



GINGER
SPORT



Play at Home Soccer Games



Over 20
fun soccer games
to play for the
whole family!



Introduction

Here at Ginger Sport we love soccer, we love fun, and we love healthy activity. So what better way to combine these loves than in an e-book of play-at-home soccer games?

Most of our Ginger Sport kids attend one soccer session a week. If your little one is anything like many of our Ginger Sport kids, they cannot wait for the week to roll around to their next soccer session.

This e-book contains over 20 play-at-home games for your little soccer fanatic to play during the week when they're not attending Ginger Sport soccer.

Our play-at-home games are not just fun, they're really important. The current recommendations for Australian children are that they should be physically active for a minimum of three hours each day. With 25% of Australian children now being reported as overweight or obese, you can see just how important it is for our kids to get out and be active.

Physical activity has immeasurable benefits for young children, and it is so important for their physical and emotional wellbeing. The physical benefits of healthy activity are often obvious to us, but did you know that being active can help your little one's confidence, resilience, problem-solving skills, and self-esteem? If you're getting out there with them, you will be reaping the benefits of healthy activity too – and you can't argue with that!

By purchasing this e-book, and engaging in the play-at-home games within, you are helping to lay the foundations for a healthy and active life for your kids.

We know you and your little Ginger Sport soccer fans will have great fun with our play-at-home soccer games.

Disclaimer:

Young children should be supervised whilst engaging in any of the games published in this e-book. Parents, guardians, and carers should use their judgement and discretion when selecting appropriate games for children in their care. Ginger Sport does not accept any liability for injuries caused to children who are not properly supervised whilst playing the games; or for children whose parents, guardians, or carers choose inappropriate activities for their child's developmental level; or for children whose parents, guardians, or carers do not follow the instructions published in this e-book; or for any other form of undue care or attention.



About Ginger Sport

Ginger Sport soccer is not about bending it like Beckham. It is about providing an inclusive, fun, play-based, learning environment that lays the foundation for a happy and healthy life for our precious kids.

Ginger Sport soccer is for kids ranging in age from 2-10 years. We have sessions in Brisbane, Ipswich, Logan, Gold Coast, Toowoomba, and Sunshine Coast.

Children can access Ginger Sport soccer sessions in a number of ways. Every week we have hundreds of sessions running across south-east Queensland in child-care centres and in parks and other venues.

In our weekly sessions we encourage a nurturing and safe environment for the little ones who take part. We teach coordination and teamwork in an environment that is energetic and positive.

We do soccer parties that kids (and parents) love, and we also offer multi-sports in some child-care centres.

Our website is a wealth of information and you can find it at www.gingersport.com.au

Through a passion for fun, soccer, and healthy activity, Ginger Sport soccer has grown from half a dozen kids and a bag of balls in 2009, to many thousands of kids participating and having fun across south-east Queensland every single week.



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Game One!

AirPort Soccer



WHAT IS NEEDED:

- 2 brooms/mops.
- 1 soccer ball per child.
- 1 goal/wheelie bin (standing).

WHAT IS LEARNT:

- Dribbling at pace.
- Balance.
- Transitions between dribbling and running with ball.

WHAT TO DO:

- Set the wheelie bin wherever suitable in the yard.
- Place the 2 brooms/mops on the ground to be the runway going to the wheelie bin.
- Start at the wheelie bin and slowly begin kicking the ball along the runway.
- Once at the end of the runway start running and kicking the ball as if the children are now flying.
- Kick the ball to an object in the yard.
- Once arrived put foot on ball and wait a few seconds to get all of the passengers off the plane.
- Then kick the ball back to the airport.
- Be sure to fly on the runway and once on the runway slow down as you are about to land.
- Continue with other areas of the yard.

Game Two!

Ball into cave



WHAT IS NEEDED:

- 1 ball per child.
- 2-3 plastic buckets (more if you have any).

WHAT IS LEARNT:

- Dribbling.
- Awareness.
- Accuracy.
- Using different parts of the foot.
- Speed.

