



Musical Soccer Balls

Description

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Students practice soccer skills in an activity that is very similar to musical chairs.

Supplies

- Soccer balls (enough for each student)
- Music
- Hula hoop or jump rope

How to Play

1. Put enough soccer balls for every student in the middle of the room inside a hula hoop or jump ropes laid down in a circle.
2. Play music and have students walk around the space while music plays.
3. When the music stops, students hurry to the center to retrieve a ball, using only their feet and bring it to the outside.
4. Have students put the balls back in the center and remove one ball.
5. Repeat this, but this time one student will not have a ball.
6. That student can stand on the side and cheer on the other students.
7. This continues, removing one ball from the center each round until only one student is left.
8. Multiple rounds can be played, restarting with all the balls in the center again.

Activity Prompts for Reflection

- What were some ways you controlled what you did during this activity?
- What were some ways you reacted positively during this activity?

- Did anyone else in the group help you remain calm? If so, how did they help?
- What was difficult to control about this activity?

Other Ways to Play

- If students are having trouble keeping a distance from the soccer balls in the middle set up cones to mark where they have to walk/ dance around.
- Students who are out can practice other soccer moves on the side or just pass a soccer ball in a circle.
- The last student for each round can help you decide what song to play for the next round.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 15-20 minutes

Themes

1. Ball Games