



Fill The Bucket

Description

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Students work as a team while practicing soccer skills.

Supplies

- Soccer balls
- Cones

How to Play

1. **Prep work:** Using cones, set up two squares a distance apart.
2. Divide students into two even teams. Have each team line up a single file a distance away from the two squares, assigning one square per team.
3. Give each student a soccer ball and explain that the squares are their "buckets". The goal of the activity is to be the team who fills their "bucket" first.
4. One at a time, students dribble their ball into their bucket/square. Dribbling in soccer is passing the ball back and forth between two feet.
5. The student then runs back, high-fives the next student in line, and goes to the back of the line. The high-fived student then dribbles their ball to the bucket and runs back.
6. This continues until a team has all students back in line and all their soccer balls in their "bucket".
7. Play multiple times by switching up the teams or moving the cone squares further away each round.

Activity Prompts for Reflection

- How did your team work together during this activity?
- What is one strength you brought to the team during this activity?
- What is one agreement your team made for this activity?
- What kind words or praise did your team say during this activity?

Other Ways to Play

- Make this more challenging by setting up a line of cones from the start of the line to the bucket and have students dribble their ball around the cones to get to the square.
- Instead of dribbling, have the first student stand at the bucket and have the second student in line pass that player their ball. The second student then runs to the bucket and waits for the third student to kick and pass them their ball and put it in the bucket.
- Instead of dividing the group into teams, have them all work together on one team trying to beat their previous time each round.

Additional Notes

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

Category

1. Activities
2. Relationship Skills

Sel-competency

1. Relationship Skills

Allotted-time

1. 15-20 minutes

Themes

1. Ball Games