

ACTIVITY MANUAL

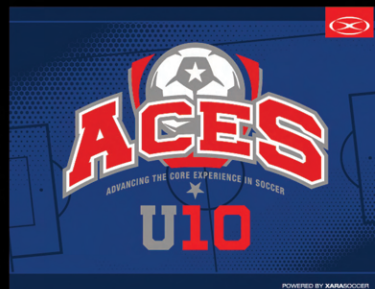
FOR UNDER FIVES



DINOMITES US



FIND SUCCESS AT THE GRASS ROOTS LEVEL



Xara has four age appropriate programs designed to create the foundation for the long term success of your organization. These four age specific programs have been created to:

- Provide age appropriate soccer skills
- Provide volunteer coaches with the tools to deliver an authentic soccer experience
- Engage parents in a family soccer experience
- Create a learning environment that reaches beyond soccer
- Offer fun while developing soccer skills and fitness

This consistent approach ensures that your program will see measurable improvement in key areas of success:

- Growth of your program
- Higher retention rates of existing membership
- Higher retention of volunteer coaches
- Increased volunteer numbers
- Improved parent involvement
- Improved financial strength

Learn why so many youth soccer organizations across the country are using Xara's Age Specific programs and achieving the success they've been striving for.

xarasoccer.com

DINOMITES

INTRODUCTION

The U5 Dinomites program is designed to provide an age appropriate family soccer experience for 3 and 4 year old children. Whether you come into soccer with no knowledge, limited knowledge, or you've been involved in the game for years, everyone will benefit from this program.

This introductory program supports associations and clubs in their effort to establish a foundation for the development of the 3 and 4 year old player. This age specific, story based approach, is built around the introduction and development of the core motor skills required to play the game. Experts in child development and education indicated that most children of 3 and 4 years of age do not have their core motor skills sufficiently developed to play the game, that is why the focus of the U5 program, is the development of those core motor skills. Through fun games and activities the program develops balance, running, jumping, turning, hand eye coordination and spatial awareness, all essential to allow the young player to eventually learn and enjoy the game. The program does all this while involving the most important person in the child's life, the parent.

Experts in the field of child psychology and development stress the important role of the parent to the young child, so this program has been developed to support active parent participation. This approach fosters a memorable experience for the whole family and encourages support for the volunteer coach.



This is not traditional “soccer coaching” it goes far beyond that, its fun, energetic, age appropriate learning, designed to foster a love for the game not only for the child but for the whole family.

We look forward to working with your organization to introduce the game to families of young children, this program provides coaches and families not only the curriculum but the online support materials and on the field tools, that will make the “First Soccer” season a memorable family experience.

CURRICULUM STRUCTURE

Story Time:



Each week the curriculum offers activities for the children that encourage the development of their core motor skills. The role of the activity leader (coach) is to read the story, outline the activity and encourage the children and their parents to have fun. Each time you see this icon it is an indication that you should share the story with the children and the parents.

Family Fun Time:



As outlined earlier this U5 program is designed to actively support the participation of parents, each time you see this icon, it is an opportunity for other family members to get involved.

3 Stage Progression:



Each of the activities allows for a 3 stage progression to support continuous growth;

- Play the game with NO ball, as we say “Dino is Watching”
- Play the game carrying the ball “Take Dino with You”
- Play the game with the ball at your feet “Dino wants to do it with you” they now include the aspect of soccer into their thinking.

This progression is important for the child at this age; it allows them to become familiar with the physical movements involved in the activity before the soccer aspect is introduced. This relieves the pressure of thinking about both the physical movement as well as the pressure of moving the ball. As the coach you should decide when each child is ready to progress while still enabling them to have fun and learn from the activity.

Life Long Learning:



Added to the learning of the core motor skill and the introduction of the movement of the ball, the program has an added benefit for the child and the parent with the inclusion of a weekly Life Long Learning segment. Each week the child will be introduced to a letter in the alphabet and an aspect of learning associated with the letter. Supported by free online materials the coach and the parent can introduce greater safety and awareness to an everyday aspect of life. Look for this icon in the weekly activities as indication that it is time to teach Dino and the kids.

Support Materials:

Added to the 10 week curriculum the following support materials are available;

- Free online video support for coaches
- Free online support materials such as certificates, photograph surrounds, scrap book materials
- Free online materials for the weekly Life Long Learning activity
- Dino stamps for use by the coaches to motivate and reward the children*
- On the field support materials such as flags, easy ups etc*
- Dino apparel such as polo shirts and t-shirts*
- Dino accessories such as ball bags, shin guards and mini balls*

* These items can be purchased to enhance the overall Dinomites experience.

Visit www.xarasoccer.com to view the full range of Dino apparel, equipment and support materials.



BRING **EXCITEMENT** TO YOUR PROGRAM



IT'S MORE THAN JUST A JERSEY. The three distinct Themed Series programs offers organizations the opportunity to change the experience at the recreational level. Each series offers product with 15 unique designs from cities across America, famous clubs in Europe and countries from across the globe. Each series also comes with free online support materials such as certificates, interesting facts about your team and themed photo surrounds for your pictures that help create a season of games into a lifetime of memories.



To learn more visit xarasoccer.com

PLAYER SAFETY IS YOUR RESPONSIBILITY



Xara's Safety Series products offer every parent the chance to make the right choice and select equipment that fits, is comfortable and at the same time protects the young player.

Learn more about the products by watching our informational video at www.xarasoccer.com/safetyseriesvid.aspx



9507, 9508 ILLUSION SHOE WITH SAFETY STUD CONFIGURATION SIZES



SAFETYSTUD
CONFIGURATION



8050 XB1 BALL SIZES 3 4 5 SOFT OUTER CASING TO PROTECT YOUNG PLAYERS



9050 XG1 GUARD SIZES XXXS XXS XS S M

BUILT WITH SIZE APPROPRIATE ANKLE GUARD PROTECTION AND FACE PLATES. DESIGNED TO FIT CORRECTLY WITH VELOCITY SHOE.

xarasoccer.com



DINO BALL TOUCH POINTS

Login to xarasoccer.com to view all Dinomites products, and to locate your local sales representatives to get you started.

TOP OF HEAD

STAMP ON DINO'S HEAD TO STOP HER MOVING AWAY.

NOSE

KICK DINO ON THE NOSE TO KICK THE BALL STRAIGHT

ORANGE DOT

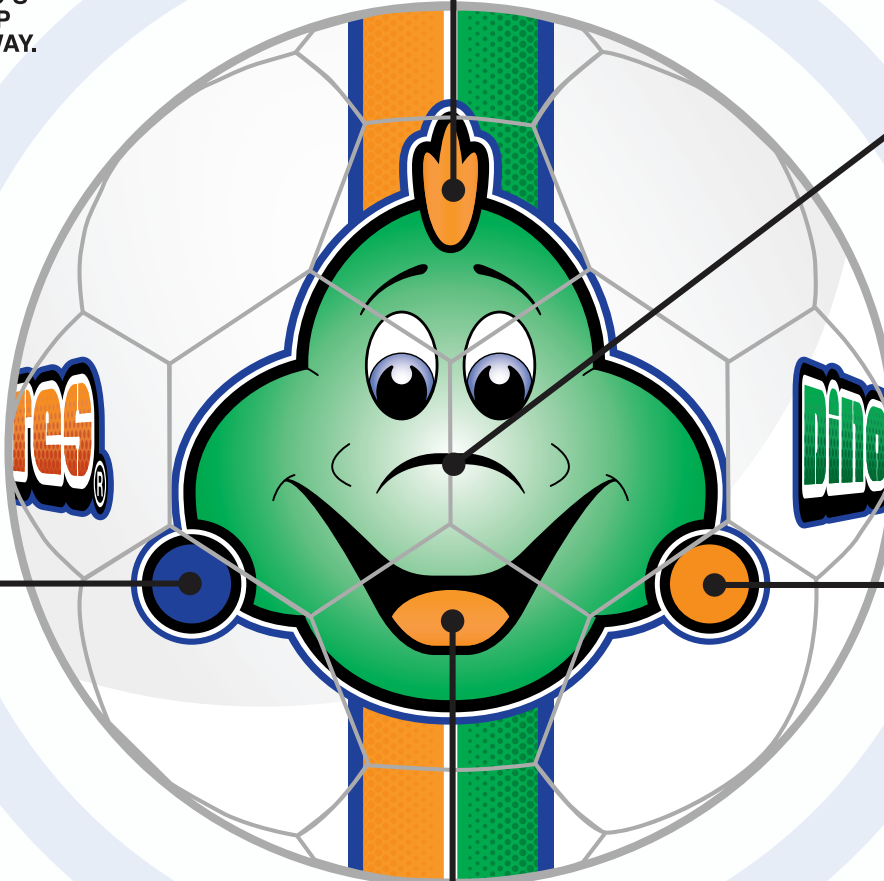
TAP DINO'S CHEEK TO MOVE THE BALL TO THE LEFT.

BLUE DOT

TAP DINO'S CHEEK TO MOVE THE BALL TO THE RIGHT.

MOUTH

KICK DINO IN THE MOUTH TO SHOOT ON GOAL.



THE DINOMITES BALL



DINO BALL TOUCH POINTS

Login to xarasoccer.com to view all Dinomites products, and to locate your local sales representatives to get you started.

TOP OF HEAD

STAMP ON DEENA'S HEAD TO STOP HER MOVING AWAY.

NOSE

KICK DEENA ON THE NOSE TO KICK THE BALL STRAIGHT

ORANGE DOT

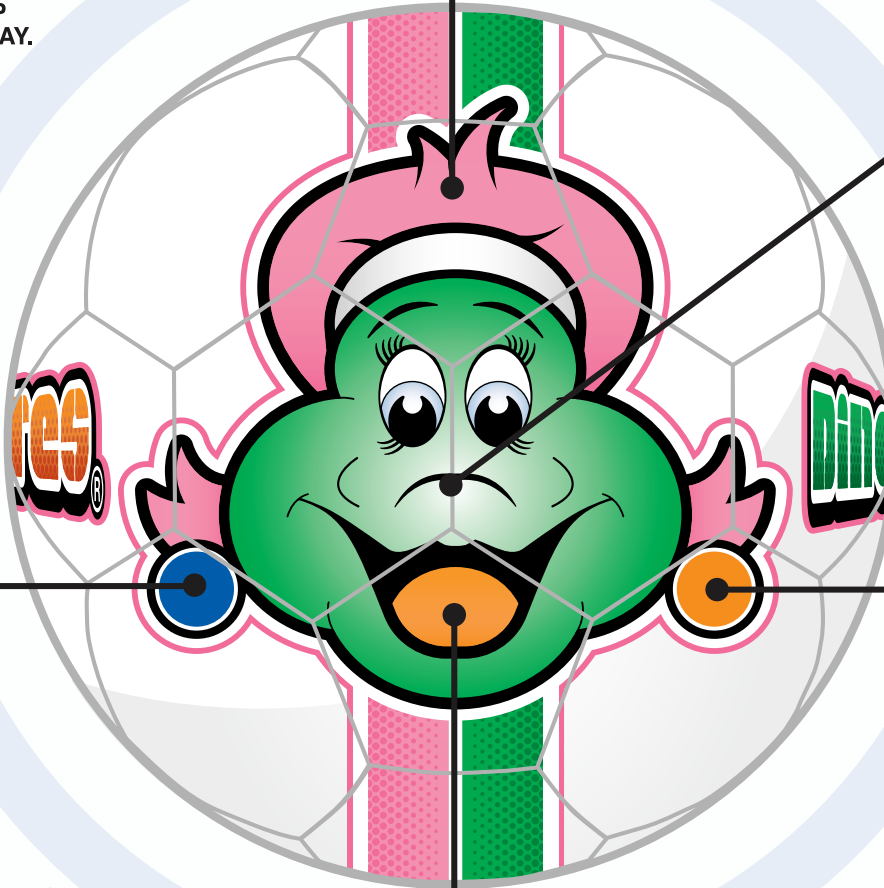
TAP DEENA'S CHEEK TO MOVE THE BALL TO THE LEFT.

BLUE DOT

TAP DEENA'S CHEEK TO MOVE THE BALL TO THE RIGHT.

MOUTH

KICK DEENA IN THE MOUTH TO SHOOT ON GOAL.



THE DINOMITES BALL

The Dino Ball:

The soccer ball is at the center of the sport and that is why we have created a very special ball for the players involved in this program. The ball has many important features;

- The design features the characters that are at the heart of the stories in the program Deana and Dino
- It is gender specific for the boys and girls in your program
- It is made from a lightweight material to assist with the young players ability to use the ball in all of the activities
- The ball has touch points that will assist you in teaching the players how to move the ball and play the game (See Touch Point insert)

The basic “kicking points” are as follows:

1. The top of the head – The players stomp on the top of the head to control (or stop the Dino’s running away).
2. The Nose and Mouth – The players kick the Dino’s in the nose and mouth to pass or shoot.
3. The Mouth – The players tap the Dino’s in the mouth with the toe to assist in dribbling the ball forwards.
4. The cheeks – The players tap the Dino’s on both cheeks with the inside and outside (pinky toe) of the foot to also dribble the Dino’s.

COACHES GUIDELINES AND INFORMATION

The curriculum has been designed to allow both single team practices (5-6 players) and paired practices (2 teams practicing together) , this allows coaches to be paired up to support different levels of experience.

The curriculum is set up to allow maximum participation for the child, each player should be involved in the activities 85% of the time.

The curriculum allows for breaks so that the children can get drinks between activities.



COACHES GUIDELINES AND INFORMATION CONT...

The most important aspect of the program is the parent/child participation; this changes the dynamic of the program from a “child” experience to a “family” experience and children like nothing more than doing things with mom and dad.

- When teaching children at this age consider yourself an activity leader rather than a coach
- Encourage the players, parents and team to have fun and not be concerned with winning and losing at this age it is immaterial
- Having fun and making new friends will ensure the players will have a good time and they will “naturally” learn
- Let the players develop their skills by playing the games in the curriculum
- Make the games dynamic and remember play at their level
- Encourage the parents to be involved their children will love it
- Do not give more than one instruction at a time children of this age can only process simple instructions
- Be creative and use props to make the practices fun
- Encourage the families to use the free online support materials at www.xarasoccer.com/dinomites.aspx

To add another dimension to the program you can make the balls come alive or use the interactive DINOMITE PUPPETS. If you hold any ball up to your ear you can pretend that the Dino’s are talking to you and relay the stories back to the kids. This is very relevant when teaching the safety aspect each week.

1. Hold the ball up to your ear as if Dino is whispering in your ear. Pretend that Dino is talking to you. Then move dino in front of your face so that you are looking at him in the eye.
2. Look at Dino and say "really I will ask the team"
3. Ask the kids and parents "Dino wants to know....." Whatever the safety message of the day is.
4. Ask the team "Can you teach the Dinos?"
5. Ask the safety questions in the curriculum and discuss the answers.

