

# Comox Valley United Soccer Club Micro's Program (S#1&2)



## Game #1

Curriculum – Mini Kick

Activity # - 133

<b>Game Title:</b>	Cars	<b>Game Theme:</b>	Pixar Movie
<b>Learning Outcome(s):</b>	Develop dribbling and running with the ball		



### Organization:

1. 20 x 20 yard area set up as shown
2. 1 ball per player
3. Cones for cities
4. Pinnies for lakes

### Story/Description:

1. At each corner of the country (area) there is a major city (cones in the corner)
2. There is New York, Chicago, LA and San Francisco
3. When the coach calls out a city the players must start their cars (ball) and drive as quickly as they can to that city
4. Watch out for the lakes in the middle, if you drive your car in there it may sink!

### Coaching Points:

1. Big touches when you drive on the highway
2. Keep your head up
3. Change of direction
4. Change of speed

### Developments:

1. P – Call out a city and then quickly change this so that players have to turn around their cars
2. R – No balls

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## Game #2

Curriculum – Mini Kick

Activity # - 132

<b>Game Title:</b>	The Incredibles	<b>Game Theme:</b>	Pixar Movie
<b>Learning Outcome(s):</b>	Develop physical literacy and ball control		



### Organization:

1. 20 x 20 yard area set up as shown
2. 1 ball per player
3. 1 yellow pinnie

### Story/Description:

1. Syndrome (coach) has a terrible plan to destroy the world (pinnie – tucked in back of their shorts)
2. Syndrome keeps this plan on him at all times
3. It is the mission of the Incredibles family (players) to try and take the plan from Syndrome
4. Syndrome tells the players they have x number of seconds to save the world
5. In this time the Incredibles can drive their flying car (ball) to Syndrome location to take the plan
6. When Syndrome turns around the Incredibles must freeze and stand like statues so as not to be seen, if spotted they have to return to the start (end line)

### Coaching Points:

1. Keep your car (ball) close with little touches
2. Head up to see where Syndrome moves to
3. Big touches when you have lots of time to move

### Developments:

1. P – Allow the player that captures the plan to become Syndrome
2. P – Players have to perform different movements rather than freeze (toe taps, foot to foot, dancing!)

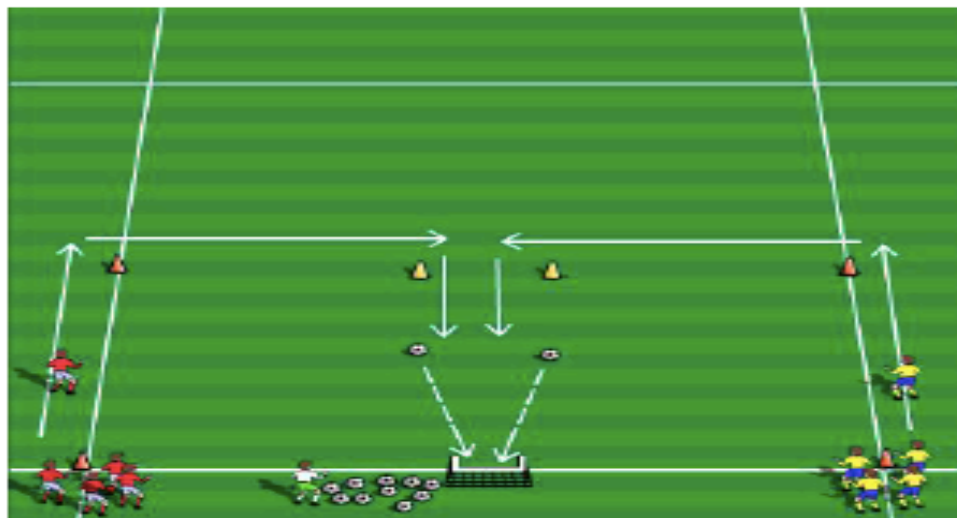
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## Game #3

**Curriculum – Mini Kick**

**Activity # - 131**

<b>Game Title:</b>	Red Bull Shoot Out	<b>Game Theme:</b>	Shooting
<b>Learning Outcome(s):</b>	Develop the ability to strike the ball		



### Organization:

1. 10 x 20 yard area set up as shown
2. 2 groups of 5 players
3. 1 goal
4. 10 balls
5. Cones to show pathway to goal

### Story/Description:

1. The group is divided into two teams
2. Each team chooses their own team name
3. The players in each team are assigned a number
4. When their number is called they run around the tall cone, through the gate (different color) and into the area
5. The coach serves in two balls for each player to shoot at the goal

### Coaching Points:

1. Dribble the ball to get as close to the goal as you can
2. Get in line with goal before you strike
3. Strike the ball as hard as you can with the laces of your cleats

### Developments:

1. P – Use only one ball, players now compete to score
2. P – Add a goalkeeper

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## Game #4

### Curriculum – Mini Kick

Activity # - 130

<b>Game Title:</b>	Dog Catcher	<b>Game Theme:</b>	Dribbling
<b>Learning Outcome(s):</b>	Develop the ability to dribble the ball		



### Organization:

1. 20 x 20 yard area set up as shown
2. 10 players
3. 1 ball per player

### Story/Description:

1. Somebody has let all the dogs (players) out
2. It is the Dog Catcher's (coach) task to catch (tag) all the dogs
3. If the Dog Catcher catches you, you become a Dog Catcher too
4. Dogs must dribble their soccer balls from one safe zone (end line) to the other
5. The game starts each time by the Dog Catcher asking "Who let the dogs out?"

### Coaching Points:

1. Keep the ball close
2. Head up to observe where the Dog Catcher is
3. Head down when dribbling your ball

### Developments:

1. P – Start with multiple Dog Catchers
2. R - The Dog Catcher can only catch you by tagging your ball