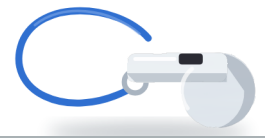


Host Guide and Party Prep

For the grown-up running the party: everything to plan, pack and ask



AT A GLANCE

- AGES** 6–9. Every game has an Easier and a Harder version.
- GUESTS** 8–20 kids in 4 teams (fewer or more: page 5).
- TIME** 2 hours (120 minutes); schedule on page 2.
- PLACE** An indoor soccer field, a gym or a large room. It works outdoors too.
- HELPERS** About 1 adult for every 6–8 kids, counting you. 3–4 adults for 20 kids.

YOU NEED

- 7–12 soccer balls: 1 per child at Rainbow Gates, 1 per pair at Tunnel Passing, 4 at Target Shootout. Ask the venue: many lend balls.
- 18 cones or disc markers (paper cups work): 10 for Rainbow Gates, 6 for Tunnel Passing, 2 for Target Shootout.
- Pinnies or colored stickers in red, blue, yellow and green, 1 per child.
- Painter's tape (if the venue allows it), a stopwatch or phone, a whistle.
- Jersey Studio: printed sheets, crayons or markers, clipboards or a table.
- Water bottles with names on, food, cake, plates and napkins.

Ball size: size 3 for most kids under 8, size 4 from about 8 (common youth guidance).

TELL GUESTS

Wear sneakers or turf shoes (as the venue allows) and clothes to run in; shin guards are optional. Bring a water bottle with your name on it. The warm-up starts as soon as you arrive.

PRINT

Print pages 1–5 once, plus an extra game page for each helper. Page 6: 1 per child. Page 7: card stock. Page 8: once, on a clipboard.

ASK THE VENUE

- ☐ How big is the field, and how long do we have it?
- ☐ What do you provide: balls, goals, pinnies, cones, a helper?
- ☐ Shoe rules: turf shoes, sneakers, no cleats?
- ☐ Room time: when do we move to the party room, and for how long?
- ☐ Food rules: outside food, cake, candles, drinks near the field?
- ☐ Start and end: when can we arrive to set up, and when must we leave?
- ☐ May we put painter's tape on the floor by the goal or on a wall?

TIMELINE

- 2 WEEKS BEFORE** Book the field and ask the venue questions. Send invitations with an RSVP date. Ask parents about allergies and asthma. Line up 2–3 helpers. Find pinnies, cones and balls.
- THE DAY BEFORE** Print the planner and cut out the team cards (page 7). Pump up the balls. Pack cones, tape, pinnies, crayons, stopwatch and whistle. Label the water bottles.
- ON THE DAY** Arrive early and set up the stations (pages 3–4 and 5). Give each helper their game page. Start the warm-up as guests arrive.

HELPERS

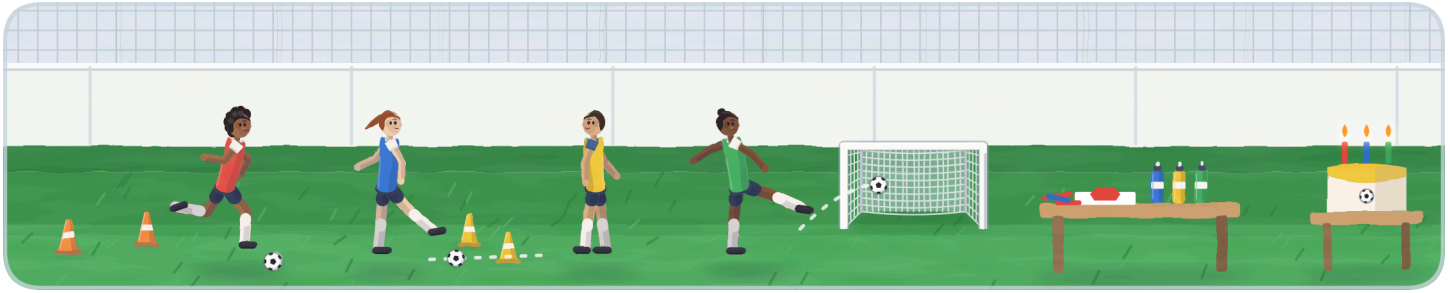
Give each helper their game page. With 3 adults: one at Target Shootout, one at Rainbow Gates and Tunnel Passing side by side, and you at the Jersey Studio calling the switches (page 5).

