U3, U4/5 Parachute Games

Parachute Instructions:

There has been a parachute assigned to each field. There is one “keeper of the parachute” who is responsible for bringing the parachute each week to the field. The parachute will rotate around the field throughout the practice and each team will get it for about 10 minutes. At the end of the night the parachute will be returned to the parachute keeper so they can bring it back to the field the next week.

Parachute games:

Mushroom:

Pull the parachute taut then lower to knee level. Count to 3 then everyone quickly raises the parachute above his or her head as the parachute fills with air. If this is too easy as they raise the parachute above their head they can also quickly take a few steps towards the middle of the circle to increase the effect of the “mushroom”. If this is done correctly they can let go of the parachute when its up straight in the air and it will float for a few seconds.

Another variation is once everyone raises the parachute in the air they can pull it behind themselves and sit on the edge of it, creating a dome that they are inside of.



<http://www.youtube.com/watch?v=j4vo5y0eHnA>

Treasure under the sea:

Place all the soccer balls underneath the parachute in the middle. Have everyone “make waves” by moving the parachute up and down. One or two at a time, each person has to go underneath the parachute and retrieve a soccer ball and bring it back to their spot (the treasure). Continue this until everyone has a ball. For the U3s they can just grab the ball and run back to their spot and for the 4/5’s they can dribble it back to their spot.

Parachute tag:

Have all the children hold the parachute in a circle. Call out one name or jersey number at a time. When he or she hears their name called they have to run to the other side of the parachute before it falls down on them. When a name is called out the other children will raise the parachute in the air. To make this more challenging the child could dribble the soccer ball along with them underneath.

<http://www.youtube.com/watch?v=pqOcIU1v82I>

Number switch:

Assign each child a number 1-4 depending on the group size. When they hear their number called they will run underneath the parachute to the other side. Before calling the number have everyone raise the parachute in the air. (similar to parachute tag, but using assigned numbers, not names)

Parachute soccer:

For this game everyone will be divided into 2 teams, each forming half the circle around the parachute. The parachute should be held taut at waist level. One player on each team is given a ball where they will try to score on the other team by kicking it underneath the parachute. You can choose the amount of balls you want to have going at once depending on the size of the team. Smaller teams could use one or two and larger teams three or four. If you’re keeping score, every time the ball goes past one team, the other team receives a point.

Bouncing balls or Popcorn:

Place one or two balls on top of the parachute and have the children hold it slightly taut at the beginning. Then have one or two children go underneath the parachute and try to hit the balls off the parachute, while the other children are tying to move the ball around so they can’t touch it. Once the ball rolls off the parachute then two different people go underneath. You can vary the number of balls and number of children underneath depending on the size of the team. This game can also be played where everyone waves the parachute up and down and someone runs underneath one at a time to try to hit the balls off.

A simplified activity is simply placing all the balls on the parachute and waving the parachute up and down to bounce the balls in the air.

<http://www.youtube.com/watch?v=kIYz0m7biS8> -this video shows the games parachute tag, number switch, and popcorn (bouncing balls).