

SLEEPY MONSTER

Materials: Spot Cones (20)

Game Length: 10-15 minutes

Soccer Skill: Dribbling. Teamwork is also an important part of this game.

The game takes place in a 25 X 35 yd. rectangular grid. All the kids will start out on one line of cones and will be standing with the ball at their feet. The coach will be the monster and will be between the two lines of cones in the middle of the rectangular grid. The monster will stand and roar (don't be too scary) at the kids until they lull him/her to sleep. How do the kids lull the monster to sleep? They sing a song called 'Sleepy Monster'. Over and over again they sing 'Sleepeeey Monnster' until the monster falls asleep. To show the kids he/she is asleep the monster will lie down and start snoring. Once the monster is asleep the kids must try to sneak by the monster by dribbling the soccer ball from one line of cones across to the other. When the monster wakes up the kids must dribble the soccer ball as fast as they can to the other side. Once the monster wakes up he/she will chase them until they get to the other line of cones. If the kids successfully reach the other side with their soccer ball they are safe and the monster can't get them. However, if the monster catches one of the kids before they reach the other side he/she will pick up that child's ball and pretend to eat it. That child will then become a monster with the coach the next round. Once everyone has either made it to the other side or been caught by a monster you can start the game again. Remember the game begins with the kids singing 'Sleepeeey Monnster'. The game continues until all the kids become monsters.

Note: Make sure the kids are dribbling the soccer ball and keeping it close. Some kids may try to use their hands or even pick up the ball and run to the other side, especially when the monster wakes up. When the monster wakes up he/she should roar but don't be too scary. It might scare the kids. Make sure they are laughing and enjoying it. Emphasis is on dribbling (keeping it close) and shooting (with laces).