Introduce the life long safety skills aspect with Dino and Dena asking the questions for example:

Teaching them to cross the Street – Dino asks the coach “I have never crossed the Street before what do I do”? You can then in turn ask the kids, what do we have to do to cross the street?

Always cross at a cross walk, always look left and right, always hold mommy and daddy’s hand etc. Each story carries a safety theme where you can introduce a very important life skill to your team.

COACHES GUIDELINES AND INFORMATION CONT...

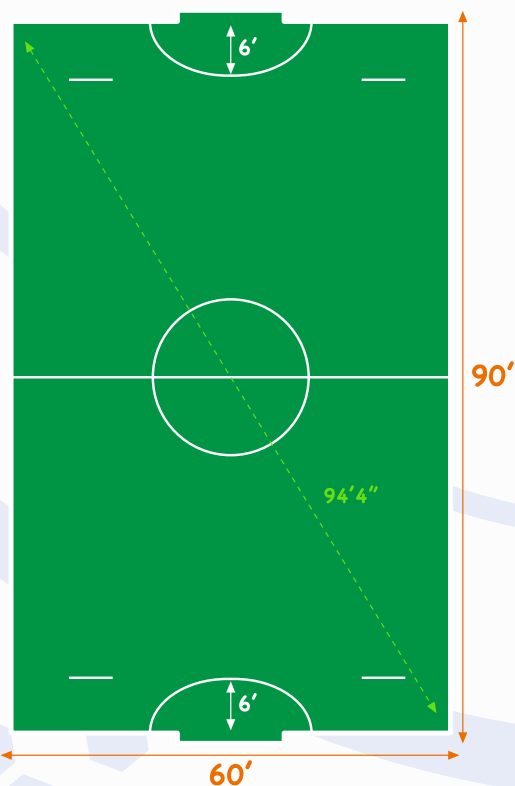
If you are following US soccer guidelines and playing 4v4 with no goalkeepers place a six foot arc around the goal that no player may enter! This keeps the 3-4 year olds away from the potential of pushing each other into the goal posts. It also teaches them that they have to strike (pass or shoot) the ball into a goal. If you do not have an area around the goal the young player would typically dribble the ball right into the back of the net along with other players following closely behind which offer some potential injury.

Players of this age find it difficult to kick the ball a sufficient distance and most clubs start with a goal kick for little ones on the touchline. By starting this far back generally the ball is kicked back into play right in front of the goal and does not allow the team the chance to play towards the opposition goal. Try the following:

US FIELD LAYOUT

Create a Goal Kick line level with the goal arc to both the left and right of each goal. This allows the players to take the kick from a position that more easily allows them to get the ball back into play

- **A six foot arc around the goal creates a natural barrier keeping the players away from the posts or any opportunity for injury.**



**PERHAPS THE MOST IMPORTANT POINT THAT AN ORGANIZATION
CAN PASS ON TO THEIR COACHES IS ...
PLAY WITH AND NOT AGAINST THE OPPOSING TEAM ON YOUR**

Many coaches are competitive, even those teaching kids at this young age; they want to win at all costs: This should not and cannot be the focus. All coaches should work together as a team, committed to providing the best possible soccer experience. The traditional model has coaches working against each other, this is counterproductive when coaching at this age level.

This team approach will benefit each child and the organization as a whole. It is very important that this cooperative approach is passed on to the parents to ensure that you create a fun learning environment for the kids.

The result of each match on a Saturday is not important at this age, what is important is that each child has the opportunity to succeed at their own level. The pace at which each child learns the game will be different.

Most clubs have an average roster of 6-8 players. If you are intending to play games, consider one or two 4v4 mini games, splitting your team and the opposition team into two groups:

1. Your 4 most capable players to play against the opposition's 4 most capable players.
2. Your next 4 players will play against the opposition's next 4 players.

This provides the opportunity for all players to have the most enjoyable game experience.

If you consider the alternative: Coach A wanting to win at all costs waits until coach B has his weaker players on the field and puts his best 4 players on the field who score goal after goal. The players on Coach B's team hardly touch the ball and learn nothing, just as importantly they quickly lose interest in the game.

In this instance Coach A is not acting in the best interest of the children or the organization. The best experience is one where ALL children at all levels have the opportunity to succeed and to learn.

Please feel free to modify these rules to suit the needs of your club and players.

Coaches are required to keep parents on parents designated side of the field.

EXAMPLE OF U5 RULES:

RULES

1. Games will be two 20 Minute half's with a five minute halftime. (Please note this is for a roster of 8. This way each child plays approx 15 minutes of the total game playing 4v4.)
2. No goal keepers will be used.
3. The senior referee on the day (as applicable) will keep time for all games; All Referees should have a whistle/ stop watch. If no whistle is available please see a familiar parent or Coach and ask them to assist in this task.
4. After Half time teams switch ends.
5. Re-starts will be Kick Ins (no throw ins). Goals cannot be scored from a kick in.
6. Players are prohibited from entering the D area around the goals. If a defender stops a ball traveling towards the goal in the D area will result. This is the decision of the Referee if an attacking player touches the ball in the D area – A Goal Kick will be awarded.
7. All Goal Kicks will be taken from the two marks to the left and right of the D.
8. In the result of the striking team kicking the ball out the end, a goal kick will result for defending team. If the ball is kicked out the end by the defending team the ball will be given to the striking teams for a corner kick in.
9. Opposing players must be five yards from any re-start of play.
10. Referees are encouraged to tell the children why a decision has been made (For example: The ball goes the out of play, Blue kick as it touched Yellow last). Referees do not have to give explanations to parents.
11. At this age Referees should be relaxed with hand balls and let the game flow. Only if a player blatantly picks up a ball should a free kick be given.
12. No goals from free kicks, no direct kicks. All kicks to re-start play must have another player touch the ball before a goal can be scored (this will encourage passing).
13. No off side's calls.
14. If there are three or more goals seperating the teams, the losing team may add an additional player.
15. Coaches are not permitted on the field of play unless an injury has occurred.
16. Parents may not approach onto the field of play or the referees under any circumstances except injury (and only when called upon by the coach.)
17. Players must have the correct equipment to play in a game. (Baseball cleats and no shin guards warrant not playing. No jewelry allowed.)
18. Players should be subbed in every 5-7 minutes or so. Coaches must allow equal playing time for each player. **NO MATTER WHAT ABILITY THE PLAYER SHOWS.**
19. The Referees decision is final.
20. Any complaints against referees/coaches or parents/ must be addressed to U5 Coordinator.

INDEX

Introduction	Pages 1 - 10
Introduction	Pages 3-4
Curriculum Structure	Pages 4-5
The Dinomites Ball	Pages 8-10
Coordinator and Coaches Guidelines	Pages 10-13
U5 Field Layout	Page 12
U5 Rules	Page 14
Week 1	Pages 16 - 22
Week 2	Pages 23 - 26
Week 3	Pages 27 - 31
Week 4	Pages 32 - 36
Week 5	Pages 37 - 40
Week 6	Pages 41 - 45
Week 7	Pages 46 - 50
Week 8	Pages 51 - 54

The Dino's go to the Farm.



TELL THE INTRODUCTORY STORY ABOUT THE DINO AND DEANA AND HOW THEY GOT TO PLANET EARTH.

Dino and Deana – (show the balls) were out on their space scooters when they came to a stop sign. Now they were a little bit lost and did not know which way to turn. Left? (Everyone show me your left hand) or Right (everyone show me your right hand) or straight on. Deana wanted to go left but Dino who can be a little bit naughty wanted to go straight on and he didn't listen to his sister and shot off; As his big sister, she had to stay with him to make sure he was going to be all right. Now they were really lost and were in the middle of deepest darkest space. Through their special noses Dino and Deana could smell something really good and spotted a funny looking blue circle in the distance in space. The funny looking circle was earth. Who lives on planet earth? They thought it would be nice if they came and paid you a visit.

The smell was so good they hopped on their space scooters put the dial on super fast and rocketed off to your back yard.

They hid their space scooters behind the house and went into your kitchen, where they found what smelled so good.

What do you think they can smell? (Peanut butter and jelly sandwiches)

Dino took one big bite and his eyes lit up, he loved it. He had never tasted anything so good in his life. All they eat on planet soccer is grass and dirt.

Dino and Deana loved the sandwich's so much they asked your parents if he could stay with you for the soccer season and eat your yummy food. He is also going to go on some adventures with you and help you to learn the game of soccer.

You must take care of Dino and Deana, Don't leave them out in the cold, keep them clean and you may even take them to bed with you at night.

Activity 1 Let's Go to the Farm.

- Organization – Set up a 20x20 area, each child with a ball.



STORY

The Dinos are going on a visit to the farm. The Dinos have never seen farm animals before. Let's go on a quick visit around the farm pick your Dino up and come into the farm. (Area marked with cones) Travel round holding the ball. **Remember: Tell the story. Demonstrate. Play.**

Activity 1 – A



Each child carries / dribbles their Dino around the area. As the coach you and the parents can sing "Old Macdonald had a farm." When you reach the point of "and on that farm he had some...."

As the coach you will name an animal and you and the players will pretend to be that animal making the animal noises. See below for the animals.

Activity 1 – B

Dinos eat dirt, and the farm floor has lots of yummy dirt so place them on the floor and move them around the farm by tapping them with our feet.

Animals

Pigs	Push the Dinos around with your nose, making pig noises.	Cows	Put your hand between your legs and make a tail with your hand and moo.
Chickens	Flap your arms, make chicken noises and sit on the ball and pretend to lay an egg.	Goats	Pretend to eat the ball.
Puppies	Puppies like to chase their tails and run around in circles. Chase your tail pretending to be like a puppy all the time, tongue out and barking.	Duck	Ducks sleep on one leg, can you balance on one leg? Can you jump on one leg?
Rabbits	Put the ball between your ankles, hop and make bunny ears around.		



Parent Involvement – Give the children a water break and have them sit and watch the parents do the activity. Do not be afraid to add your own animals.

Activity 2 The Icky Sticky Swamp.



Organization

In a 20x20 area. Set up as shown in the diagram. Each child is on the outside of the area with their parent. All of the balls are placed in the middle in the "pigs pen."



STORY

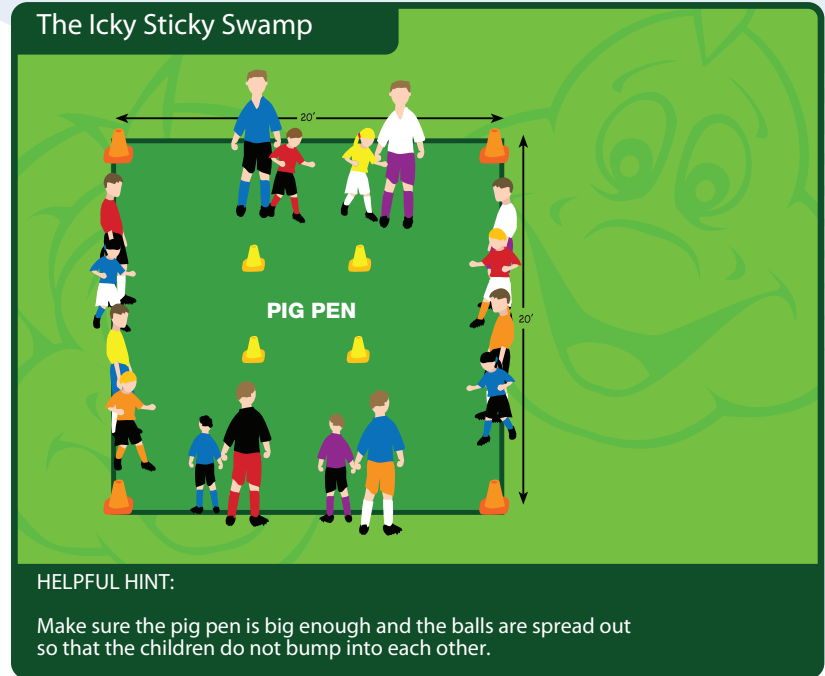
Dino loves to play in the dirt with the pigs. The problem is he keeps running in the Mucky Pig Pen to play with the pigs. You have to bring him back as quickly as you can to your mommy or daddy.

(The parents can throw him back in the middle each time they bring the ball back. Parents make a big deal OH! They have run back in the muddy pig pen, I guess you will have to get them out again.)

Coaches points of Emphasis & Activity

Follow the 3 Stage Development Process:

1. Run in and back.
Run in and run backwards on the way back.
Hop in on one leg.
Bounce in.
Twist in.
2. Run in and pick up Dino from the dirty pig pen and take him back to your parent carrying him in your hands. (Once you feel they are ready.)
3. Let them only use their feet with no instruction.
4. As above but now they have to kick them back to their parents. (Kick Dino in the nose.)
5. Have the parents run in the last time and do the activity telling the balls to stop being naughty and running off into the pig pen.





Activity 3 At the Farm - Foxes and Farmers

Organization

30x30 area. Each parent has a pinny. Each parent plays the role of the fox. Each parent places a pinny as a foxes tail in the back of their shorts.



STORY

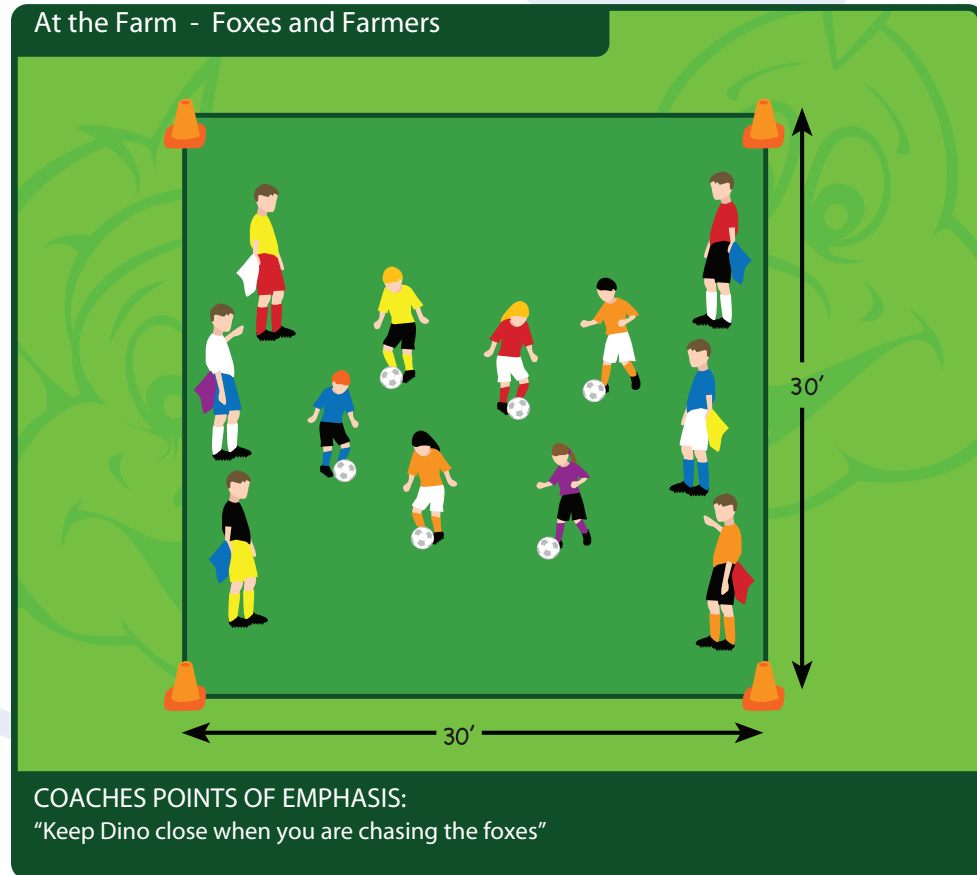
The farmer is in trouble again with foxes running all over the cabbage patch. Can you help the farmer get all the foxes off the farm?

