

Socci Sport Alternative Games

Table of Contents

1	Roller Socci	2
2	Pass and Shoot Socci	2
3	Punt & Catch Socci	2
4	Long Pass Socci	3
5	Pass, Dribble, and Shoot Socci	3
6	Scooter Socci Basketball	4
7	4 – Corner Socci Basketball	4
8	Socci Stacked Basketball	5
9	Center Socci	5
10	Noodle Socci	6
11	Ultimate Socci	6
12	Polo Socci Hockey	6



Roller Socci (Soccer/ Kicking Skills)

- a. Students will line up outside the boundaries in groups of threes.
- b. The first player in each group will receive similarly colored flags (i.e. – red). The next in line will receive a differently colored flag (i.e. – yellow). And the last person will receive yet another differently colored flag (i.e. – blue). All players will hold their flag in a hand with most of the flag showing.
- c. To start the round (two minutes), the instructor will choose a color to become the defenders, the rollers, and the passers (should be about eight players per team).
- d. The first person in line will become the defenders and will step inside the playing area and prepare to protect the two goals by kicking any ball rolled by the rollers away from the goals.
- e. The next person in line will become the passers and will stand between the goal area and the roller line (sideline). This player will get any ball they can find and pass it to the roller on their team so that they can score points.
- f. The last person in line will be the roller and will try to score by rolling a ball into any socci goal in the middle of the playing area. Remind rollers that they may roll a ball from any place outside if the boundaries (i.e. – they move any where they want outside the boundaries).
- g. When the round is over, the students will rotate positions (i.e. – goalie to roller, roller to passer, passer to goalie). The game continues.

Reference - Field Configure 7 & 8

Pass and Shoot Socci (Soccer/ Kicking Skills)

- a. The game area will be split into three equal columns. The center column is for the defense and the goals. The other two areas are for the shooters. The area outside the columns is for the passers.
- b. Students will line up outside the boundaries in groups of threes. First player will be the first defender/ goalie. The second player in line will be the shooter. The last person will be the passer.
- c. To start the round (about two minutes), the students will go to their respective starting positions. Passers must make passes from outside the playing area to their partner (the shooter). Shooter must trap the ball then dribble the ball to a spot where they have an open shot at a goal. If a shooter makes it into the goal they earn a point.
- d. If there are no balls outside the playing area, the passers may come into the playing area and dribble one outside the boundaries so that they can pass the ball.
- e. The defenders may protect any goal during the time, may not use their hands, and must stay inside the defensive column.
- f. When the time is complete, the players will rotate to a new position (passer to shooter, shooter to defense, defense to passer). The game continues as before.

Reference – Field Configure 7 & 8

Punt and Catch Socci (Football/ Soccer Skills)

- a. The class will be split into two equal teams. Each team will stay on their side of the playing area throughout the game.
- b. Once the teams are formed, each teammate must find a partner.
- c. One partner will be the punter, the other partner will be the catcher.
- d. The punter (offense) will get one ball and stand behind the kicking line on their side of the gym. The catcher (defense) will spread out in front of the kicking line in the "catch zone". No catcher may enter the socci goal square (a square marked by cones that surrounds each socci goals).
- e. When the game begins, the punters will attempt to kick the ball over their "catch zone" and into the opponents' "catch zone". Every time a punted ball lands in the opponents "catch zone" without being caught, the punter earns a point. After kicking the ball, the punters may move anywhere on their teams' side to locate a new ball to kick. In getting a new ball, the punters may not attempt to catch a ball being kicked by the other team.
- f. At the same time the teams' catchers will attempt to score points by catching any ball kicked into the "catch zone". Each catch is worth one point.
- g. To make the game more interesting, if a punter can kick a ball that lands in the socci goal, it is worth 5 points.
- h. After a certain amount of time, allow the players to switch positions.

