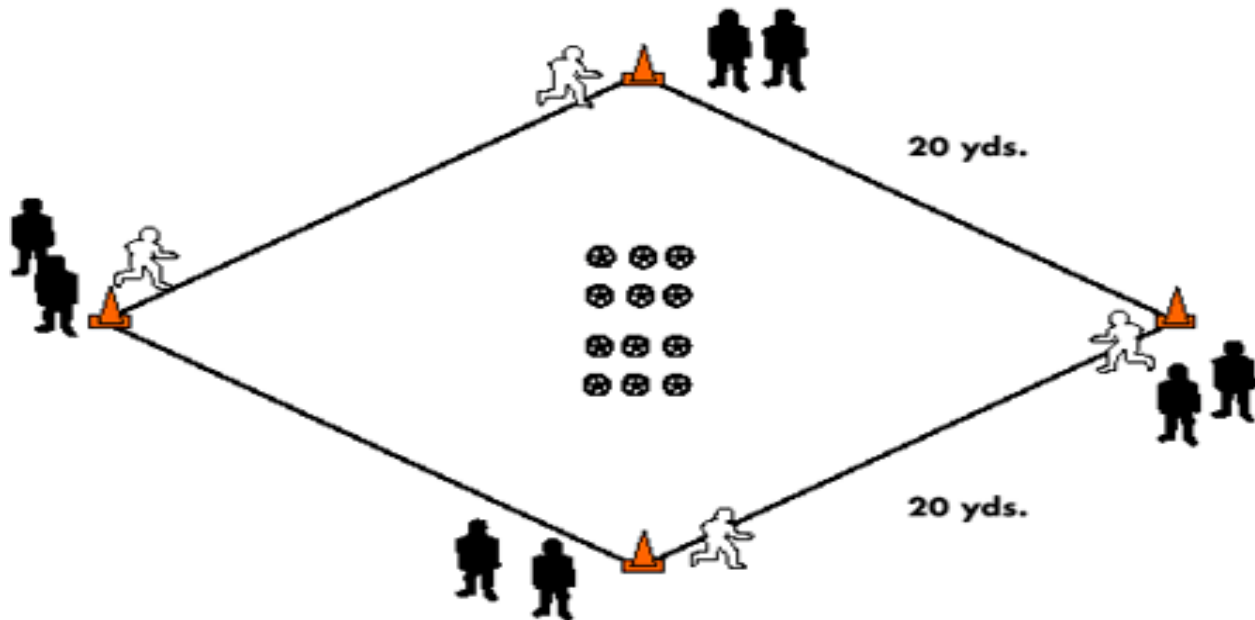


Fitness Fun



Introduction

If the players on your team can learn to work together toward a common goal on the soccer field, maybe they can also learn to work together off the field to beat the peer pressure to use tobacco. Here's an activity that will teach your team to work together.

The Game

1. Object of the game is to get four balls back to your team's corner.
2. You can only work on moving one ball at a time.
3. You must dribble the ball back to your corner.
4. You can steal a ball from an opponent's corner.

Coaching Points

1. Since this is a competition meant for fun, players will not view it as a fitness session.
2. Since there are only 12 balls, players must steal from other groups.
3. Players must keep their heads up to see how the game is developing.

Variations

1. Let younger players use their hands to carry the ball first.
2. Let younger players steal the ball from their opponents while they are dribbling.

Activity adapted from Centers for Disease Control & Prevention's Smoke Free Soccer Coach's Manual. For more information on Tobacco Free Sports please contact the Kansas Department of Health & Environment's Tobacco Use Prevention Program at tobacco@kdhe.state.ks.us or 877.602.0368.