3 Stage Development Process

1. Each child starts with no ball. Kids have to catch the fox and take their tail away so the fox runs back home. Once their tails are removed parents move to the edge of the area.
2. Once the children are familiar with the game each player is given a ball to carry.
3. The third progression is to dribble the around the area to catch the foxes. Parents can only walk when the players have a ball at their feet.



At the Farm - Foxes and Farmers





Activity 4 Chickens and Eggs.

• Organization

Set up a 20x20 area – Each child has a ball – Coach needs cones or fake eggs.



STORY

Have Dino talk to you the coach, and let him tell you he is very hungry. After chasing foxes Dino is very hungry and wants to eat eggs for tea. You have to chase the chickens around the chicken coup picking up the eggs as they lay them. Be careful not to drop them as they break. Can you see the chickens out in the area? (Send the parents out, they have to make chicken sounds and actions)

3 Stage Development Process

1. Play with no ball to start.
2. Progress to ball in hands.
3. Ball at their feet if the children are ready.



Chickens and Eggs



Coaches Points of Emphasis:

Have the parents constantly changing directions to encourage the players to turn with and without the ball.

Activity focus – Each parent or coach plays the role of the chicken and runs around the area making chicken noises, dropping eggs (it's great if you play this in the spring when you have lots of the plastic eggs from Easter left over. You can even place a small treat in the eggs for a snack at the end of the practice for the three year olds) ping pong balls also work great if not cones around the area randomly.

Activity 5 Run Goats, Run Kids. Help the Farmers.

● Organization

Set up 20 x 20 area. All of the children are now farmer's helpers. The players start with a ball spread around the area. The parents (goats) start on one end line with no ball.



STORY

The farmer has asked us for our help .

Is it nice to help someone when they ask?

All of the goats have escaped out of their cages and are eating all of the farmer's prized carrots. (show the goats lined up on the end line)

Parents can make goat ears and funny faces.

The Dinos like to help people, it is nice to help people when they need it. He is going to help the farmer catch all of the goats by touching all of the goats.

3 Stage Development Process

1. Play with no ball. To start, kids have to tag parents with hands.
2. Progress to ball in hands – kids have to throw Dino to tag a parent.
3. Ball at their feet if the children are ready – kids kick dino to hit parents.

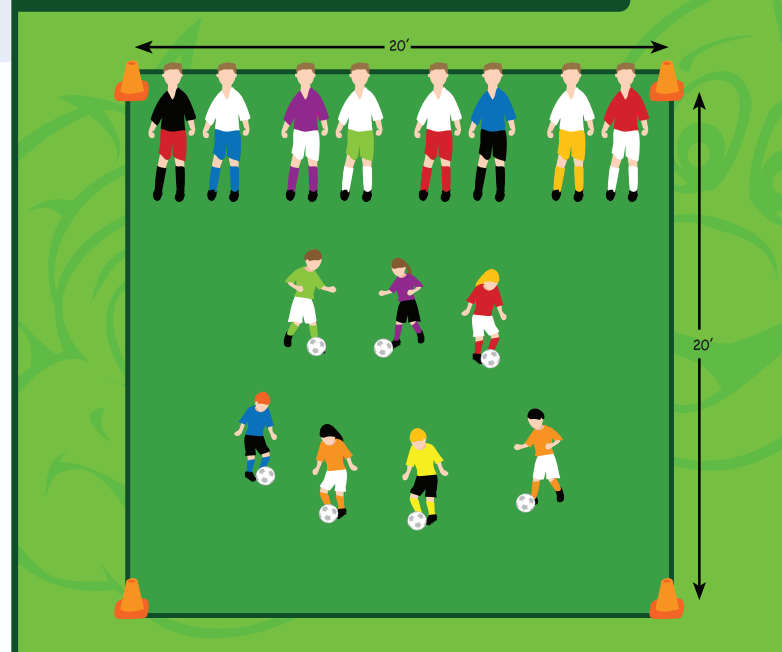


Children can progress to using their feet after one/two games if you feel they are ready.

Activity

The farmers helpers (kids) must play the ball to hit the goats(parents) knee or below. When a goat (parent) is hit, they are out. Play until one goat remains.

Run Goats, Run Kids. Help the Farmers.



Coaches Points of Emphasis:

1. If a Goat runs past you can you turn around and catch them with Dino.
2. Can you kick the Dinos in the nose at the Goats?

Life Long Learning



Let's teach Dino before we play the last game:

Safety Focus letter A – Don't get too close to animals you don't know. Today we learn who to ask if we can pet animals and how to pet animals.

Dino has a question for you?

What do we have to do to be safe around animals? Can anyone help them? What do you think kids? **INTRODUCE LETTER A.**

Can we pet all animals? **NOOOOO!!**

What animals can we pet at the Farm? Rabbits, Goats, Sheep etc.

Who do we ask if we can pet animals – Mommy and daddy, grandma or granddad?

What should you do if it is an animal you don't know - Don't pet it. Stay away from animals that you don't know.

If an animal, like a dog is in the park should you ask their owner if you can pet them? Then always ask your parents as well?

- Avoid the face and head area when petting dogs and cats. Stroke along the neck, back, and sides. Cats, unlike dogs, may bite or scratch when rubbed on the belly.
- Leave animals alone when eating, sleeping, chewing on a toy, or caring for its babies.
- Pay attention to warning signs – an animal that is growling or hissing wants to be left alone!
- Explain to your child that animals may be startled by loud, high-pitched screams or noises and sudden movements.
- Never approach an animal you do not know. Animals in vehicles and yards may behave aggressive and territorial and are likely to bite. Always ask permission from an animal's owner before approaching a friend, neighbor, or acquaintance's animal – even if you have played with the animal in the past.
- Never approach an animal that appears injured or sick.
- Never approach stray animals.
- Teach your child not to run when approached by a strange dog. Running may provoke the dog to chase and attack. Teach your child to act like a "tree" by standing still and staring straight ahead until the dog leaves or acting like a "rock" if sitting or knocked to the ground by curling up in a ball keeping his/her hands over his/her ears. If a dog attacks teach your child to throw something like a backpack or coat for the dog to bite.
- Discuss – Online coloring books.

The Jungle Adventure.

Activity 1 Travel to the Jungle.

- **Organization** - set up a 20x20 area coned off around the outside.



STORY

Today the Dinos are going on a Jungle adventure.

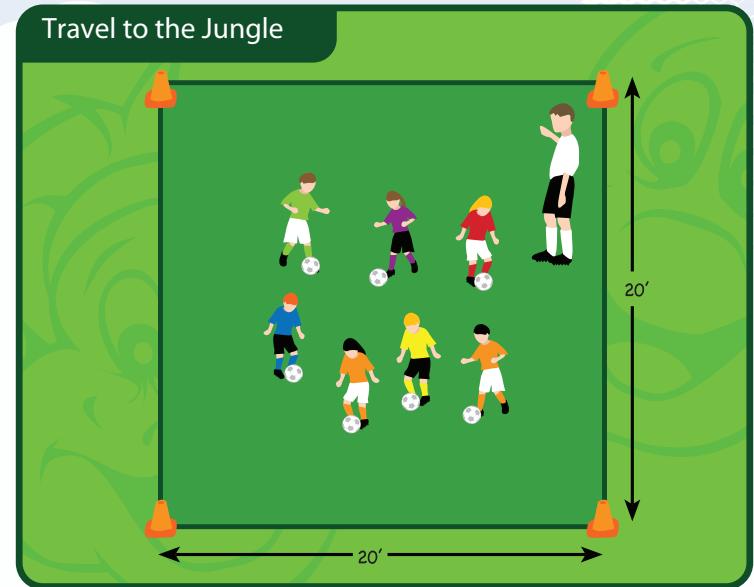
First we have to get to the jungle, does any know how far away most jungles are? We have to take a plane to the jungle.

A) Is everyone ready, make a plane by extending your arms out to the side and have the children do the same. Parents are the passengers and walk behind the kids holding the ball. Have all of the children make the noise of their plane as they are going around the area. (Play for one min) Let the children move around the area randomly.

Coaches points of Emphasis (Introduce one at a time.)

Follow the 3 Stage Development Process:

1. Flock of Birds – Change the way we are going to make sure we don't hit the birds.
 2. Lunch break – Stand still and pretend to sip a drink (when they have the ball at their feet have them place one foot on top of the ball)
 3. I see the sea ... move to the windows in the plane (edge of the area and look).
 4. "Fire in the Engine" If you say "fire in the engine", teach the kids stop drop and roll to put the fire out. Teach Dino to remember not to hide under anything if there is a fire, especially don't hide under a bed or in a closet during a fire. Parents need to be able to find you quickly.
- B) Have each child place their ball on the ground this time they are going around (plane motion again) this time they have to dribble the ball around with them. (2 Min)
- C) Coming into land – We have to practice our landings (roll the ball in front of them chase the ball and stamp on their heads). "We have to keep the dinosaurs on the runway otherwise they may be eaten by jungle creatures." Practice a couple of times and then make a big deal of landing in the jungle.



Activity 2 Meet the Animals.

- **Organization - set up a 20x20 area. Follow the 3 Stage Development Process.**



STORY

We're going to go through the jungle but be careful as there are some animals that may eat you on the way through. If we hear an animal we have to act like the animal so they think we are that animal, this way they won't eat us.

The coach leading the group from side to side like a snake, as well as moving in a straight line, makes the noise of the following when the coach makes the noise the kids and parents have to act and make the noise like those animals.

animals

Coaches points of Emphasis (3rd stage)

When you hear an animal stomp on your Dinos head to stop them from going too near the animal.

Animal 1 – Lions (Stand and Roar)

Animal 2 – Snakes (Crawl on the ground and Hiss)

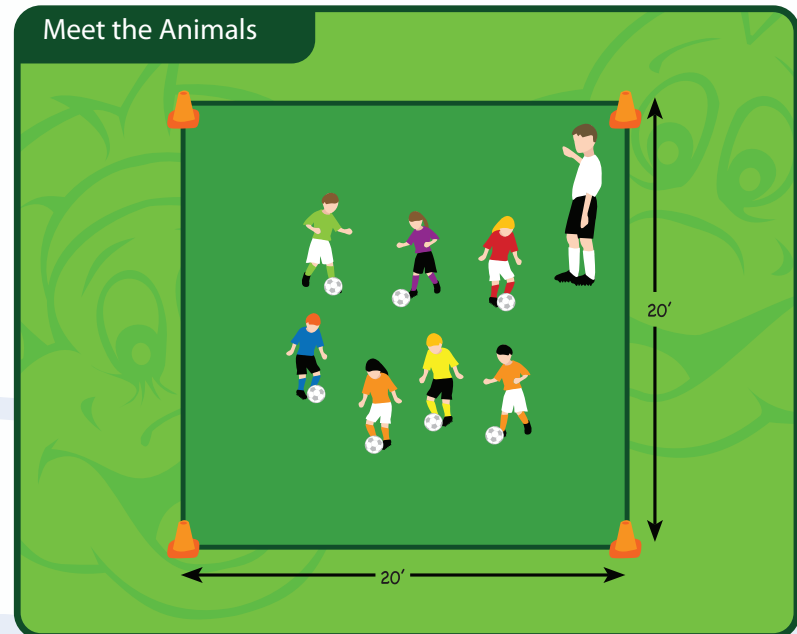
Animal 3 – Elephants (Put Arms on nose and swing hand from side to side)

Animal 4 – Cheetahs (Run around as fast as possible)

Animal 5 – Gorilla (Pound chest and make Tarzan noises)

Animal 6 – Monkeys (Hands under arm pits and bounce around like a monkey)

Animal 7 – Crocodiles (Extend arms in front and smack palms together)



Activity 3 The Monkey Game

- **Organization - set up a 20x20 area.**
Place 1 cone per child randomly around the area.



STORY

The Dinos love the monkeys so much they want to stay and play. The monkeys have to watch out though as lions like to eat them. If you hear a lion you have to run with the Dinos to the nearest tree (cone) and hide behind the trees with the monkeys.

The coach and 1-2 parents can act intermittently as the lion. Players run around the jungle randomly. After you have played a couple of times take one cone away. The player that is caught becomes the lion. Each time you play there will be one less child than cone so the lion is swapped every turn.

Play first with no ball. Second, with ball in hand. Thirdly, with the ball then the ball on the ground.

Coaches points of Emphasis

Keep the dinosaurs close so that you can get them to a tree close by.

Activity 4 Banana Eating Monkeys



- **Organization - 15 x 10 area** kids lined on one side the parents behind the kids. Split the team into pairs one on each side of the grid. Place a cone with a ball (or another object on) to represent the banana.