Reference – Field Configure 3 or 4

Long Pass Socci (Football/ Throwing & Catching Skills)

- a. The students will be split onto two equal sized teams. Each team must remain on their half of the playing area.
- b. Teammates must get into groups of threes for the game. Once they have a partner, they will need to line up facing the center line on the outside edge of the playing area (endlines).
- c. Each partner will have a job in the game, first person in line will be the center (they will hike the ball to the quarterback and make sure that they find a ball for the next turn), the second person will be the quarterback (they will get a ball from the center and then move forward to the center line and attempt to throw a pass that hit the socci goal (1 point) or lands in the top of the socci goal (3 points) when done they will return to the center, get a new ball and continue), the third person will be on defense (guard the socci goals by blocking or catching a ball, the defenders can earn 1 point by catching a ball (interception), the defender may not go into the safe zone to catch or block a ball).
- d. The game will continue for a designated amount of time (2 – 5 minutes). At the conclusion of the round, the teacher can discuss any adjustments or strategies that can be used to improve the game. During this time, the teacher can also change the location of the goals to make the activity more challenging for the students.
- e. When it is time to rotate, all players will return to their endline and assume new positions. The defender is the new center, the center is the new quarterback, and the quarterback is the new defender.
- f. Continue to play the game and rotate in the same pattern so that all player get to play each position at least once.
- g. Adaptations: To make the game more interesting, allow players who score points to collect objects to keep score (cards, bracelets, etc.). See how many points each team can score during the game.

Reference – Field Configure 1 & 2

Pass, Dribble, and Shoot Socci (Basketball/ Throwing & Catching Skills)

- a. The socci goals will be placed against the same side wall in the gym. The goals can be stacked if the teacher decides.
- b. Students will line up outside the boundaries (one the opposite sideline) in groups of threes. First player will be the first defender. The second player in line will be the shooter. The last person will be the passer.
- c. To start the round (about two minutes), the students will go to their respective starting positions. Passers must make passes from outside the playing area to their partner (the shooter). Shooter must catch the ball then dribble the ball to a spot where they have an open shot at a goal. If a shooter makes it into the goal they earn a point.
- d. If there are no balls outside the playing area, the passers may come into the playing area and dribble one outside the boundaries so that they can pass the ball.
- e. The defenders may protect any goal during the time. They must stay inside defensive area.
- f. When the time is complete, the players will rotate to a new position (passer to shooter, shooter to defense, defense to passer). The game continues as before.
- g. ADAPTATIONS – 1) for offense, make the activity a relay, the passer and shooter take turns after each shot, 2) for defense, allow them to use half noodle pieces when protecting the socci goals.

Reference – Field Configure 7 & 8

Scooter Socci Basketball (Basketball/ Throwing & Catching Skills)

- a. The socci goals will be placed against the same side wall in the gym.
- b. Students will line up outside the boundaries (one the opposite sideline) in groups of threes. First player will be the first defender. The second player in line will be the shooter. The last person will be the passer. Each player will sit on a scooter in the designated area of the game to get ready to start.
- c. To start the round (about two minutes), the students will go to their respective starting positions. Passers must make passes from outside the playing area to their partner (the shooter). Shooter must catch the ball at the catching line or poly spot then scoot the ball to a spot where they have an open shot at a goal. If a shooter makes it into the goal they earn a point.
- d. If there are no balls outside the playing area, the passers may come into the playing area and bring it outside the boundaries so that they can pass the ball.
- e. The defenders may protect any goal during the time. They must stay seated on the scooter and remain inside defensive area. Defenders may use their noodle pieces to block the balls being shot toward the socci goals.
- f. When the time is complete, the players will rotate to a new position (passer to shooter, shooter to defense, defense to passer). The game continues as before.
- g. SAFETY – 1) all players on scooters must ride on their bottoms, 2) all shots should be taken with the soft balls not a real basketball, 3) keep fingers off the floor so that they are not run over
- h. ADAPTATIONS – 1) If there are a large number of students, create teams of four players, the new position added will be the dribbler. The dribbler's job is to practice dribbling with a real basketball while waiting for their turn to become another position. 2) If there a limited number of scooters, have the passer be a position without a scooter. 3) To increase movement, place the balls on either side of the playing area and have passers run to the designated area to retrieve a new ball after they have passed one to their partner.