KEEP IT SAFE

Follow the venue's rules on shoes, the field and food. Ask parents about allergies and asthma before the party. Water at every round and whenever someone asks. Passes and shots stay low near other players. Someone hurt or upset? Stop the game, sit with them and tell their grown-up.

Your 2-Hour Party Schedule

A run of show that adds up to exactly 120 minutes



 **0:00**
10 MIN

Arrival warm-up

Copycat Dribble and a free kick-around as guests arrive. Water bottles go on the bench.

 **0:10**
5 MIN

Team cards and pinnies

Count off into 4 teams, hand out pinnies and read the team cheers.

 **0:15**
50 MIN

Station rotation

4 rounds of 12 minutes (2 to move and listen, 10 to play), then 2 minutes to bring the balls in.

 **1:05**
5 MIN

Water break and score tally

Everyone drinks. Helpers hand in their scores; add up the points.

 **1:10**
10 MIN

Final group game: Treasure Grab

All four teams together: three rounds of 90 seconds.

 **1:20**
25 MIN

Food and cake

Wash hands, eat, sing and cut the cake.

 **1:45**
10 MIN

Awards and goodbye

A cheer for every team, team awards, favors at the door.

 **1:55**
5 MIN

Buffer

Spare minutes for late pick-ups, lost shoes and photos.

TOTAL 120 MIN · DONE BY 2:00

ARRIVAL WARM-UP: COPYCAT DRIBBLE

Each child dribbles a ball inside a big square. A grown-up shows a move (toe taps, sole rolls, stop with your sole) and everyone copies. New guests join in as they arrive. Guests arrive at different times, so everyone is playing within a minute of walking in. After a few moves, let a child lead. Pinnies come out at 0:10.

FINAL GROUP GAME: TREASURE GRAB

- 1 Each team lines up behind a home square of 4 cones in a corner. All the balls start in the middle.
- 2 "Go!" One player from each team dribbles a ball home, stops it in the square and high-fives the next player.
- 3 Middle empty? Take a ball from another home. No guarding, no blocking, no hands.
- 4 "Freeze!" after 90 seconds: count the balls at home. Play 3 rounds.

Running late? Play 8-minute stations instead of 10 (saves 8 minutes) and use the 5-minute buffer. Keep the water break, food and awards.

Venue booking split in two? The games use the field from 0:00 to 1:20 (80 minutes); food, cake and awards fit the party room from 1:20 to 2:00 (40 minutes). Move the line to match your booking. Station times and team moves: page 5.

Station Games: Dribble and Pass

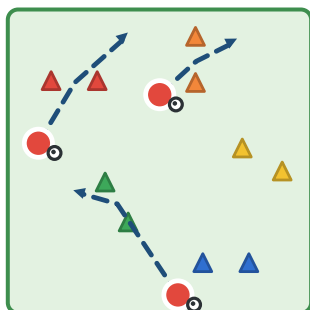
Stations 1 and 2: run them side by side so one helper can time both



1 Rainbow Gates

STATION 1 • DRIBBLING: CLOSE CONTROL, HEADS UP

PLAYERS One team of 2–6, each with a ball
TIME 10 minutes: 3 tries of 60 seconds
YOU NEED 10 cones (5 gates), 1 ball per player, a stopwatch



ABOUT 20 × 20 FT • 5 GATES

SET UP

Mark a square about 20 × 20 ft (8 big steps each way). Inside it, set 5 gates of 2 cones about 3 ft apart, spread out and facing different ways.