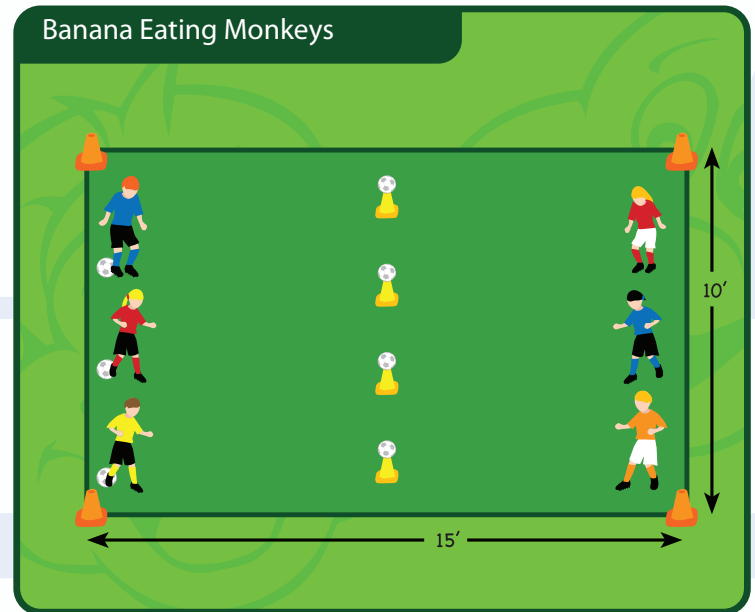
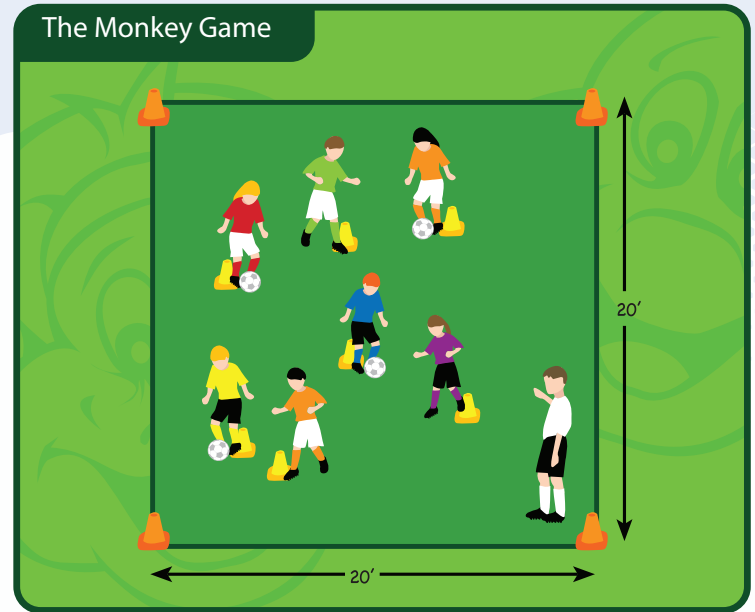


STORY

The Dinos are hungry so the monkeys are going to show them how to get some bananas. Try and hit the tree to knock the banana off, once you hit the banana off you can eat it.

Play first rolling the ball across. Second, play kicking the ball, dependant on your team's ability you may need to bring the cones in or move them away to make it more difficult.

Coaches points of Emphasis - Kick Dino to knock the bananas off and have a feast.



Activity 5 The Lion King. The Big Game Hunter.



Organization - 20 x 20



STORY

The local Zoo has asked us to catch a special Lion in the Jungle so that everyone back home can see it.

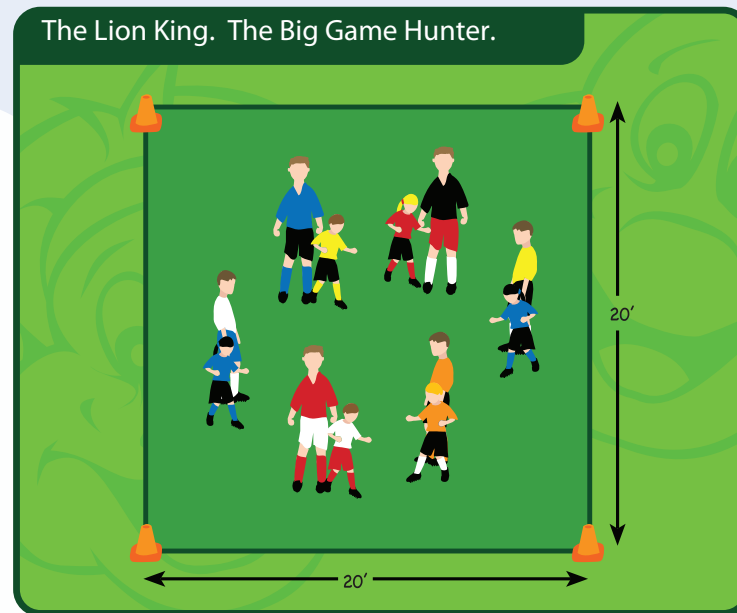
Follow the 3 Stage Development Process:



We are going to practice first – chase your parents and tag them to catch them (play 2 min) Play again this time rolling the ball to hit them or throwing the ball to hit them. Play last kicking the ball to hit them (below the knees) Is everyone ready to catch the special lion? Where is he, can anyone see him?

The coach or parent is suddenly the lion and the kids have to chase the lion. (fun fact) for this game don't stay in the grid run around all over place and have the kids chase you until you are caught.

Let's get in the plane again to fly home. Quick repeat of activity 1.



LET'S TEACH DINO REVIEW OF THE DAY.



WHAT SAFETY MESSAGE DID WE TEACH DINO TODAY?

Lets teach Dino Dino wants to know what happens when we have fire?

S is for Fire Safety. What do we have to do if we catch fire ? Stop Drop and Roll!

Stop, drop to the ground and roll to put out a fire on our clothes. Teach Dino to remember **not** to hide under a bed or in a closet during a fire. Parents need to be able to find them quickly.

Safety Message for the week – LETTER S

The Jungle Adventure II

- **Organization - in a 25x25 area set cones randomly around the area.**



STORY

Today the Dinos are lost in the jungle, you have to help them get out of the jungle (Have the parents sing the song of the day "in the jungle the quiet jungle the lion sleeps tonight")

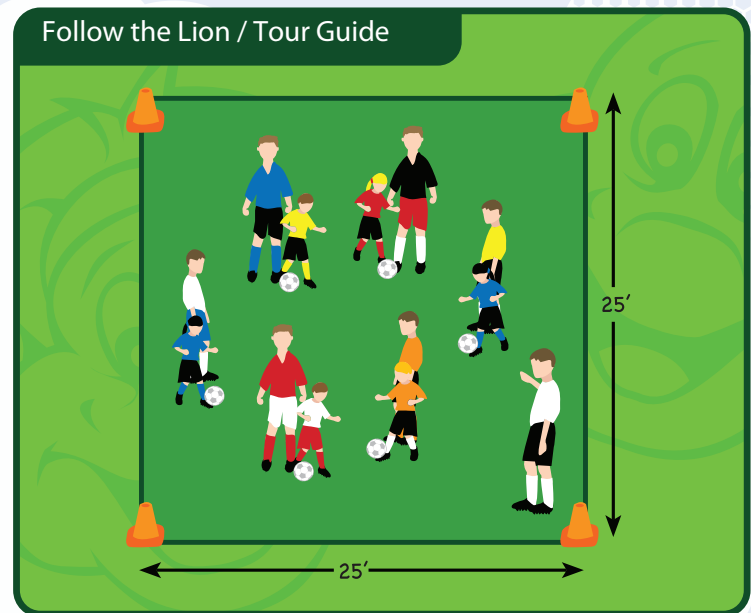
Activity 1 Follow the Lion / Tour Guide



STORY

Lions cannot see behind them so as the lion scours the jungle for food you have to follow behind very quietly with Dino in your hands. If the lion suddenly turns around you must run for cover behind a tree (cone or parents) Dinos are lost in the jungle and are following the lion be as quiet as you can on your tip toes

Watch out, the lions are out, run for cover.



Each player runs around the area with their parent holding dino in their hands. The coach "lion" roams around the kids around the jungle. The coach must turn around and "Roar" and then chase the kids. If the Lion tags the players with their paws they have to stand still with their legs apart. They can be released by rolling dino through the legs of a tagged player.

Play once or twice then place the Dinos on the ground. This time the players have to kick Dino through the player's legs to release them.

Activity 2 Catch Dinner



- **Organization - 20x20 area each player with a ball. The parents are players in this game too.**



STORY

After avoiding the lions we're now hungry so we have to catch some grubs to eat. In the jungle the grubs are bigger and the Dinos love to eat grubs. Can you catch big grubs that are flying around for Dino?

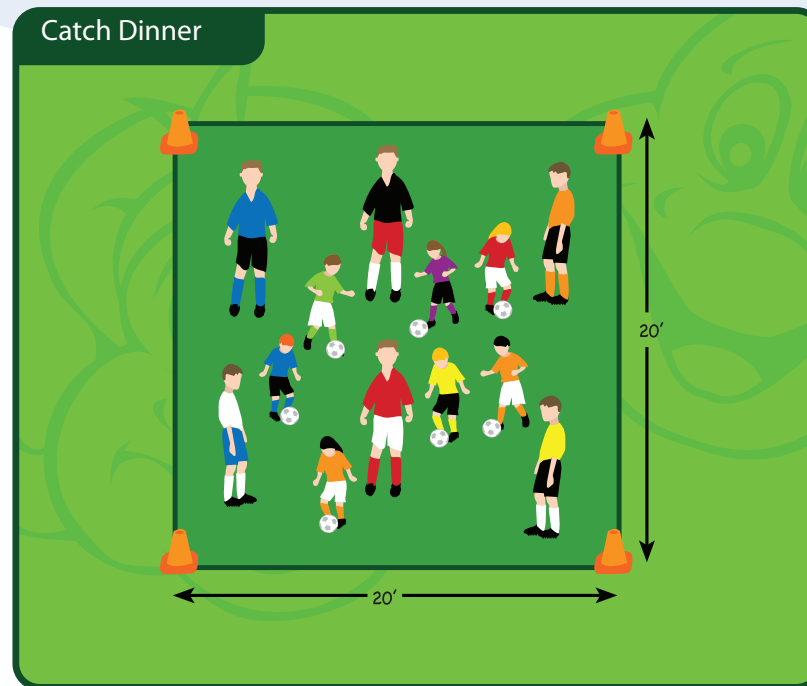
Follow the 3 Stage Development Process:

1. Start by tagging the parent grubs.
2. Have them roll or throw the balls.
3. Place the balls at their feet and kick the ball to hit the grubs(below the knees).



Coaches points of Emphasis

If you see a grub, run after it and kick Dino to try and catch it.



Activity 3 Get Away From the Gooley Plants

Pick 4 parents to be man eating plants.



Organization - 20x20 area



STORY

We have to get away from the Gooley / Slimy plants by moving around the jungle as fast as we can watch out for those slimy plants they are trying to get the Dinos. If you are tagged by the plants you are frozen. You have to stand there and bounce the Dino three times to get all the sticky muck off Dino.

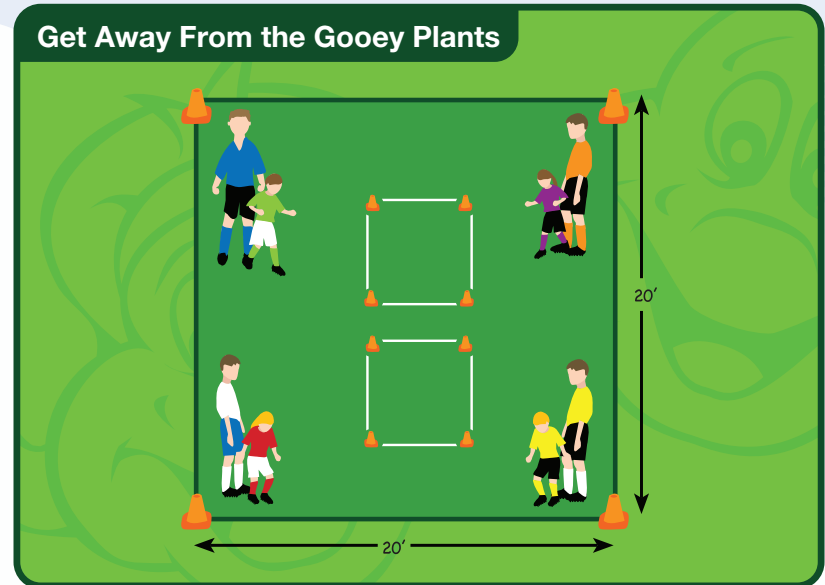
In the Jungle there are two safe zones where the plants can't catch you but you can only stay in a safe zone for three seconds. (Have a parent on each safety zone counting) players dribbling the Dinos around the jungle.

To start with, the players hold the balls in their hands as they are chased and tagged by the parent plants. After Playing for 2-3 min then have the players dribbling the Dinos around the jungle.

Parents join up in pairs and hold hands to make bigger man eating plants – 2 pairs

Coaches points of Emphasis

- If you see a gooley plant run away.
- If you can't run away move into a safe zone.
- Remember, you can only stay in a safe zone for three seconds.



Activity 4 Stuck at the River



• Organization

Set up a narrow winding path area with cones. Parents are with children.



STORY

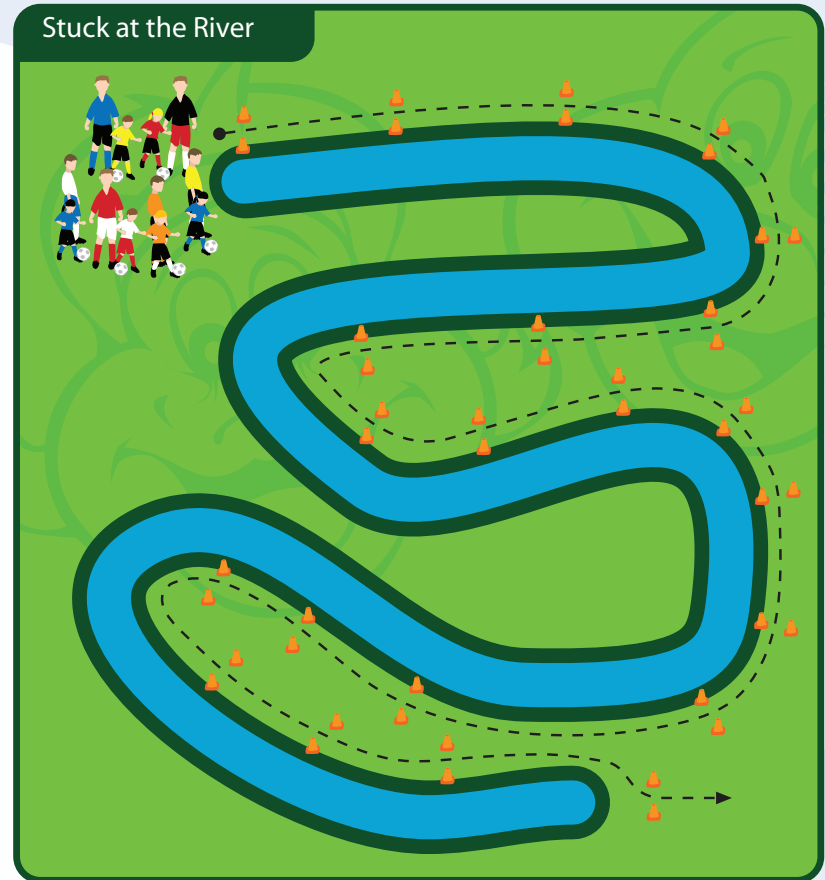
We are stuck at a river and we need to cross on a very narrow path. We have to be very careful around water, WHY? In the river though there are crocodiles we have to make sure the crocodiles don't end up eating Dino. We have some special rules around water that we have to teach Dino, does any one know what they are, hands up?