Reference – Field Configure 5, 6, or 6a

4-Corner Socci Basketball (Basketball/ Throwing & Catching Skills)

- a. The gym or space will need to be split into 4 equal areas (4-corners).
- b. Each student will line up in the corner of their space by a colored cone. The first player in line will get the noodle piece and become the first defender. The next two or three players in line will receive a soft basketball in preparation for the game.
- c. To start the round (about two minutes), the players will dribble their ball to the other side of the gym and attempt to get into hoop without getting tagged. If the offensive player makes it to the hoop, they may take a free shot at the socci goal inside that corner.
- d. If a players makes the shot, misses the shot, or is tagged on the way, their turn is over. That player must pick up their ball and return to their team and hand the ball to the next player in line. If the shot was made, the individual who made it may take out a noodlette to keep score.
- e. The defensive player for each team may only tag players that are in their space and must tag them below the waist or knee (teacher's preference).
- f. After playing for a few minutes, stop the game and let the defensive player pick someone from their team to take their place. The game then continues.
- g. If a team is able to win the game by scoring enough points to remove all their noodlettes, then the game will stop and each team will place all their noodlettes back in the basket and the game continues.
- h. SAFETY – 1) all players must take turns, 2) students may not pass the ball to the next player if they are not paying attention
- i. ADAPTATIONS – 1) If there are a large number of students, add additional basketballs to each team, 2) To make the game more challenging, have the defender put away the noodle piece and instead dribble a basketball and tag opposing players at the same time, 3) move the socci goal closer or further away from the hoops.

Reference – Field Configure 9

Socci Stacked Basketball (Basketball/ Throwing & Catching Skills)

- a. The socci goals will be placed in the on or around the foul line on the basketball court.
- b. Students will form groups of threes and stand on the opposing baseline. Each partner in line will have a job. The first person in line will be on defense and protect the goal and/or block passing attempts. The second and third person will work together on offense.
- c. To start the round (about two minutes), the defender will move to the other side of the playing area to protect the goal or disrupt passes. The two players on offense will share a ball and pass it down the playing area to score.
- d. When passing the ball, the student holding the ball may not move their feet (pass to advance). Either player may shoot the ball at the goal at anytime (obviously the closer the better). If a ball is dropped, blocked, or shot, the offense must go to the baseline and start over.
- e. Any goal scored is worth two points.
- f. The defenders may protect any goal (if there is more than one). They may block shots or disrupt passes.
- g. When the time is complete, the players will rotate so that player two is the new defender and players one and three will work together to attempt to score. The game continues as before.
- h. ADAPTATIONS – 1) Require a minimum number of passes before any offensive team can shoot. 2) Lengthen or shorten the distance of the goals from the baseline. 3) The teacher can place cones around the socci goals and require the offense to shoot the ball from anywhere outside the area to add a challenge to the offensive players. 4) If two stacked baskets are available, the teacher can form two teams and place goals on opposite foul lines. The defenders will protect their team's goal from opposing team while the offensive players attempt to shoot at the other team's basket.

Center Socci (Throwing & Catching Skills)