WHAT TO DO:

- Lay all of the buckets on the side and hide them around the yard.
- Then the children must dribble the soccer ball around looking for the buckets (caves).
- When they find a bucket they must stop the ball, line it up, and kick it into the bucket.
- As the children get better at aiming, make them take a step back to try it from further back.

Game Three!

Break The Wall



WHAT IS NEEDED:

- Any combination of the following:
(approx 5) cereal boxes, muesli bar boxes,
milk containers, cordial/juice containers.

WHAT IS LEARNT:

- Dribbling at pace.
- Shooting.

WHAT TO DO:

- Set up boxes/containers in a line on the other side of yard.
- Children start with ball on opposite side of yard to the wall.
- Children race across the yard dribbling the ball and kick the ball into the wall.
- They have to regain control of ball and kick over the remaining wall with the ball.

Game Four!

cats & Dogs



WHAT IS NEEDED:

- 1 ball per child.
- Parent to be dog.

WHAT IS LEARNT:

- Awareness.
- Ball control by stopping fast.
- Balance .

WHAT TO DO:

- Cats (children) start on opposite side of yard to the dog (parent).
- Dog faces cats.
- When dog turns around the cats slowly dribble the ball towards the dog.
- When the dog turns back around to face the cats, the cats must freeze still so the dog does not see them move.
- The dog then turns back around and the cats sneak up closer.
- Once the cats get really close, they must kick the ball at the dog and run away very fast before he catches them.

Game Five!

Colourful Water Bottle Bridge



WHAT IS NEEDED:

- 1 ball per child.
- 10 water bottles.
- Food colouring.

WHAT IS LEARNT:

- Dribbling.
- Ball Control.
- Using both feet.
- Awareness.

WHAT TO DO:

- Fill water bottles with water and put food colouring into water and mix up.
- Then place on ground in 2 lines about 1 metre wide to form a bridge.
- The child then tries to dribble the soccer ball across the bridge without knocking over any of the bottles.
- If it becomes too easy make the bridge gradually thinner to challenge them some more.

Game Six!

Egg on SPOON



WHAT IS NEEDED:

- 1 ball per child.
- 1 boiled egg per child.
- 1 spoon per child.

WHAT IS LEARNT:

- Dribbling.
- Turning.
- Dribbling with head up.
- Keeping ball close to feet.
- Kicking the ball fast and slow.
- Awareness & balance.

WHAT TO DO:

- Kids keep dribbling the ball carrying the spoon with the egg on it.
- They have to keep the ball close to their feet without dropping the egg.
- You can do it as a race, or you can get kids to dribble the ball around.
- A parent can be the grumpy chicken and chase them around telling them they were not supposed to play with the eggs. Kids can be cheeky baby chicken.

Game Seven!

flying frogs



WHAT IS NEEDED:

- 1 ball per child.
- 20 paper plates.
- Different coloured paint.

WHAT IS LEARNT:

- Speed.
- Dribbling.
- Awareness.
- Keeping their head up.

WHAT TO DO:

- Firstly let you children paint all the paper plates any way they like.
- Once dry stack them all up. Now the children have to dribble and kick their ball from one side of the yard to the other.
- While they are running throw the frogs like a frisbee to try and hit the kids.
- They can have a turn at throwing and trying to hit mum or dad.

Game Eight!

Lost Dinosaur Eggs



WHAT IS NEEDED:

- Rocks that can be special dinosaur eggs.
- 1 ball per child.
- Basket to be the nest.

WHAT IS LEARNT:

- Awareness.
- Looking to find balls.
- Shooting.
- Ball control.

WHAT TO DO:

- The dinosaur is very sad because all of her eggs have rolled out of the nest and she cannot find them.
- You have to help find the eggs and bring them back before she gets too angry.
- If you are dribbling your ball around the yard and hear the dinosaur roar you have to freeze.
- If you keep moving around the dinosaur may see you and then try to chase you away.
- When all of the eggs are back in the basket put the basket back in the garden so the dinosaur can find her eggs.

Game Nine!

Mummy / Daddy Run for your life



WHAT IS NEEDED:

- 1 ball per child.
- 1 length of rope.
- 2 milk bottles (different colours).