Let's Teach Dino.

1. Never go near water alone and always make sure there is a grown up with you.
2. Never run near water, you could slip and fall in.

Coaches points of Emphasis

1. Keep Dino close, we don't want them getting eaten by crocodiles.



Activity 5 Sleepy Time in the Jungle



STORY

We have been on a long adventure today and we are all very tired. Let's curl up on the ground, tuck our hands under our heads and close our eyes. We have to make sure that our adventure leader will not run off and leave us alone in the jungle. One of you needs to keep guard and if the coach tries to leave the area, the guard has to run around tapping the others on the shoulders to wake everyone up to chase the leader so that they don't run off.

You can run anywhere away from the kids, just have them chase you.

Play several times following the three stage process.

Finish with the review of the letter **W** for **Water**.

LET'S TEACH DINO REVIEW OF THE DAY.



WHAT SAFETY MESSAGE DID WE TEACH DINO TODAY?

W is for Water

Never go near water alone, always make sure there is a grown up with you.

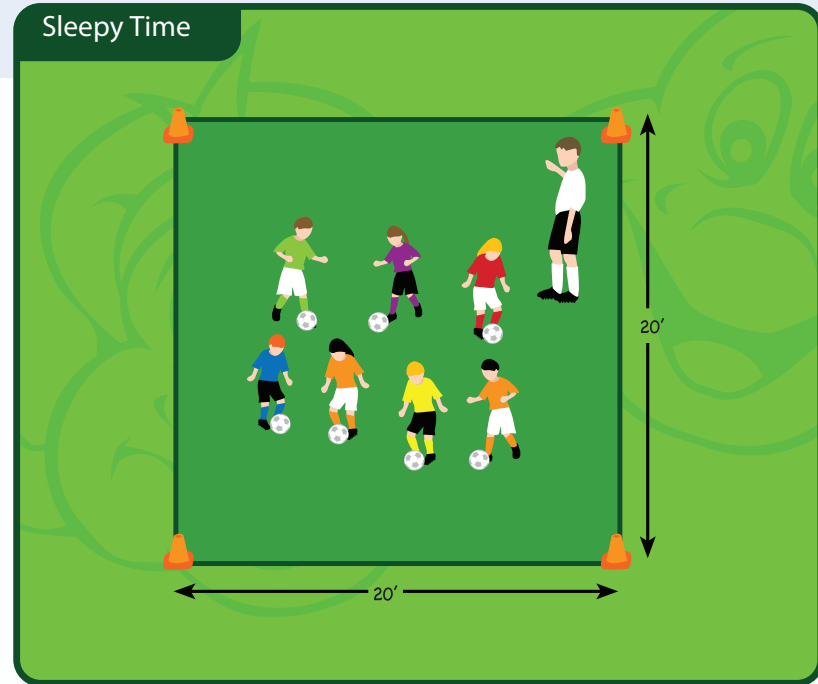
Never run near water, you could slip and fall in.

If you don't know how to swim always wear a life jacket around pools.

Always wear a life jacket on a boat, even if you are a good swimmer.

Safety Message for the week – LETTER W

Sleepy Time





Activity 1 The Dinos go to the Big City

- **Organization** - Set up a 20x20 area each child with a ball. The coach is the train driver and players are lined up behind, following the train driver around the tracks. Parents can stand by the side of their sibling.



STORY

Today the Dinos are going on a visit to the big city. We are going to visit lots of things in the big city but we have to watch out for all the traffic.

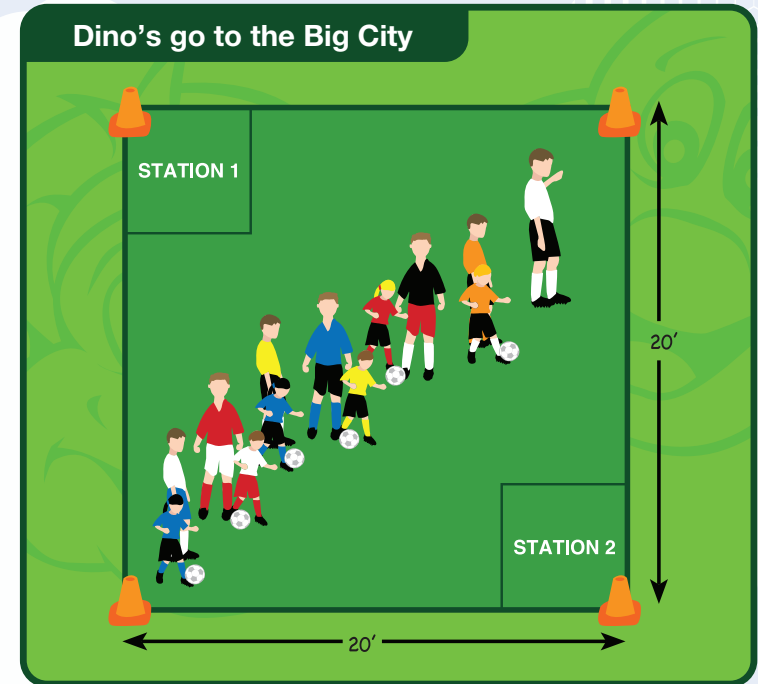
First of all we have to get into the big city. Does anyone know how we can get into the big city? (Most kids will say cars, question them on another way) The coach and the kids have to make the noise of the train as they take the train to the city. The subway trains go round the track, we are going to step into the train holding your parents hand. The coach is going to be the train driver so let's all get into a line and follow the coach onto train. As you go around you can lose the parents (drop them off) at the station you stop at so you end up with just the kids following you.

Follow the 3 Stage Development Process:

The coach can move snake like from side to side while moving forward. Giving the following four commands to the team...



1. **Next stop station 1 or 2** - Kids place their foot on top of the Dino's head and stop the ball from moving. Story – We have to make stops at stations get ready to place your foot on top of the Dino's head to stop them from going past the station.
2. **Back up** – Kids place their foot on the top of the ball and move back 2-3 feet. Some times the trains go too far and we have to back up to pick up the passengers. If the train driver says, "back up", we must place our foot on top of the Dino's head and pull them back a little ways.
3. **Get ready.... Go** – Stamp on their head and roll the Dino from side to side when the coach says, "get ready and go they move off" following the coach again.
4. **Crash** – When the coach says, "crash!", everyone falls over!



Activity 2 Watch out for the Traffic.

- **Organization - 20 x 20 area - Place 4/5 children on each side with their parents.**



STORY

After traveling on the subway we must now cross the very busy road. What do we need to think about when crossing the street?

Follow the 3 Stage Development Process:

Lets Teach Dino.

Always stay close to your parents and/or look both ways before crossing the road.

Cross in the crosswalks at the corner, not in the middle of the block.

Never cross from between parked cars.

Cross the street with the Crossing Guard whenever possible.

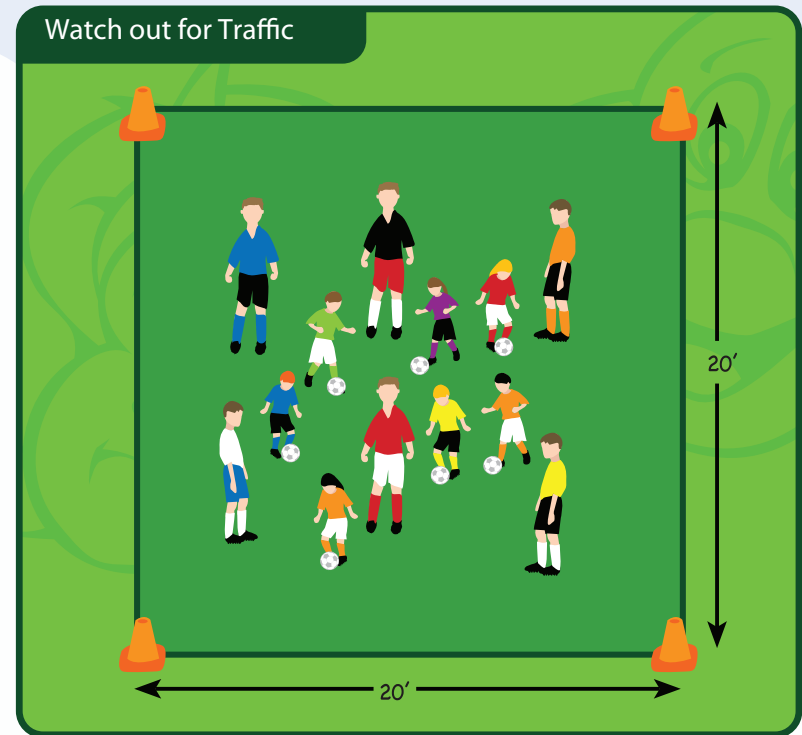
Cross quickly – do not stop or play in the street.

When walking on sidewalks, be aware of driveways and alleys from which cars may emerge.

Coaches Words of Encouragement:

Keep the Dinos close to you as cross the street.

Don't go too fast as you don't want your Dinos out on the road all alone.



Activity 3 Catch the Cab.

(The first introduction on kicking the Dino in the nose)

- Organization - 20 x 20 each player with a ball.



STORY

We have to catch a cab now to get to the museum. Trying to catch a cab in a big city can be a little difficult, sometimes you have to chase them down. To start with, have the coach (wearing a piny) acting as the taxi.

Follow the 3 Stage Development Process:

1. We have to chase the cab and tag it first.
2. Have them roll or throw Dino towards the cab.
3. Have them Kick Dino towards the cab.

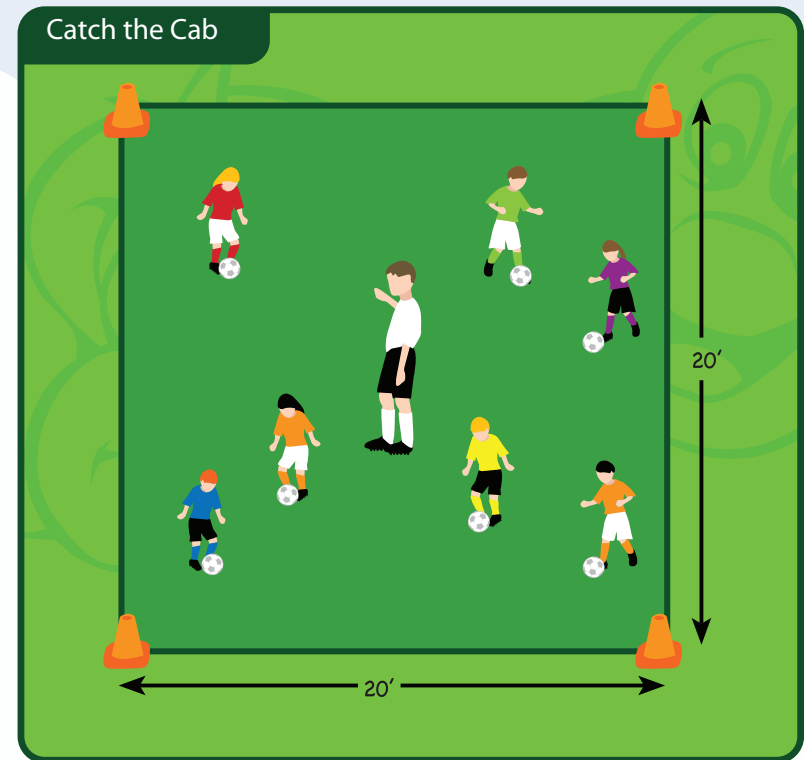


The players then have to chase down the cab by kicking the Dino close to the cab so that they can pass it to hit the coach.

2. Have all of the players act as cabs and have the parents chase the players with the ball.

Coaches Points of Emphasis

1. Keep the Dinosaurs close.
2. Kick the Dinosaurs in the nose towards the taxi's.



Activity 4 Visit to the Museum.



- Organization - 20x30 area each child with a ball. Split the area into grids with cones where the parents can stand. Have each child dribble the Dino's around.



STORY

Now we are at the museum we have to take the Dinos to each exhibit on display and guess what they are (the parents are the exhibits). Have each of the parents make funny noises of an animal or mode of transportation that the kids have to guess what each one is.

Ideas:

Dinosaur, whale, seal, frog, car, plane, truck, motorbike etc.

Activity 5 Game Time

- Organization - Set up a 80'x50' square area.



STORY

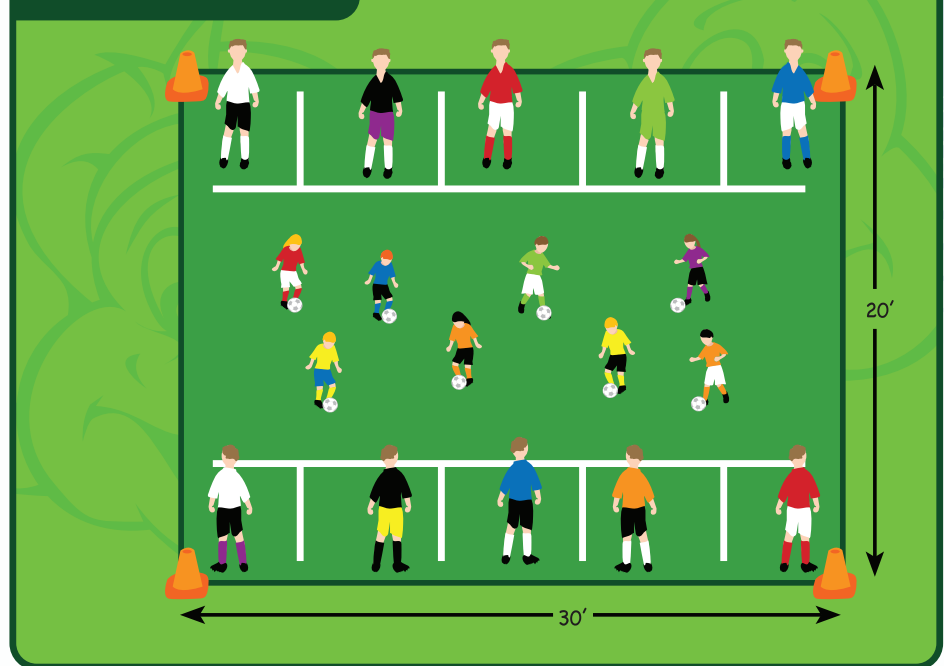
Since you have helped the animals, they want to be kind and play a game with you. The parents are going to play for the animals against you.