HOW TO PLAY

- 1 Everyone starts outside the square with a ball. Show one dribble through a gate.
- 2 “Ready... Go!” Dribble through as many gates as you can in 60 seconds. Count each one out loud.
- 3 A gate counts when you and the ball both go between the cones. Any direction, but never the same gate twice in a row.
- 4 Lost the ball? Fetch it and keep going. Nobody is out.
- 5 “Stop!” Foot on the ball. Each player says their number; the helper adds them up.

POINTS

The team total is the try score. 3 tries with a 60-second rest between. Station points: 1 for every try, +1 when a try beats the last one.

EASIER Count every gate, even the same one twice, or walk-dribble with 90 seconds a try.
HARDER Weaker foot only on try 3, or the helper stands in one gate to close it and moves every 10 seconds.

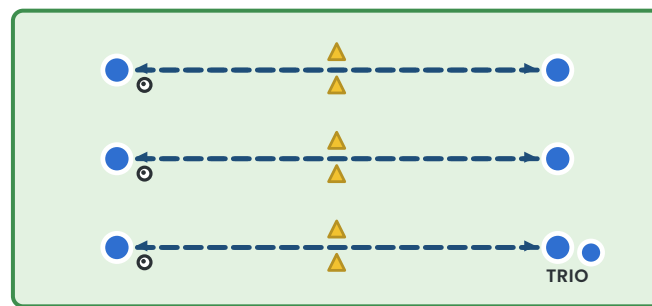
HELPER NOTES

Stand outside the square with the stopwatch. Call “30 seconds!” halfway. Cheer soft touches and heads-up dribbling; no kicking balls away.

2 Tunnel Passing

STATION 2 • PASSING AND STOPPING THE BALL

PLAYERS One team in pairs (a team of 3 or 5 makes one trio)
TIME 10 minutes: 3 tries of 60 seconds
YOU NEED 6 cones (3 gates), 1 ball per pair, a stopwatch



3 BIG STEPS

SET UP

Set 3 gates in a row, about 6 ft apart. Each gate is 2 cones about 3 ft apart: the tunnel. Partners stand on opposite sides of a gate, each 3 big steps from it.

HOW TO PLAY

- 1 Pass with the inside of your foot so the ball rolls along the floor through the tunnel.
- 2 Your partner stops it with the sole of the foot, then passes it back.
- 3 A pass counts when it rolls through the tunnel and your partner stops it. Count out loud.
- 4 In a trio, two players stand on one side and take turns.
- 5 “Stop!” after 60 seconds. Pairs shout their counts; the helper adds them up.

POINTS

The team total is the try score. 3 tries with a 60-second rest between. Station points: 1 for every try, +1 when a try beats the last one.

EASIER Stand 2 big steps from the tunnel, or stop the ball with any part of the leg.
HARDER Step back one big step each try, or make the tunnel narrower (cones 2 ft apart).

HELPER NOTES

Start and stop the clock and help small players count. Tip to share: “Lock your ankle and push the ball with the inside of your foot.”

Shootout and Jersey Studio

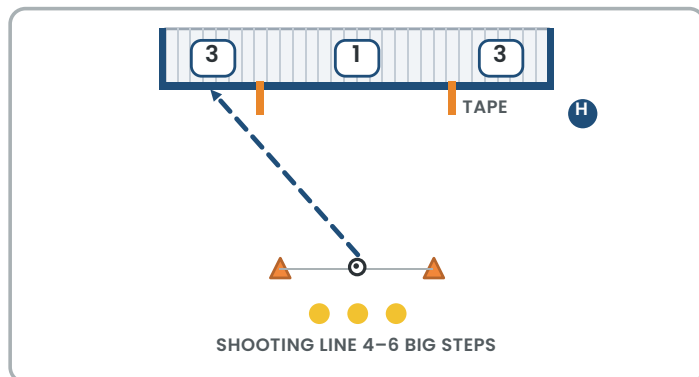
Station 3 scores goals; station 4 is the calm stop for water and drawing



3 Target Shootout

STATION 3 • SHOOTING: AIM AND POWER

PLAYERS One team of 2–6, taking turns
TIME 10 minutes: 3 tries of 2 shots each
YOU NEED A goal (or a wall), painter's tape, 2 cones, 4 balls



SET UP

Ask the venue first. Put 2 strips of painter's tape on the floor along the goal line, a quarter of the way in from each post: the two corners are 3 points, the middle is 1. Set 2 cones for the shooting line 4 big steps out (ages 6–7) or 6 (ages 8–9). No goal? Tape a box about 6 ft wide and 4 ft high on a wall, split the same way.