- a. For this activity, the socci goal is placed in the center of a basketball half court. Around the goal is a 2' to 3' circle (known as the defensive circle). The defensive circle can be marked with tape, paint, poly spots, or cones.
- b. For the activity, there will be 6 players on offense and 6 players on defense.
- c. The defensive players will start inside the playing area. Three players will be Goal Guards (GGs) and the other three will be Interceptors (INTs). The GGs protect the goal by standing inside the defensive circle. The INTs spread out in the remaining space to block or intercept offensive shots or passes.
- d. The defense may NOT touch any offense player during the game (if the rule is broken, the player who fouls must move of the playing area for a powerplay).
- e. The offensive players will begin the game standing on the boundary lines.
- f. When the game begins, the person with the ball will pass it to another player on their team. The person with the ball may not move. To advance the ball, the offense must pass only. Before the offense may attempt a score, there must be at least three passes made. No player on the offense may step or move inside the defensive circle.
- g. If the ball is dropped and touches the floor or intercepted, it is a turn-over and offense and defense switch positions. The new offensive players will move to the boundary lines and the defense will assume their starting positions. When all players are in the proper positions the game can continue.
- h. If the ball goes into the sides of the goal, they are worth 1 point. Balls scored in the top of the basket are worth 3 points.
- i. Adaptations: 1) If played co-ed, a girl must touch the ball at least once before the ball is shot. 2) Depending on the age and skill level of the players, the ball may be allowed once bounce when passed.

Noodle Socci (Throwing/ Striking Skills)

- a. The teacher will separate the class into 4 to 8 equal teams.
- b. Depending on the size of the playing area and the number of teams, the teacher will allow 1 or 2 players from each team to become a defender. Each defender will stand inside the goal boundaries (the 3 or 4 foot circle or square around a socci goal) and hold a demi-noodle in their hand.
- c. When the game begins, two or three players (offense) from each of the teams will grab a single noodlette and attempt to throw or toss it into any socci goal (the offense may not go inside the goal boundaries).
- d. The defense will attempt to use their demi-noodles to either block shots or tag offensive players. After a shot is taken or if the offensive player is tagged by the defense, they will return to their team and let another player have a turn.
- e. Offensive players who are attempting to score can carry a colored football flag in their hand to indicate that it is their turn. When their turn is completed they will hand the flag to the next player.
- f. The game continues for 2-3 minutes per round.

Ultimate Socci (Throwing/ Catching)

- a. The field will have two socci goals on either side of the field about 10' from the end line. On each endline, there will be three hula hoops that are spread apart.
- b. The rules are similar to Ultimate Frisbee.
- c. Students on offense must throw and catch the socci ball across the playing area without dropping it.
- d. Students may not run or walk if they are in possession of the ball.
- e. The object must be thrown in order to move it across the playing field.
- f. To score, someone from the offensive team must catch the object while standing in a hula hoop.
- g. When a score occurs, the player who caught it in the hoop may earn a bonus point for their team by tossing the object into the socci goal.
- h. If the defense is able to intercept a pass or the offense drops the object, then the defense then picks up the object and goes in offense.
- j. Adaptations – 1) Allow the offense to let the ball bounce once, 2) move the hula hoops closer or further away from the socci goals, 3) allow the offense to toss the ball into the socci goal anytime during game play to score a point

Polo Socci Hockey (Hockey Skills)

- a. Students will line up behind one of four cones that are located in the corners of the playing area.
- b. The first two players will hold a polo stick and will act as defenders to start the game.
- c. The next two in line will hold a differently colored polo stick and place a ball on the floor.
- d. The next two in line will wait behind the cone for their turn.
- e. To start the round (two minutes), the instructor will have the first two players come into the playing area to become the defenders (should be eight players).
- f. They will step inside the playing area and prepare to protect the two goals by striking any ball played by the offense out of the playing area.
- g. The players who are standing next in line will be the first to play as offense.
- h. The offensive players will attempt to score a goal by striking the ball into the goal.
- i. If they score, they will take their ball back and let the next person in line have a turn (give them the polo stick and the ball).
- j. If their ball is knocked out of the boundaries, their turn is completed and they must take their ball back and let the next person in line have a turn.
- k. Remember that each round lasts approximately 2 minutes.
- l. Thereafter, the teacher will choose two new players from each to be the defense and the game will continue.
- m. It is important that during the game, each student keeps their own score.
- n. Adaptations – 1) use noodle pieces to keep the score for each colored team (i.e. – when a player scores, they will place a similarly colored noodle piece on the floor to keep score)