WIN IT & BRING IT HOME

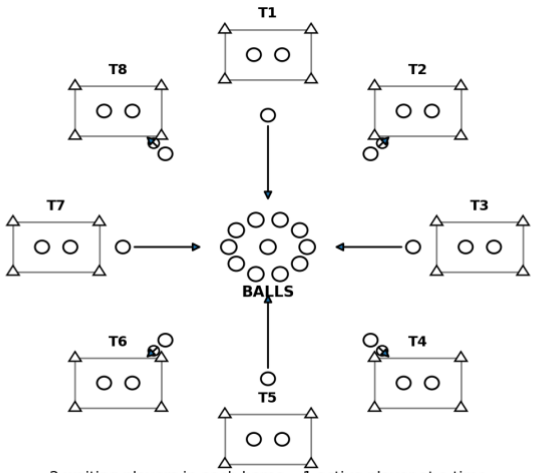
A fast, competitive activity that keeps players moving, touching the ball, and making decisions.

AGE GROUP: K–3rd Grade

GREAT AS A LEAD-UP OR WARM-UP ACTIVITY • Use it early in the session to get players moving, engaged, and working with the ball.

GROUPS	EQUIPMENT	DEVELOPS
6–8 teams • 3 players max	Soccer balls + cones	Control • Passing • Awareness • Decisions

SETUP AT A GLANCE



2 waiting players in each home • 1 active player at a time

Set Up: Arrange 6–8 small team homes in a circle around a central pile of balls. Each home is a small box made with four cones. Teams have no more than 3 players: two wait in the home while one teammate is active.

HOW TO PLAY

1. On "GO!" one player from each team runs to the middle, collects one ball, and dribbles it under control into the team's home.

2. When the active player returns, the next teammate may go.

3. When the middle is empty, players may take one ball at a time from another team's home.

4. No tackling or defending—retrieve a ball and bring it home.

PLAYER ACTIONS

- Run and change direction
- Get the ball under control quickly
- Dribble with the ball close
- Look up and scan for available balls
- Choose where to go
- Pass accurately in the passing progression

TRY THESE PROGRESSIONS

1 BRING IT HOME
Retrieve one ball and dribble it into your home.

2 CHANGE IT UP
Use both feet, different surfaces, or a change of direction.

3 FIND & CONNECT
Retrieve a ball, then pass it accurately into the home. Run back before the next player goes.

4 TEAM BATTLE
Combine small groups into two larger teams. Players may only take balls from the opposing side.

COACH TIP & GUIDED QUESTIONS

Keep teams at 3 players maximum. This keeps waiting time low and gives every player frequent turns. Keep your coaching brief and let the competition create the energy.

Ask between rounds: "How do I know what ball to take?" • "How can you keep the ball under control while moving quickly?" • "What should you look at before deciding where to go?" • "What makes your pass easier for a teammate to receive?"

Illinois PE Alignment: State Goal 19 — movement/motor skills, ball control, and game strategies • State Goal 21 — cooperation and working successfully with others