HOW TO PLAY

- 1 Line up behind the shooting line. One shooter at a time; everyone else waits behind the cones.
- 2 Place the ball on the line and shoot. 2 shots each, then the next player.
- 3 Score where the ball crosses the goal line: a corner is 3, the middle is 1, a miss is 0. On the tape counts as the corner.
- 4 When everyone has shot, the helper calls "Collect!" Only then does anyone go near the goal.

POINTS

Add up the team's shots for the try score. 3 tries. Station points: 1 for every try, +1 when a try beats the last one.

EASIER Move the line closer, or let the middle count 2.
HARDER Weaker foot on try 3, or add a keeper: the last shooter guards the goal and shots stay below the knee.

HELPER NOTES

Stand beside the goal, never behind or in front of it. Call "Shoot!" and "Collect!" and write each try total.

4 Jersey Studio

STATION 4 • REST, WATER AND DESIGN

A calm table or bench off the field, with the jersey sheets, crayons or markers and everyone's water bottles.

WHAT TO DO

- 1 Drink some water first.
- 2 Design a jersey and a team crest on the sheet: colors, a number, a pattern, an animal or anything you love.
- 3 Finished early? Make up a team move to go with your team cheer.
- 4 Take your jersey home, or tape it up beside your team card.

OPEN TO EVERYONE

No points here. Anyone may come to the Jersey Studio at any time, not only on their round. The sheet is on page 6; sideline jobs are there too.

TAKING A BREAK

Tired or overwhelmed? A child may stay at the Jersey Studio as long as they like and rejoin their team at any switch.

HELPER NOTES

No helper needed if you are close by. Markers stay at the table; bottles stay off the field.

STATION KIT CHECKLIST

- ☐ 1 • RAINBOW GATES
10 cones, a ball for each player, a stopwatch
- ☐ 2 • TUNNEL PASSING
6 cones, a ball for each pair, a stopwatch
- ☐ 3 • TARGET SHOOTOUT
a goal or wall, painter's tape, 2 cones, 4 balls
- ☐ 4 • JERSEY STUDIO
jersey sheets, crayons or markers, clipboards or a table, water



Group Rotation Plan

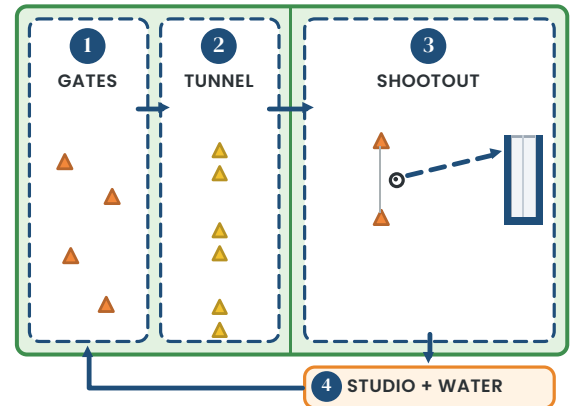
4 teams, 4 stations, 4 rounds: every team plays every station once



WHERE THE STATIONS GO

- Rainbow Gates and Tunnel Passing: side by side on one half of the field.
- Target Shootout: at a goal (or a wall) on the other half.
- Jersey Studio and water: a bench or table off the field.

At the switch whistle, every team moves to the next station number (4 goes back to 1). Balls stay at their station.



