify, lacrosse is only for the unparented classes during the outdoor season.*

Other Activities (i.e. warm-up, tag games, fun games)

Age Group: Parented

Ball Kicks

Equipment: Playground balls, or any other balls

Have all of the kids/parents line up facing the coach. Each should have a ball.

The coach will call out a kind of kick they want the kid's to do (BIG kick, small kick, bump with hands, move with head, doesn't have to only be a kick with the feet!) Be creative!

The kids have to do their best to complete that action, then go retrieve their ball and line up at the starting line again.

Note: this can be done so that everyone is completing the action at the same time so that they don't have to be waiting around. But, make sure that the parents keep their kiddos at the line until coach says to retrieve their balls.

Bowling

Equipment: Playground balls, or any other balls

Set up pointy cones to be the bowling pins. Put one ground marker or flat cone as the starting point (an appropriate distance away from the cones). The kids will line up at this point. One at a time the kids can roll or kick a playground ball to try to knock them down (coach could decide whether they are kicking or rolling, or just let the kiddos decide).

Another variation is to work as a team, so one player goes and you leave the cones as they are once they've had their turn, then the next player gets a chance to keep knocking them down until they're all knocked over. Emphasize how awesome it is that they are all working as a team!

Age Group: Unparented

Banana Split

Equipment: N/A

Put the kids into pairs.

They will stand toe to toe with each other. With their other foot directly behind, their toe to their other foot's heel.

They will then play rock, paper, scissors (RPS).

Winner of RPS moves front foot backwards (so the toe of the foot they move back goes to the heel of their other foot).

Loser moves front foot forwards (so their toe still touches the toe of their partner, but their feet move farther apart from each other).

Play until one player cannot balance anymore!

[Example](#)

VIP Tag

Equipment: Hula hoop

Put out one hula hoop.

Pick one person to be the "VIP", they stand in the hula hoop.

Everyone else plays tag, when they are tagged, they have to sit down.

The VIPs role is to tap the players who are out and sitting to get them back in the game. Without getting tagged! The hula hoop is their safe spot.

If the VIP is tagged, the game is over.

Switch out who the VIP is each round so every kiddo who wants to try gets a turn.

[Example](#)

Freeze Tag

Equipment: N/A

Pick one person to start being 'it' or have the coach be 'it'.

Game starts as a regular tag game but when you're tagged you have to freeze in the position you were tagged. Once they are in this position, they can't move. If they move they are out of the game.

The game ends when all of the players are frozen and the last person not frozen can be 'it' to start in the next game.

EXTENSIONS:

→ *Create a theme at the beginning (such as animals), and that is what you have to freeze like once you're tagged.*

SIMPLIFY:

→ *Allow the kids to freeze in any position and be more lenient on the not moving rule. Just encourage them to try to stay frozen like ice!*

Relay Race

Equipment: Flat/disc cones, small balls if you have them

For this game, use the flat disc cones to create 2 lines. Split the kids into two groups and have them line up a few feet from each line of cones. This game could be played with small balls or without depending on the equipment you have. If you do have small balls with you, put one on each cone. At the end of the two lines, place one cone between the two a few feet away.

On go, the first kid in each line runs up to the first cone, if you are using small balls they take it off, flip the cone over and put the ball back on it. Then they go to the next cone and do the same and repeat this down the line. If you are not using the small balls, just have the kids flip the cones.

The first kid to get to the last single cone wins! The next kids in line now repeat the same thing. Make sure the kiddos are cheering their team on!

[Example](#)

EXTENSIONS:

→ *Keep track of the points and see which team gets more points once everyone has gone! Play again and see if the other team can get more points this time. Keep it fun and not too competitive!*