Coaches Point of Emphasis:

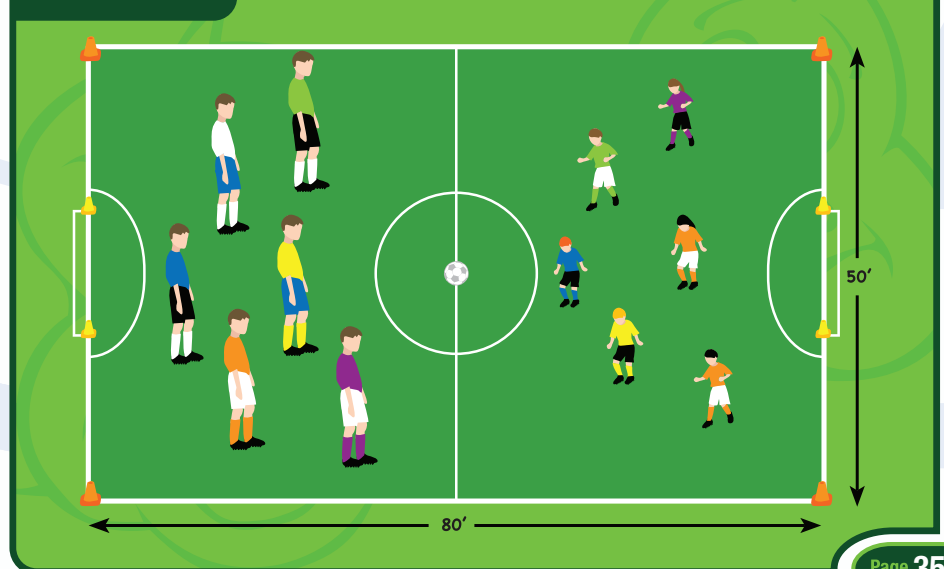
You try and kick the ball in the animals goal and the animals will kick the ball into your goal:

Who is going to win?

Visit to the Museum



Game Time



LET'S TEACH DINO REVIEW OF THE DAY.



- Always stay close to your parents and look both ways before crossing the road.
- Never cross from between parked cars.
- Cross quickly – do not stop or play in the street.
- Walk bicycles, skateboards, and scooters across the crosswalk.

WHAT SAFETY MESSAGE DID WE TEACH DINO TODAY?

L is for Look both ways before crossing the road.

- Cross in the crosswalks at the corner, not in the middle of the block.
- Cross the street with the Crossing Guard whenever possible.
- Remember the same rules (look both ways, use crosswalks, etc) apply when riding a bike.
- When walking on sidewalks, be aware of driveways and alleys from which cars may emerge.

Trip to the Park.

Activity 1 Trip to the Park.

- **Organization - Set up 20x20 area with 4 corner areas marked off. All players with a ball. Place some cones randomly in the area.**

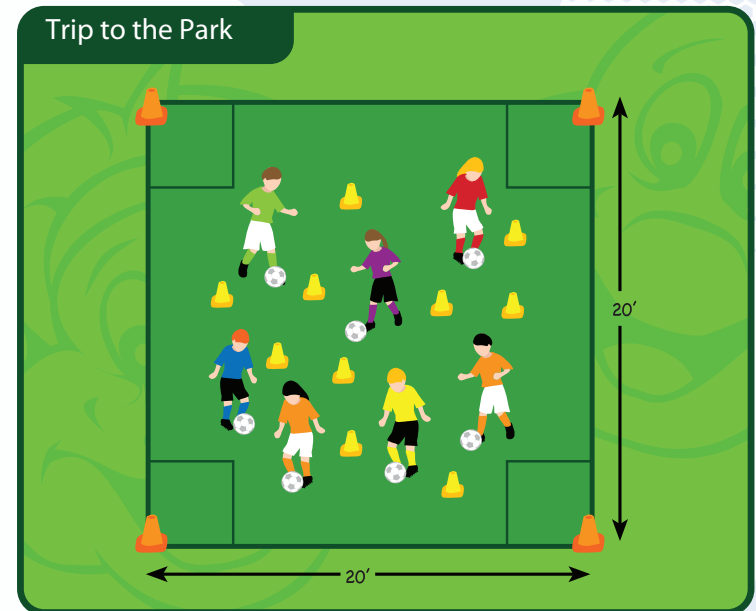


STORY

Today we are taking the Dinos to the park. The Dinos love to run in between and around the trees. Can we do this?

Follow the 3 Stage Development Process:

1. Dino watching from the sides.
2. Have them run around the cones (trees) with the dinosaur in their hands.
3. Place the ball on the ground to dribble.



Activity 2 Catch the Dogs.

- Organization - Set up 20x20 area.



STORY

All of the dogs have slipped off their leashes the Dogs are running loose and the park keeper needs us to help catch them all. Can you help him catch all of the dogs?

Follow the 3 Stage Development Process:

Coaches Helpful Hint:

1. Kick Dino in the nose to catch the dogs.
2. Fun activity - reverse the play and have the parents chase the kids.



Activity 3 Walk the Dog.

- Organization -Set up a 10 x 15 area - organize the cones as in the diagram. Split the group into 2-3 teams no more than three kids per line. One ball per line.

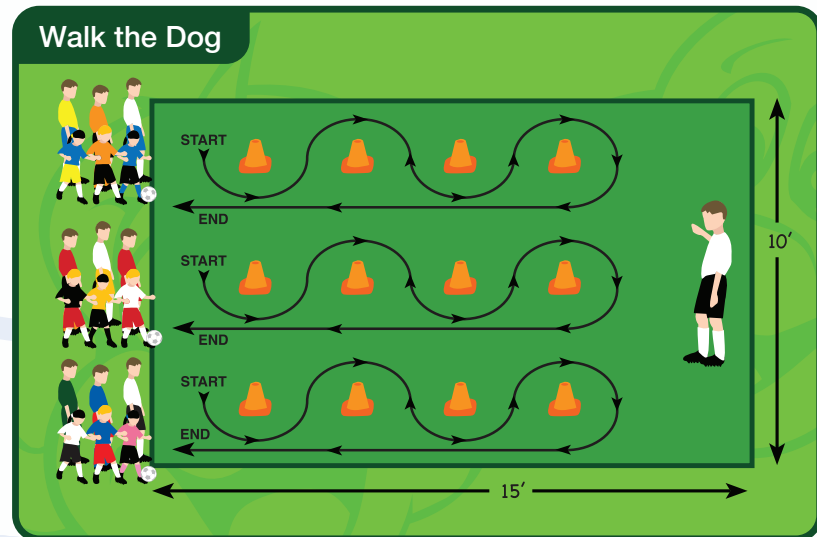
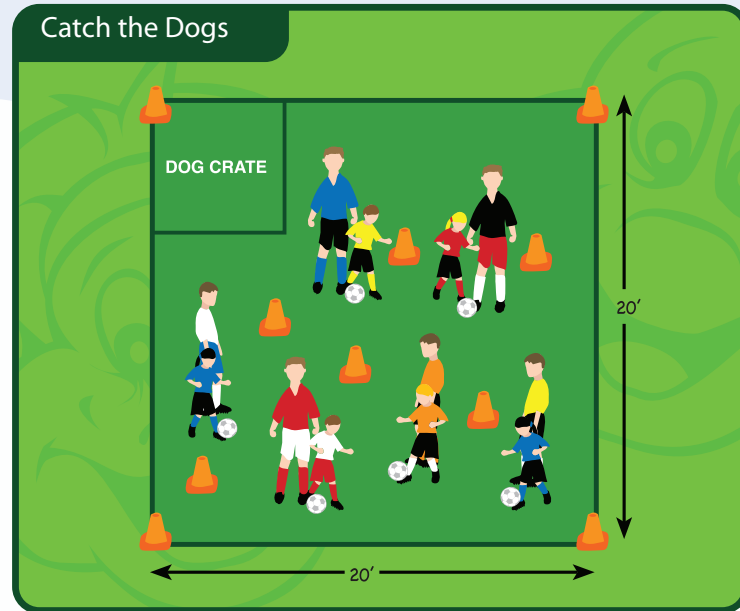


STORY

Now you caught the puppy you can take them for a walk, the Dinosaurs love to go for a walk, just like walking a dog. Tie a leash on to the dinosaurs so they do not run away(fake like your putting a leash on Dino).

Follow the 3 Stage Development Process:

1. Have the kids run around the cones without a ball.
2. Run around the cones with dino in their hands
3. Place the ball on the floor and dribble around the cones. Introduce dribbling technique.
4. When the players get to the top cone have them stand up and sit down on the ball 5 times before coming back.
5. Have the parents race.



Coaches Point of Emphasis:

Keep the dinosaurs close, stamp on their heads if you think they are going to run away. Tap them in the cheeks with your big toe and pinky toe to move them around the cones.

Activity 4 Skunk Surprise.

- **Organization** - Set up a 20 x 20 area kids in the middle with a ball each. Each child will play the role of a skunk at one time. The coach is the first singing skunk.



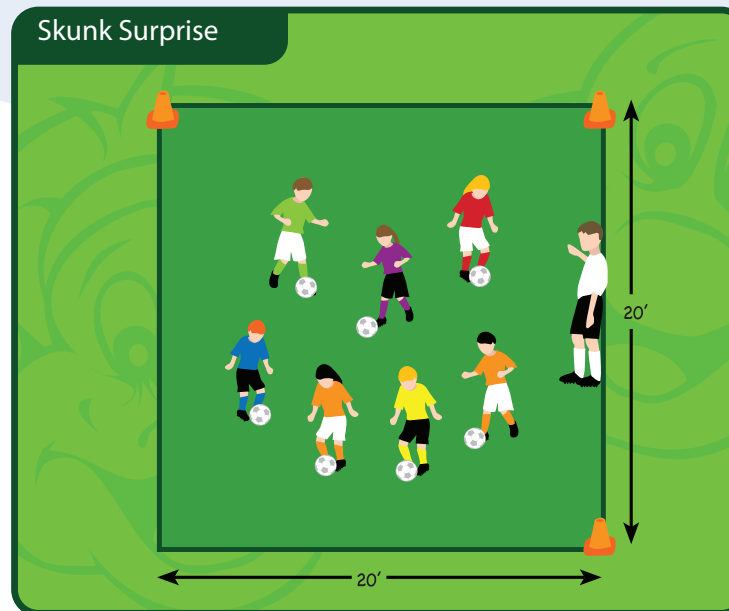
STORY

Skunks like to sleep during the day but you have woken them up and they are out to get you. The skunks will be singing a song but when they stop, "watch out" as they will come and tag you. The first person to be tagged becomes the next Skunk, they have to sing a song and then tag someone else.

Play holding the ball, and then progress to having the ball on the ground. Each child gets to pick their own song to sing.

Coaches Point of Emphasis:

Pick your favorite song and sing as loud as you can.



Activity 5 Stranger Danger. (Let's teach Dino about strangers.)

- **Organization** - Set up a 25x25 area with a "safety area" on each side. Each player has a ball.



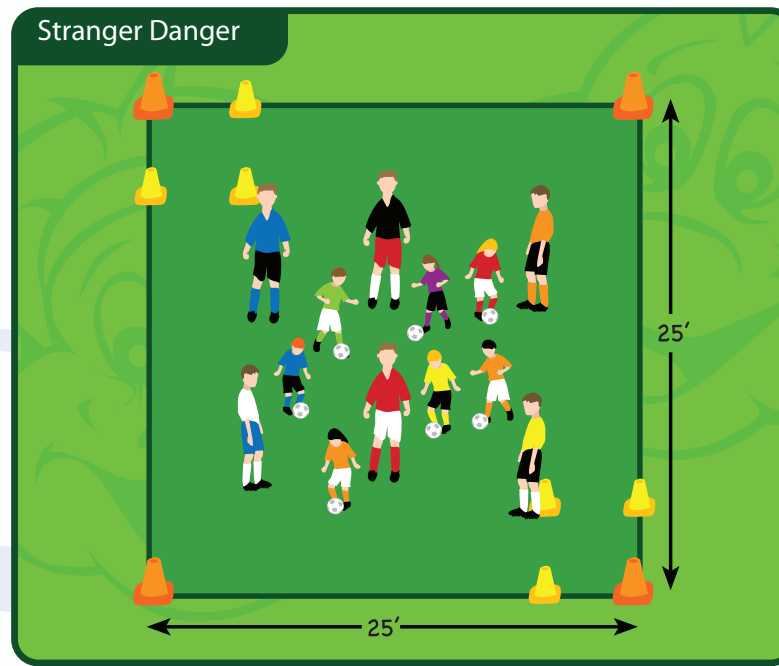
STORY

We all have to be aware of strangers. We should never talk to strangers, and never take candy from strangers. If a stranger ever starts talking to you have to shout "Stranger Danger."

We are going to practice this with the help of the dinosaurs -Your coach is going to pretend be the stranger.

Follow the 3 Stage Development Process:

1. When you see them enter the park you have to shout stranger danger and run with the dino into the safety area. (Play 3-4 Min).
2. Start by carrying the ball then progression is putting it down
3. If you have time play with one ball and the kids have to keep the ball away from one stranger. (You the coach).



LET'S TEACH DINO REVIEW OF THE DAY.



Safety Message for the week – LETTER T

WHAT SAFETY MESSAGE DID WE TEACH DINO TODAY?

T or Talk – Never talk or go with anyone unless your mom or dad say's its OK. Never take candy from a stranger.

The single most important thing to remember when teaching your children about stranger danger is to instill confidence, rather than fear.

Not all people unknown to them are necessarily dangerous – they need to understand the difference between “good” and “bad” strangers; an overly simplistic dichotomy, but one that puts the issue in terms a child can understand.

This is important so children understand where and to whom to turn if they are ever lost or feel scared, threatened, or if they think someone may be following them.

Examples of “good” strangers may include police officers, security guards, teachers, store clerks, etc. These are all examples of people to turn to if when your child needs help.

1. Use the buddy system – avoid walking anywhere alone.
2. Trust your instincts – if you feel you are being followed or something is not right, seek help immediately.
3. If a stranger approaches you, you do not have to speak to him or her. Never approach a stranger in a motor vehicle. Just keep walking. Do not accept candy or any other items from a stranger. Never walk off with a stranger no matter what he or she tells you.
4. If someone is following you try to remember the license plate of his or her vehicle and immediately tell a trusted adult.
5. If a stranger grabs you, do everything you can to stop him or her from pulling you away or dragging you into his or her car. Drop to the ground, kick, hit, bite, and scream. Do whatever it takes to attract the attention of others who can help you. If someone is dragging you away, scream, "this is not my dad," or "this is not my mom."

Trip to Planet Soccer.

Activity 1 Space Travel.