WHO IS WHERE (EACH ROUND: 2 MINUTES TO MOVE, 10 TO PLAY)

ROUND	TIME	LLAMAS	NARWHALS	SEAHORSES	KOALAS
1	0:15–0:27	1 Gates	2 Tunnel	3 Shootout	4 Studio
2	0:27–0:39	2 Tunnel	3 Shootout	4 Studio	1 Gates
3	0:39–0:51	3 Shootout	4 Studio	1 Gates	2 Tunnel
4	0:51–1:03	4 Studio	1 Gates	2 Tunnel	3 Shootout

Balls in and walk to the water: 1:03–1:05.

TEAMS FOR EVERY GUEST COUNT

Line up from shortest to tallest, then count off 1, 2, 3, 4 down the line. Your number is your team, so every team gets big and small players. A late guest joins the smallest team.

KIDS	8	9	10	11	12	13	14
TEAM SIZES	2-2-2-2	3-2-2-2	3-3-2-2	3-3-3-2	3-3-3-3	4-3-3-3	4-4-3-3
ADULTS	1-2	2	2	2	2	2-3	2-3

KIDS	15	16	17	18	19	20
TEAM SIZES	4-4-4-3	4-4-4-4	5-4-4-4	5-5-4-4	5-5-5-4	5-5-5-5
ADULTS	2-3	2-3	3	3	3-4	3-4

Fewer than 8 kids: make 2 teams. Round 1: one team at Rainbow Gates, the other at Tunnel Passing; round 2: swap. Round 3: Target Shootout and Jersey Studio; round 4: swap. Same times.

More than 20: teams of 6 still fit every station. Add a helper at Target Shootout. More than 24: ask the venue about a second field.

3 ADULTS One at Target Shootout. One between Rainbow Gates and Tunnel Passing: set them side by side and start both clocks with one whistle. You at the Jersey Studio and water, calling the switches.

2 ADULTS Your helper takes Target Shootout. You run Rainbow Gates and Tunnel Passing side by side, with the Jersey Studio table right behind you.

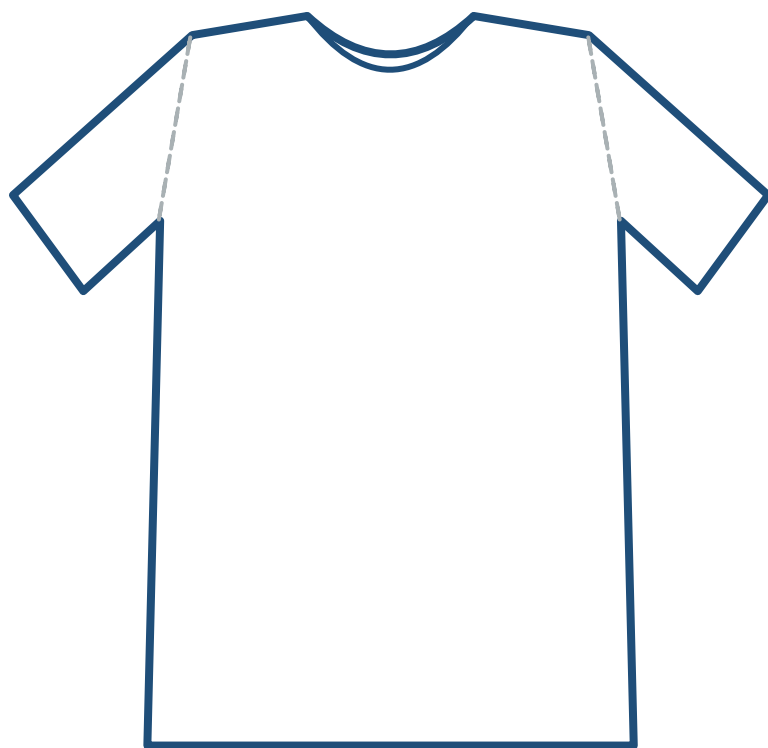
Design-Your-Jersey Studio

Open to everyone, any time: at the calm station or whenever you want a break.



HOW TO DESIGN IT

- 1 Pick your team colors.
- 2 Add a pattern: stripes, stars or zigzags.
- 3 Give your jersey a number.
- 4 Draw a team crest in the shield.



