

Protect the Cone-Group



Introduction

Learning how to play on a team — when to lead and when to follow — can help your kids in almost all their decisions. Help them make the choice to lead by setting a tobacco free and healthy lifestyle example. And let them know that it's alright not to follow if others are asking them to use tobacco. Here's an activity to help them stay fit, make good decisions, and work together as a team.

The Game

1. Same space as in previous activity (Protect the Cone).
2. Divide the group into four teams. Each team sets up three or four cones to protect on one side of the space.
3. Each player must have a ball. The group leader chooses a group captain. The captain must organize the group by which players will defend and attack.
4. On command, the game begins with players defending their cone or attacking other teams' cones, while controlling their own soccer balls.
5. When a team's cones are knocked down, the team can no longer attack.
6. The team with the last standing cone is the winner.

Coaching Points

1. Allow players to organize themselves with as little interference from group leader as possible. This will be valuable experience when they play organized soccer.
2. Watch which players have the most success at organizing groups. But make sure all get plenty of opportunities to be the leader.
3. Watch the group dynamics and switch players so all get to work together.

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