- **Organization** - Set up 20x20 area. Place several cones around to mark the edge and have each player stand with a ball in the middle. Each parent and child can stand together.



STORY

Today Dino and Deana are going to take us to their home planet soccer. We have to know which direction to travel so we have to learn our way left and right. Get ready to take off in space, hold onto Dino real tight and get ready to race. The coach gives the following commands:

1. Left (each player moves the ball to the left edge).
2. Right (each player moves the ball to the right edge).
3. Straight (each player moves the ball to the front side).

Discuss with each child which way is left and right.

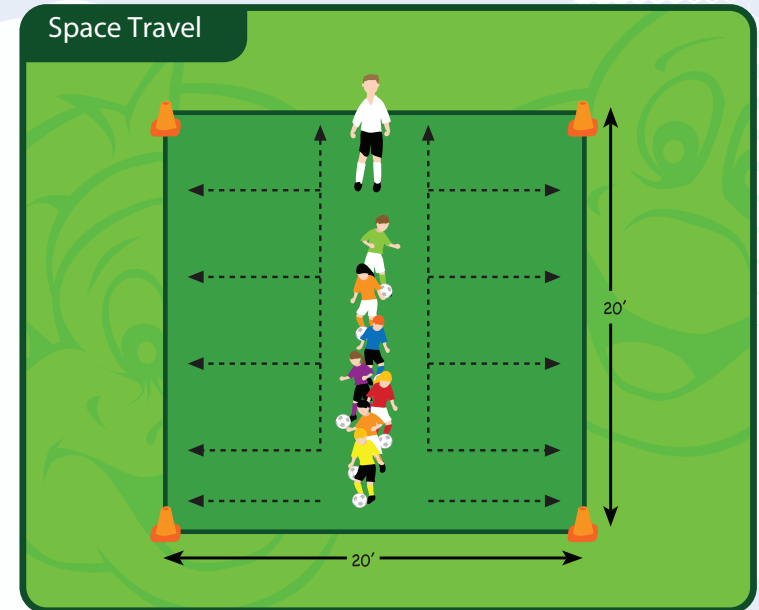
The parents can assist them to move in the correct direction.

Focus on the two dots on the cheeks to move the ball left and right big toe and pinky toe.

It is very important when you say left you move right as you are facing the other way, and vice versa.

Follow the 3 Stage Development Process:

1. Each child starts with no ball focus on the movement and directions.
2. Once the children are familiar with the game each player is given a ball to carry.
3. For the third progression, place the ball at their feet and work on direction with the ball.



Activity 2 Space Races.

- **Organization - Set up 20x20 area. Inside the area make a smaller 5x5 square. Place 4 cones around to mark the edge and have each player stand with a ball behind the cone. Each parent and child can stand together.**

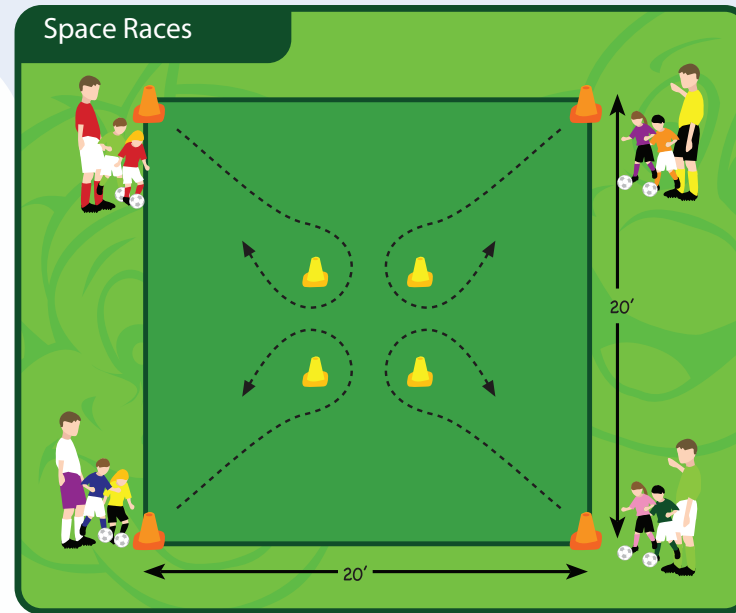


STORY

As well as knowing our directions in space we have to be able to move really fast in and around space. We are going to practice moving really fast, can we do that?

Follow the 3 Stage Development Process:

1. Each child starts with no ball focus on the movement and directions.
2. Once the children are familiar with the game each player is given a ball to carry.
3. The third progression place the ball at their feet and work on direction with the ball.



Coaches Point of Emphasis:

When you introduce the ball – “remember tap the Dinos in the cheeks and in the nose to move them with your big toe and pinky toe of both feet.”

Parent Involvement:

In a supervisor mode parents can hold the child’s hand the first couple of turns. Give the children a break and have them sit and watch the parents do the activity.

Activities:

1. Play first with no balls let the children run in touch and the top of the cone.
2. No balls, let the children run in around the cone and run back.
3. Ball in hand / bounce the ball.
4. Ball on the ground, dribble in, touch the cone and dribble back.
5. Dribble in and around the cone dribble back.
6. Dribble in and around the cone then pass the ball back to the parent. Kick Dino in the nose to pass.
7. Dribble in, pick the ball up and kick it as high as you can and shout “blast off!”

Activity 3 Dino's House.

(Lets Dino teach YOU) for this week Dino is going to teach the kids what they can and can't touch in Dino's House.

- **Organization - Set up 30 x 30 Area. In the area make four small squares. Number the boxes 1-4 all of the children start with a ball in their hands at number 1 box. The parents involved in this game can hold hands with the kids as they move around for first stage, and support for the final stage.**

Players start with the ball in their hands. They have to move from room to room. Each time they reach a room use Dino to teach what they can and cannot touch in each room. The second time around have the players dribbling the ball from room to room and have them repeat back to you what you cannot touch.



STORY

We have arrived at the Dino House, follow me through the front door, and always wipe your feet when you enter someone's house. We are going to go into four rooms and Dino is going to teach us what we should not touch in each room as some things in the house can be dangerous.

Room1. Kitchen – Coach says we should never touch the stove or anything on it.

Room2. Bathroom – Never touch mommy's or daddy's medicine and never get in the bath tub without mommy or daddy being there.

Room3. Garage – WOW, Dino has some great space tools should we touch them? " NO!" That's right never touch tools without a parents approval.

Room 4. Garden – Let's go out and play in the garden but watch out – Dino has a swimming pool, and wants to tell you the rules about being around a swimming pool.

- A) Never go through the gate on your own – only with a grown up.
- B) If your ball goes into the water, never try and get it, have a grown up get it for you.
- C) Always ask a grown up if you can swim and always swim with a floatation device.

Dino's House

Coaches Point of Emphasis:

1. Tap The Dino's in the cheeks to move them around the squares.
2. When you reach the last square Throw / kick Dino in the air as high as you can.



Activity 4 Clean Up Dino's Room.

- **Organization - Set up 20 x 20 Area. Randomly place cones or another object (hard candy) around the area as many as you have.**



STORY

We are in Dino's bedroom but he cannot come out to play until his bedroom is all tidy.

Players dribble the ball around the area and have to dribble around the cone two times to collect the mess on the floor.

Collect as many as you can and give them to your parents. Players may want to hold parents hands.

Follow the 3 Stage Development Process:

1. Each child starts with no ball, focus on the movement and directions.
2. Once the children are familiar with the game each player is given a ball to carry.
3. The third progression places the ball at their feet and work on direction with the ball.



Activity 5 Keep Dinos Safe in Space.

- **Organization - Set up 30x30 Area with 4 goals 1 on each side of the square.**



STORY

The Dinos are in trouble, they are playing outside with you but some funny aliens are trying to take Dino away so they can't play with you. You have to get them into the safety nets as fast as you can past the aliens who are trying to stop you. (The parents play the part of the aliens and play either in goal or out on the field). When the players do kick Dino in the goal they can help another player to get their ball in the goal. The coach can sneak the balls back into play.



Clean Up Dino's Room



Keep Dinos Safe in Space



Coaches Point of Emphasis:

Kick Dino in the Nose and mouth to get him into the safety net.
Progression - Just have one ball and play keep away from the aliens.

LET'S TEACH DINO REVIEW OF THE DAY.

WHAT SAFETY MESSAGE DID WE TEACH DINO TODAY?



What to touch and what to stay away from in Dino's House.

Room1. Kitchen – Dino says we should never touch the stove or anything on the stove.

Room2. Bathroom – Never touch mommy's or daddy's medicine, never get into the bathtub without mommy or daddy being there.

Room3. Garage – WOW Dino has some great space tools should we touch them? That's right, never touch tools without a parents approval.

Room 4. Garden – Let's go out and play in the garden' but watch out – Dino has a swimming pool, and wants to tell you rules about being around a swimming pool.

- A) Never go through the gate on your own – only with a grown up.
- B) If your ball goes into the water, never try and get it, have a grown up get it for you.
- C) Always ask a grown up if you can swim and always swim wear a floatation device!

Next week - Have the kids dress up in a super hero outfit as next week they have to save the planet.

The Dinos Save the Planet.

Activity 1 Mr Ozone.

- **Organization - Set up a 30' circle plus a small 3x3 area in the corner. Each team member has a ball.**

STORY



Today the Dinos are going to help us to save our planet. But Mr. Ozone is around and he is going to try and stop the Dinos. If Mr. Ozone puts a cone on Dino, you have been "slimed" and you have to go to the cleaner's corner (show) and tap Dino 5 times on the head with the bottom of your shoe to go back into the game (Demonstrate.)

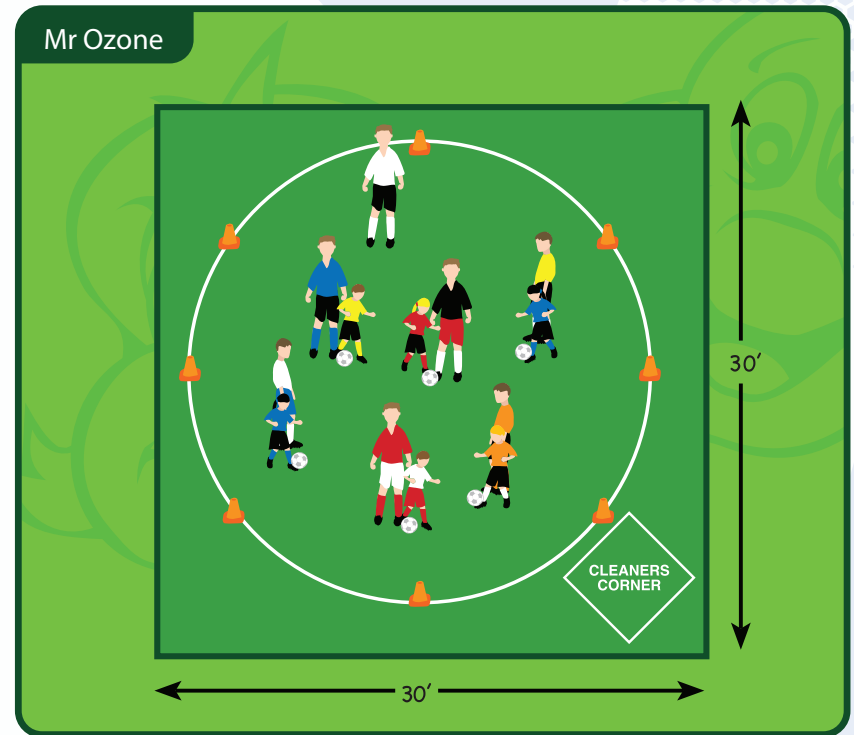
The coach plays the role of "Mr. Ozone" and runs around the area trying to "Slime" you by placing a cone on the top of each Dino, all the time shouting "you can't save your planet I've got you."

Once a player has been slimed they must take the Dino to the cleaners (small square in the corner) and touch the top of the Dinos head five times with the bottom of their shoe.

Coaches Helpful Hints:

Stay away from Mr. Ozone by changing direction.

Tap the Dinos in the cheeks and mouth to move them.



Activity 2 Pull the Poison Plants.

- **Organization - Set up a 20x20 Square with 4 “trash” areas laid out one on each side of the square.**

The coach needs a number of cones for this activity.

STORY



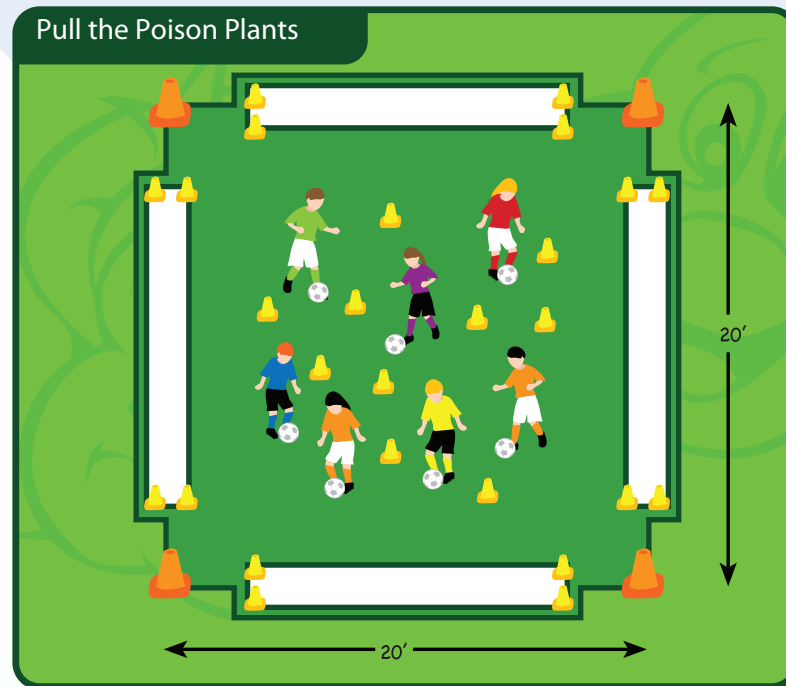
We need to pick the weeds before the poison gets into the ground. You can touch each of the poison plants by dribbling the Dino up to the plant and touching them onto the ball. Once the Dino has touched the plant you can pick it up and put in the trash. (Show where the trash is) Pick one plant up at a time and throw it in the trash before you try and get the next one.

The cones that are laid out are all poison weeds planted by Mr. Ozone.

Make sure the cones are spread out so that the children do not bump into each other.

Coaches Point of Emphasis:

1. Run in with ball in hand and touch Dino on the poison plant and take the plant back to your parent who is in the trash area.
2. Dribble from each plant to plant.
3. Pass the ball from plant to plant.



Activity 3 Tag Mr Ozone.

Organization - Set up a 30' circle. Each team member has a ball.