WHAT IS LEARNT:

- Powerful kicks.
- Accuracy.
- Timing.
- Fitness.

WHAT TO DO:

- On left-hand side of yard, place 2 milk bottles approx. 5 metres away from each other.
- On right-hand side of the yard, place a rope approx. 5 metres long and at least 3 metres away from the milk bottles.
- Mummy and Daddy (or brothers and sisters) have to run from one milk bottle to the other milk bottle.
- Children stand behind the rope and attempt to pass the ball gently at the moving target and strike them below the knee.
- Then swap and let children have a turn at running and jumping.

Game Ten!

musical soccer chairs



WHAT IS NEEDED:

- 1 ball per child.
- 1 chair per child.
- Parent to be the DJ.

WHAT IS LEARNT:

- Dribbling.
- Turning.
- Dribbling with head up.
- Keeping ball close to feet.
- Kicking the ball fast and slow.
- Awareness.

WHAT TO DO:

- Children need to dribble around the chairs. When the music stops, race to the chair, sit down, and keep the ball at your feet.
- After the first round, DJ (parent) put one chair away every turn until you finish with two kids playing around one chair.

Game Eleven!

Pirate Cannon



WHAT IS NEEDED:

- 1 ball per child.
- Small bucket of sand (cannon).
- Rubbish bin (pirate ship).
- Teddy bears (pirate).

WHAT IS LEARNT:

- Big strong kicks.
- Power.
- Accuracy.
- Chipping the ball.

WHAT TO DO:

- Lay bin on its side and position the pirate teddies on the top.
- Then place a small mound of sand on the ground and position the ball on top.
- When you say “fire”, they have to try and kick their ball really hard and knock the pirate teddy off the pirate ship.
- Try to teach the children to kick the bottom of the ball to make it go higher.

Game Twelve!

Pirate Treasure



WHAT IS NEEDED:

- Special looking rocks (pirate treasure).
- 1 ball per child.
- 1 fairly large box to be treasure chest.
- Empty toilet roll per child (optional telescope).

WHAT IS LEARNT:

- Dribbling.
- Turning.
- Dribbling with head up.
- Awareness.

WHAT TO DO:

- Spread the special rocks around the yard without child seeing (this is the pirate treasure).
- Children use their telescope to look for where the treasure might be.
- Children must kick their ball around the yard to find the special treasure.
- Once a piece of treasure is picked up the child must dribble the ball back to the treasure chest and put it in.
- When all treasure is found celebrate and go hide the treasure back in the garden so no one will find it.

Game Thirteen!

Police Chase



WHAT IS NEEDED:

- 2 wheelie bins - lying on ground (buildings).
- 1 ball each (police car).
- 1 or both parents (bad guys).

WHAT IS LEARNT:

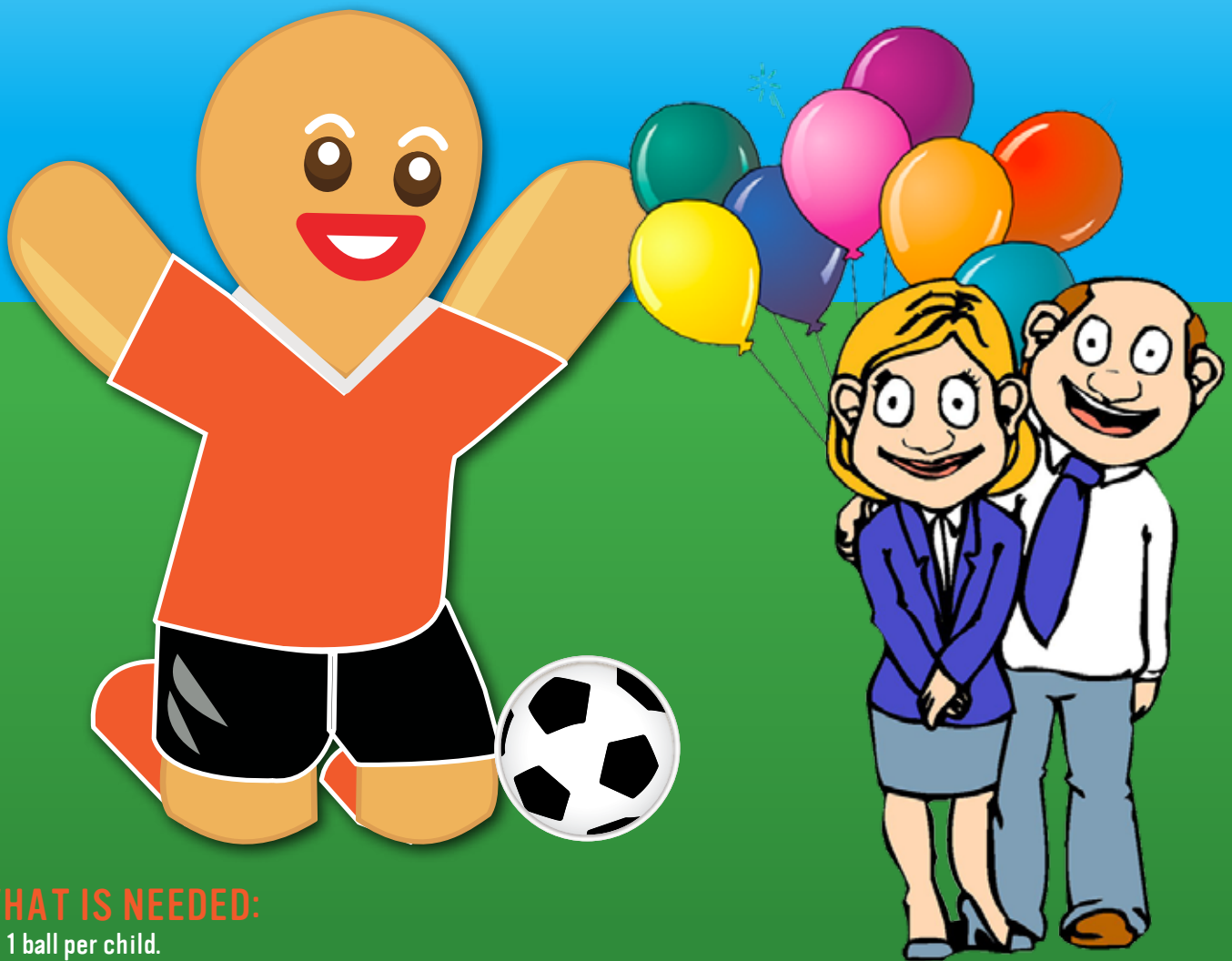
- Controlled dribbling.
- Dribbling at pace.
- Shooting.
- Stopping and turning.
- Looking ahead of ball.

WHAT TO DO:

- Children start with ball on other side of buildings. Children dribble their police car around and between the buildings trying to catch the bad guys.
- The bad guys run away from the police car running all around and between the buildings.
- Children try to kick the police car at the bad guys to capture them.
- Once hit the bad guy must stop and the police pretend to put handcuffs on the bad guys.

Game Fourteen!

SCUBA Soccer



WHAT IS NEEDED:

- 1 ball per child.
- 10 balloons filled with water.
- Parent to be a big jellyfish.

WHAT IS LEARNT:

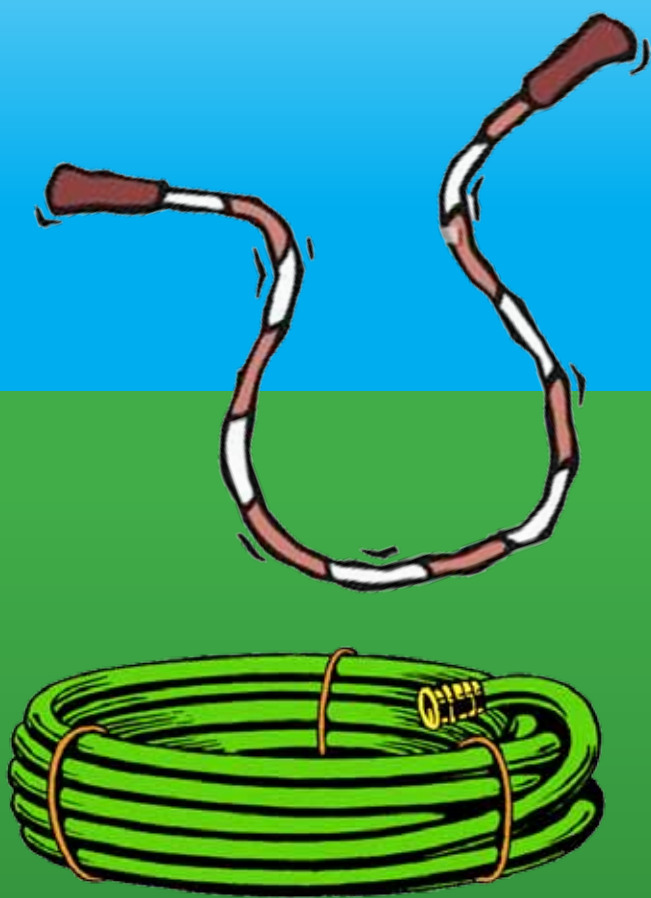
- Dribbling.
- Turning.
- Dribbling with head up.
- Awareness.

WHAT TO DO:

- Children need to keep dribbling the jellyfish (water balloons).
- Every time they touch one, the big jellyfish (parents) chases them.
- The one who gets caught becomes the next jellyfish.

Game Fifteen!

Snake Soccer



WHAT IS NEEDED:

- 1 ball per child.
- 1 skipping rope or a hose.

WHAT IS LEARNT:

- Dribbling.
- Turning.
- Dribbling with head up.
- Keeping ball close to feet.
- Kicking the ball fast and slow.
- Kicking the ball high.

WHAT TO DO:

- One of the parents is the snake and needs to keep shaking the hose or the rope on the floor chasing the players.
- Kids need to stay away from the huge Anaconda by dribbling their snake eggs around. If they get caught, they become a snake as well and get to help the big snake chasing everyone else.
- After this, parents ask the kids to try to kick the ball over the snake and jump the snake to make the game even more fun.

Game Sixteen!

Soccer Bocce



WHAT IS NEEDED:

- 1 tennis ball (bocce).
- 1 ball per child.
- 1 long piece of rope or hose.

WHAT IS LEARNT:

- Control of power.
- Passing.
- Big kicks.
- Using the inside or top of the foot.

WHAT TO DO:

- Make a line with the rope or string, the children then have to stand behind the line with their ball.
- Then throw the tennis ball out into the yard.
- Now the children take turns with one kick to try and land their soccer ball closest to the tennis ball (bocce). The closest child wins.
- Try this at all different distances depending on the ability of the child.

Game Seventeen!

Soccer Bowling



WHAT IS NEEDED:

- 1 ball per child.
- 10 juice bottles (filled with a little bit of water).

WHAT IS LEARNT:

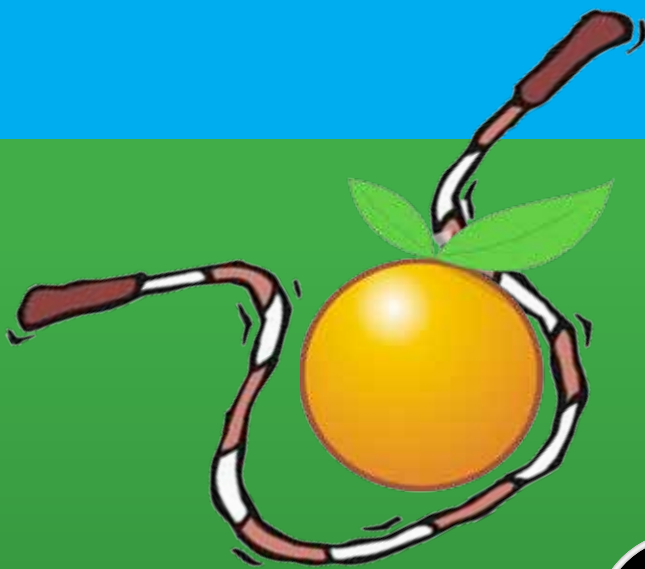
- Sharp kicks.
- Kicking the ball very hard.