MY JERSEY



MY TEAM CREST

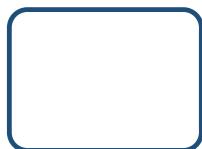
Team _____

Designed by _____

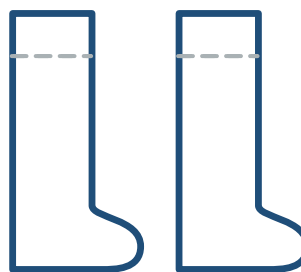
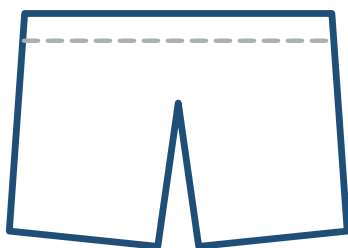
MY COLORS



MY NUMBER



TEAM MOTTO



MATCHING SHORTS AND SOCKS

Rather not play right now? Pick a sideline job. You can switch back to playing at any time.

☐ Scorekeeper

Writes the scores on the tracker with a grown-up.

☐ Timekeeper

Holds the stopwatch and calls "Go!" and "Stop!"

☐ Announcer

Calls out the action, like a sports commentator.

☐ Ball Patrol

Brings stray balls back to their stations.

Team Cards

Write the players' names, cut on the dashed lines and give each team its card



Lava Llamas

Pinnie color: red

TEAM CHEER

"Hot feet, cool heads!"



Start at Station 1: Rainbow Gates (rotation, page 5).

PLAYERS

Blue Narwhals

Pinnie color: blue

TEAM CHEER

"Swim, pass, score!"



Start at Station 2: Tunnel Passing (rotation, page 5).

PLAYERS

Sunny Seahorses

Pinnie color: yellow

TEAM CHEER

"Shine bright, play right!"



Start at Station 3: Target Shootout (rotation, page 5).

PLAYERS

Kiwi Koalas

Pinnie color: green

TEAM CHEER

"Hang in there, team!"



Start at Station 4: Jersey Studio and Water (rotation, page 5).

PLAYERS

Score and Activity Tracker

Keep it on a clipboard at the Jersey Studio; add up at the water break



Helpers write each try score at their station. Add up the points at the water break (1:05).

Station points: 1 for every try, +1 when a try beats your team’s last try. Each team races its own record, so big and small teams score the same way.

1 Rainbow Gates

TEAM	TRY 1	TRY 2	TRY 3	PTS
LLAMAS				
NARWHALS				
SEAHORSES				
KOALAS				

2 Tunnel Passing

TEAM	TRY 1	TRY 2	TRY 3	PTS
LLAMAS				
NARWHALS				
SEAHORSES				
KOALAS				

3 Target Shootout

TEAM	TRY 1	TRY 2	TRY 3	PTS
LLAMAS				
NARWHALS				
SEAHORSES				
KOALAS				

TOTALS AND TEAM AWARDS

TEAM	STUDIO	GATES	TUNNEL	SHOOTOUT	TOTAL	TEAM AWARD
Lava Llamas	☐					
Blue Narwhals	☐					
Sunny Seahorses	☐					
Kiwi Koalas	☐					

Tick “Studio” when the team has visited the Jersey Studio. Treasure Grab (just for fun): balls at home after 3 rounds:

Llamas _____ Narwhals _____ Seahorses _____ Koalas _____

WORKED EXAMPLE: LAVA LLAMAS

Rainbow Gates: tries 18, 23, 21 give 1 + 2 + 1 = 4

Tunnel Passing: tries 12, 15, 19 give 1 + 2 + 2 = 5

Target Shootout: tries 9, 8, 12 give 1 + 1 + 2 = 4

Total: 4 + 5 + 4 = 13 points

GIVE EVERY TEAM AN AWARD. TIES SHARE.

TOP SCOREthe most station points

BIG IMPROVERSthe most +1 bonus points

TEAM SPIRITthe loudest cheering and the most helping (you choose)

FAIR PLAYthe kindest, most honest play (you choose)

Team Spirit award goes to _____