STORY

Mr. Ozone and his evil assistants (parents) are back and we have to catch them by kicking the Dinos to hit them on the legs. We have to freeze all of them, win the game and keep the planet clean.

The children chase you and the parents trying to knock you out of the game. If a parent is tagged, they have to freeze and remain still until everyone is caught.

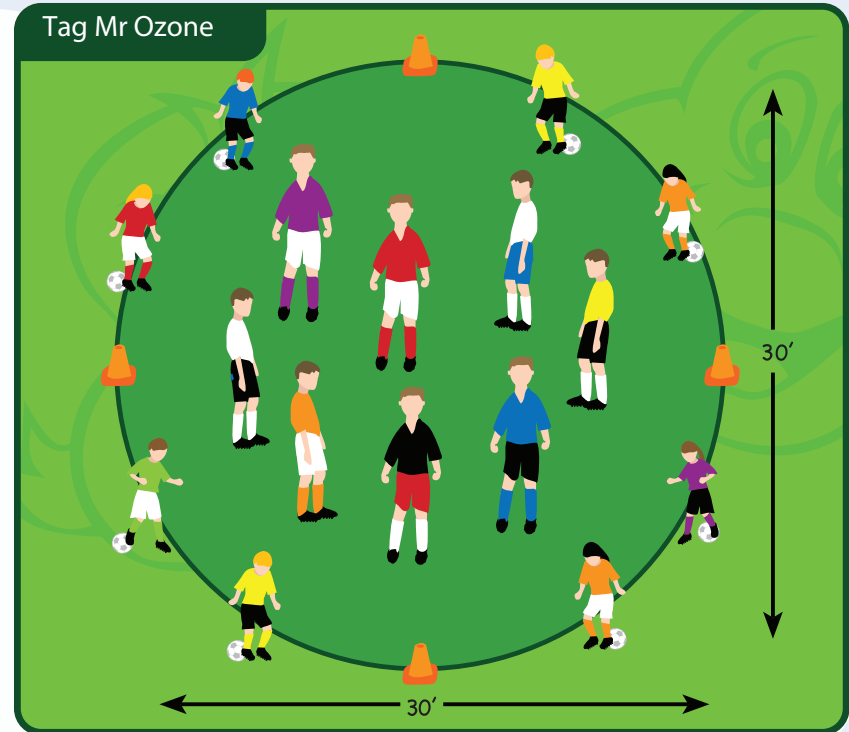
Follow the 3 Stage Development Process:

1. Play with no ball to start (kids tag parents with hands.)
2. Progress to ball in hands (kids roll or throw the ball.)
3. Ball at their feet if the children are ready (kids kick the ball.)



Coaches Point of Emphasis:

1. Run and try and catch as many of the evil assistants as you can.
2. Be quick and be ready to change direction. Stomp on the Dinos head and pull them back to change direction.
3. When passing the ball to hit the evil assistants, kick Dino in the Nose.



Activity 4 Save Our Animals.

- Organization - Set up a 30'x30' square area.



STORY

We have a number of animals on our planet that are becoming extinct (does any one know what that means?) We have to run to each of them to try and save them.

Explain which side of the square each animal is.

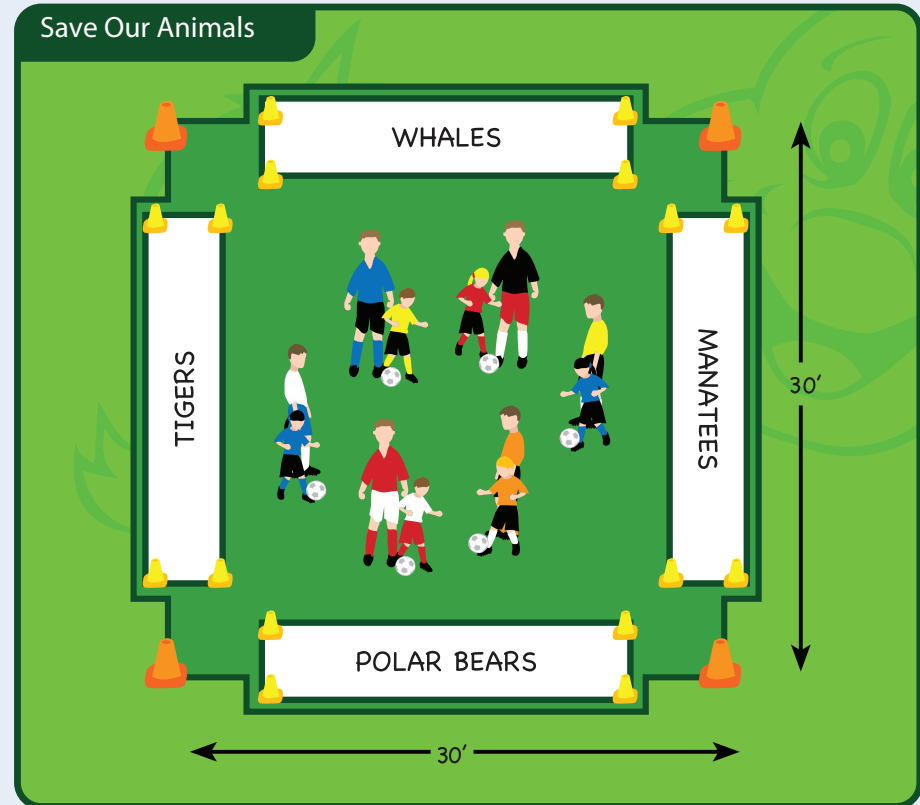
Follow a 2 Stage Development Process:



1. Play with the ball in their hands.
2. Play with the ball at their feet.

Coaches Point of Emphasis:

Be quick and be ready to change direction to save the next animal. Stomp on the Dino's head and pull them back to change direction.



Activity 5 Game Time

- Organization - Set up a 80'x50' square area.



STORY

As you have helped the animals they want to be kind and play a game with you. The parents are going to play for the animals against you.

Coaches Point of Emphasis:

You try and kick the ball in the animals goal and the animals will kick the ball into your goal:

Who is going to win?

LET'S TEACH DINO REVIEW OF THE DAY.

WHAT SAFETY MESSAGE DID WE TEACH DINO TODAY?

P is for Poison.

Never touch plants that you do not know.

Never touch bottles that mommy and daddy use for cleaning things they could be poisonous.

Never touch mommy and daddy's medicine or drinks.

Safety Message for the week – LETTER P



Important note for next week, you will need to bring some candy as next week is the birthday party week.

Game Time



The Dinos go to a Birthday Party.



This can either be the last week's activity if you like and you can bring the kids a small gift at the end of the season or if some one has a birthday during the season you can go on this adventure the week of the birthday.

YOU WILL NEED A BAG FOR EACH PLAYER AND SOME CANDY FOR THE LAST ACTIVITY.

Theme of the week "slow and steady wins the race."

Activity 1 Birthday Hats.

- **Organization - Set up a 20x20 area. Place several cones 10 yards away from each parent and child. Each child with a ball. Parents can assist in supervising.**

STORY



The first game we are going to play you have to collect birthday hats for the birthday party. You have to get as many party hats as you can for the party.

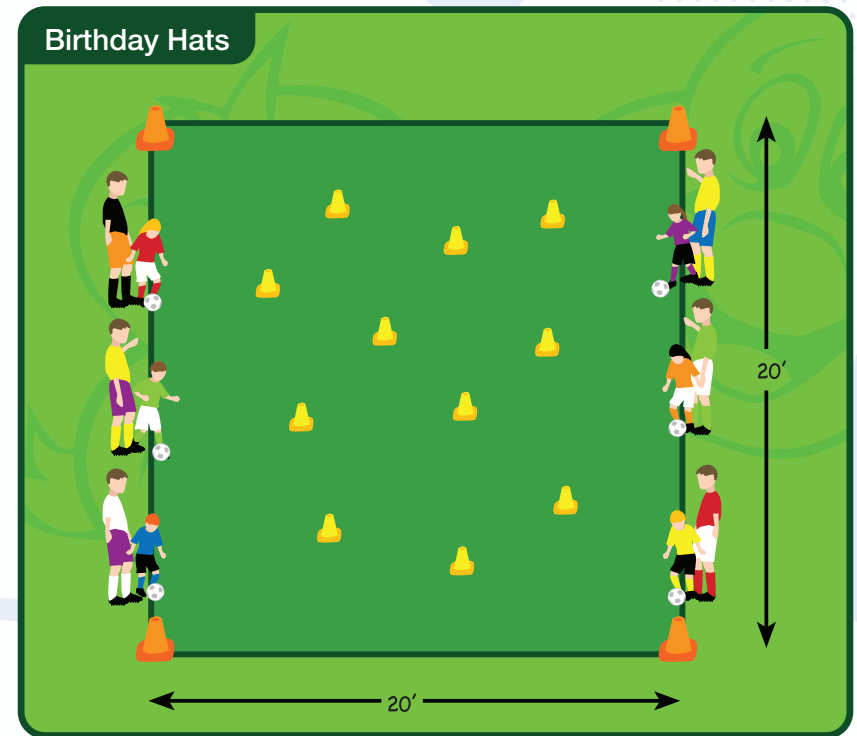
Follow the 3 Stage Development Process:

Let the children run in and pick up a cone, place on their heads as a party hat and run back. (Most hats will fall off as they run back). Introduce slow and steady wins the race concept for them.

Play again a couple of times see how many they can get in one minute.

Introduce the ball – remember tap the Dinos in the cheeks on the dots and in the nose to move them. Remember, keep the ball in front of you.

Parent Involvement – In a supervisor mode parents can hold the child's hand the first couple of times. Give the children a break and have them sit and watch the parents do the activity.



Activity 2 Birthday Cake Game.

- Organization - Set up 10 x 30 area. All of the children start with a ball in their hands at the bottom the area. The parents are not involved in this game.



STORY

The birthday cake is ready and you want to sneak a piece of frosting without the coach catching you. You have to sneak up to the pieces of cake and grab a piece. If the coach turns around and sees you or Dino moving you go back to the start.

Follow the 3 Stage Development Process:

Players start with the ball in their hands. They have to move up slowly to the cake. The coaches turn around now and again, when they do the players have to freeze. Progress to having the ball at their feet after one game. When the coach turns around the players have to place their foot on the top of the Dino's head to stop them moving. If the Dinos move the player has to return to the start.



Coaches Point of Emphasis:

1. Kick The Dinos in the cheeks to move them closer to the cake.
2. If the coach turns around to stop you getting the cake make sure you put your foot on Dino's head to stop them.



Activity 3 Birthday Races.

- **Organization - Set up a 20x20 area. Each child stands with the parent on one side of the square.**



STORY

It's time for the birthday races.

1. Race with no ball around the top cone and back
2. Hop to the 1st cone and back.
3. Dribble up to a cone, sit up and down on the ball 3 times and back.
4. Dribble in and out of the cones and back.
5. Dribble up to the last cone and throw the Dino back to your parent.
6. Dribble up to cone one and pass the ball back to the parent.

Activity 4 Clean Up.

- **Organization - Set up a 30x30 area.**



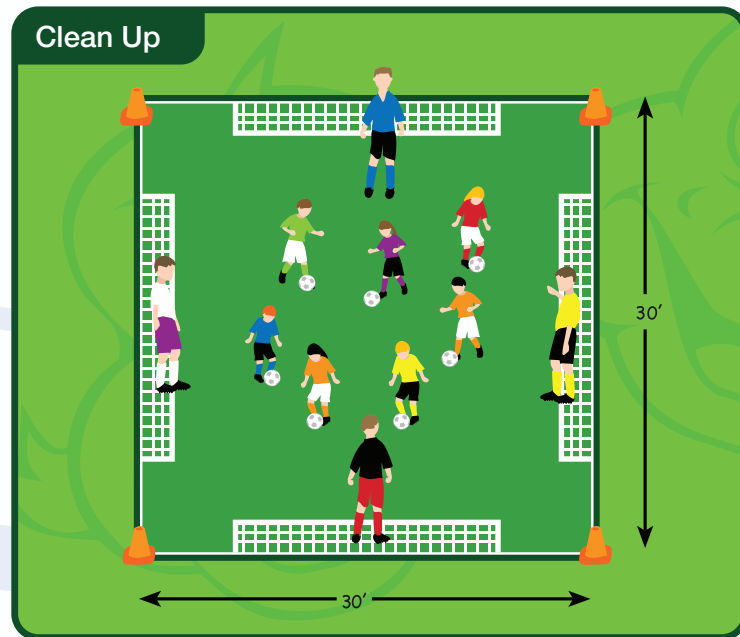
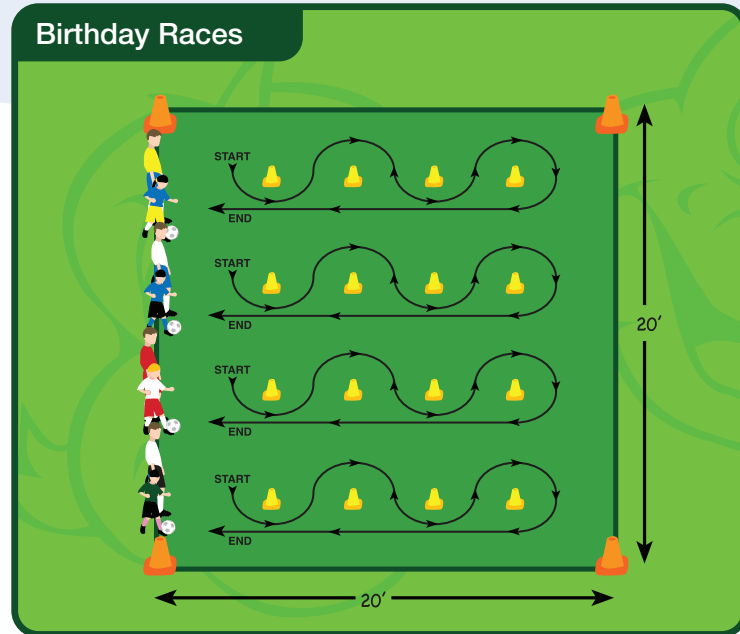
STORY

We have to clean up in order to get some birthday candy. We have to kick all of the Dinosaurs into the goals past the parents.

Parents are in the goal acting as goal keepers. The players have to try and get Dino past the goal keepers to clean up before the party candy.

Coaches Point of Emphasis:

Dribble up close by tapping Dino in the dots. Kick Dino in the nose and mouth to move him into the goal.



Activity 5 Birthday Surprise Candy Time.

- **Organization** - Set up a 30x30 area. Each child has a ball. Coach needs candy randomly placed around the area.



STORY

Its birthday Candy time - dribble the Dinos around the area looking for the candy that has fallen off of the candy truck.

Objective: To have fun and develop moving with the ball.