WHAT TO DO:

- Line the bottles up like bowling pins and get kids to try to knock them over.
- Start very close to the pins and after every turn line the pins further away from the kids.
- You can do one at a time and then all together to make it more fun and exciting for everyone.
- Parents can demonstrate first to make it easier for the little ones.

Game Eighteen!

Soccer Bowls



WHAT IS NEEDED:

- 1 ball per child.
- 1 orange.
- 1 skipping rope.

WHAT IS LEARNT:

- Dribbling.
- Turning.
- Dribbling with head up.
- Keeping ball close to feet.
- Kicking the ball fast and slow.
- Awareness.
- Power control.
- Big kicks.
- Little kicks.



WHAT TO DO:

- One child gets to throw the orange in the middle of the back yard and everyone keeps dribbling sideways behind the skipping ropes.
- Then everyone gets to shoot the ball (one at a time).
- Do it in four rounds.
- The one who get the soccer ball closer to the orange more times wins the game.

Game Nineteen!

soccer cricket



WHAT IS NEEDED:

- 1 ball per child.
- 1 juice bottle.

WHAT IS LEARNT:

- Dribbling.
- Turning.
- Dribbling with head up.
- Keeping ball close to feet.
- Kicking the ball fast.
- Big kicks.
- Kicking with head up.
- Stopping the ball.

WHAT TO DO:

- One child lines up in front of the juice bottle.
- The other players dribble the ball around him.
- When the one who is protecting the bottle yells out "shoot", everyone else needs to try to knock the bottle over with the biggest kick ever.
- The player who is protecting the bottle needs to kick all the other balls away.
- Whoever knocks it over first goes to the middle and becomes the one who protects the bottle.

Game Twenty!

Soccer Duck, Duck, goose



WHAT IS NEEDED:

- 1 ball per child.
- 1 boiled egg.
- 2 juice bottles or cereal boxes to be the nest.

WHAT IS LEARNT:

- Awareness.
- Running with head up.
- Balance.
- Big kicks.
- Sharp kicks.

WHAT TO DO:

- Place the balls in a line on the ground. Make sure they are about 2 metres in front of the goal.
- Get children to sit down in a circle and keep passing the boiled egg around.
- They have to pass the boiled egg around saying “duck” or “goose”. If they say duck, nothing happens and they can keep passing the egg around.
- If the person who passes the egg says “goose”, the one who received the egg needs to run over to the ball, kick it into the nest (goal made of bottles or cereal boxes), and run back to their place before they get caught by the person who passed the egg.
- They need to run carrying the egg to make the job more difficult.

Game Twenty One!

Soccer LimBo



WHAT IS NEEDED:

- 1 ball per child.
- 1 rope or hose.

WHAT IS LEARNT:

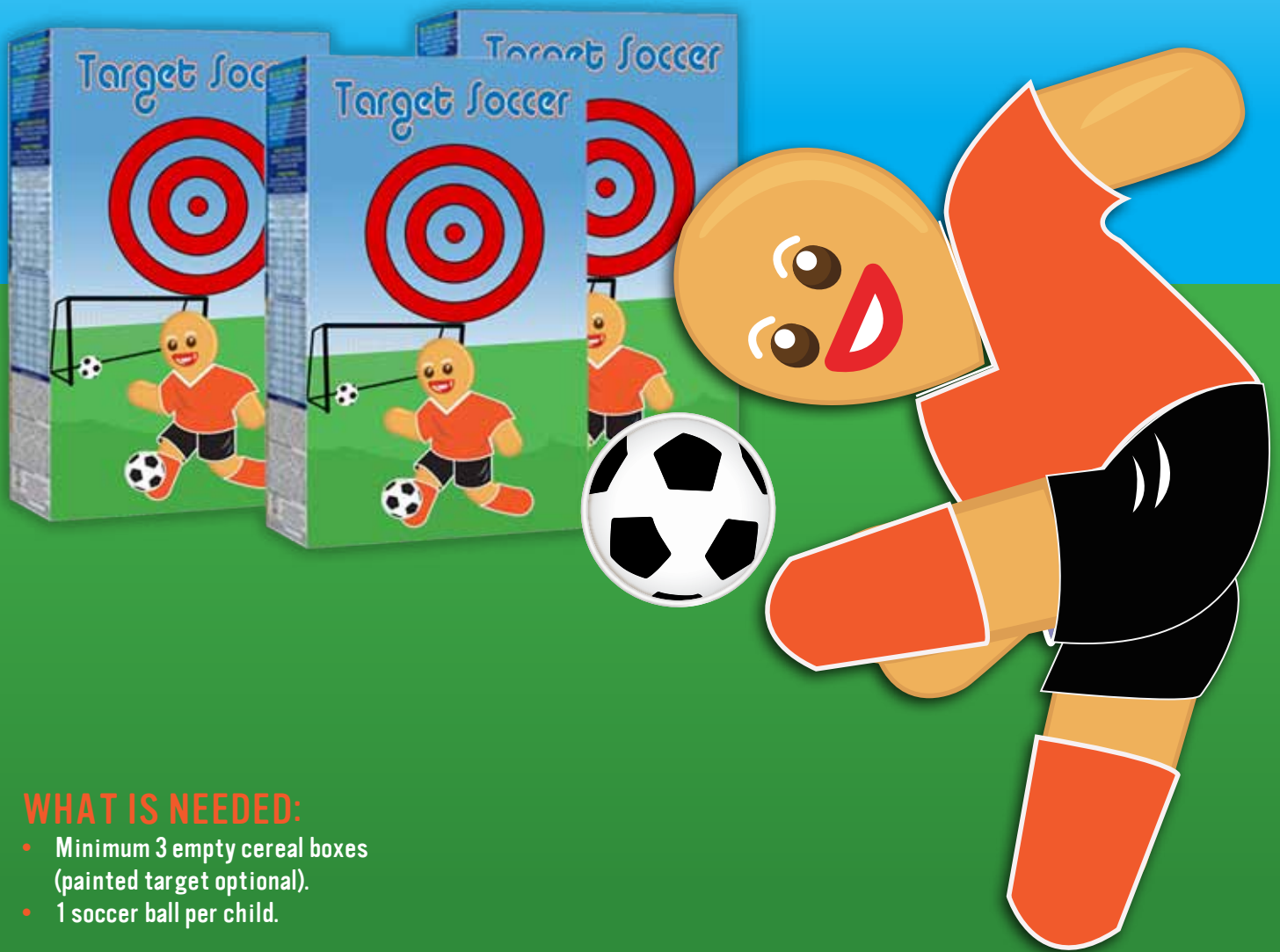
- Dribbling.
- Turning.
- Dribbling with head up.
- Keeping ball close to feet.
- Kicking the ball slow.
- Awareness.
- Big kicks.
- Stopping the ball.

WHAT TO DO:

- Parents get to hold the rope straight and kids try to get past, under the rope.
- Start with no balls and with the rope very high. The last one to go under the rope, bending their knees, wins.
- Then you can add the soccer balls to make it more challenging and fun.
- You can even have some music on to make it more fun and ask them to dribble a bit faster before they go under the rope.

Game Twenty Two!

Target Soccer



WHAT IS NEEDED:

- Minimum 3 empty cereal boxes (painted target optional).
- 1 soccer ball per child.

WHAT IS LEARNT:

- Controlled dribbling.
- Shooting.
- Turning in various directions.
- Looking around and not at the ball for next target.

WHAT TO DO:

- Stand up cereal boxes around yard.
- Children dribble the ball around the yard and kick the ball into target.
- Once a target is knocked over they look for the next target to knock over.
- Children can only kick into target not the back of the box.
- Vary locations of boxes on the ground to make harder.



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