

Comox Valley United Soccer Club Micro's Program (S#7&8)

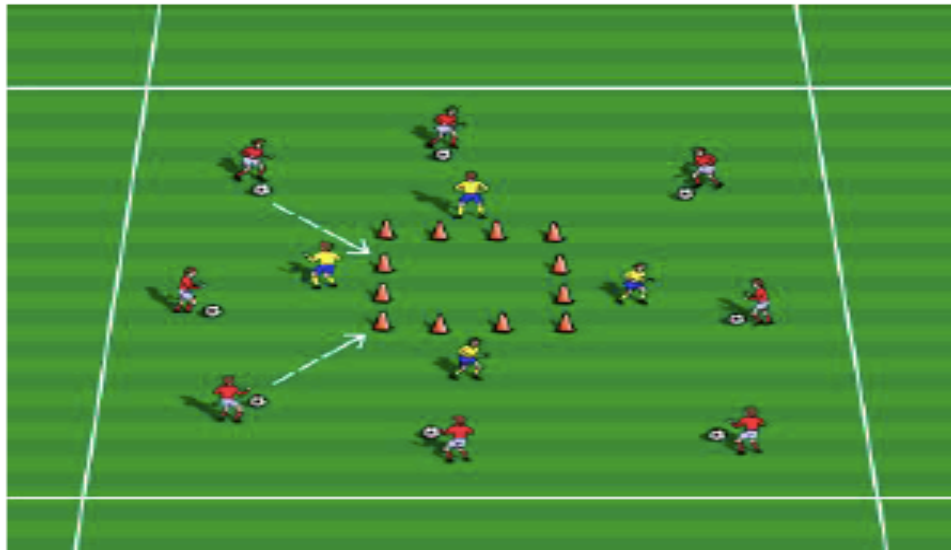


Game #1

Curriculum – Mini Kick

Activity # - 120

Game Title:	Castle Defenders	Game Theme:	Building
Learning Outcome(s):	Develop physical literacy and ball control		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (8 attackers, 4 defenders) set up as shown
3. 8 balls

Story/Description:

1. The castle defenders have to protect the castles (cones) from being knocked down by the wrecking balls
2. The wrecking balls have to flatten all the castles as quickly as they can
3. The castle defenders have to try and kick the wrecking balls away from the castle, the further the better!

Coaching Points:

1. Look for the open castles
2. Keep the wrecking ball close to you

Developments:

1. P – The castle defenders have brought in a friend, the "castle rebuilder" (coach) who runs around and rebuilds the knocked down castles

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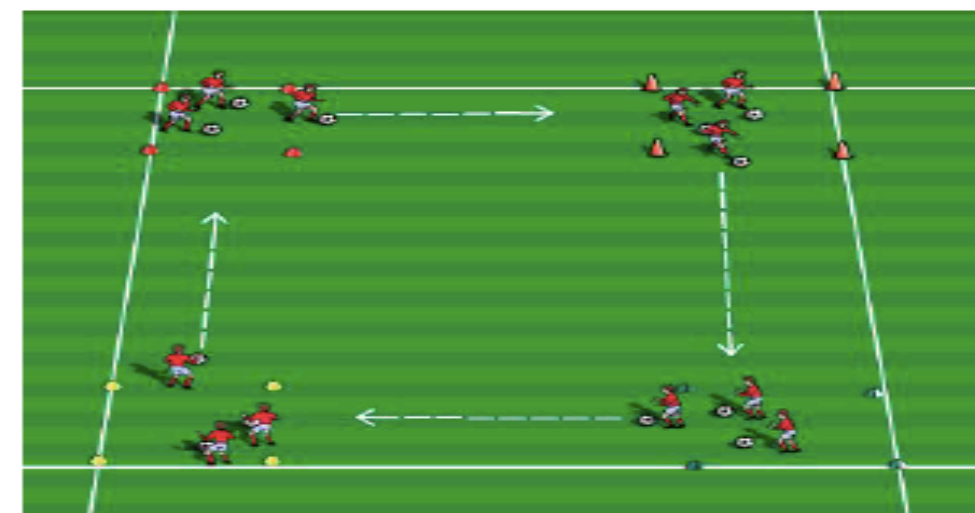


Game #2

Curriculum – Mini Kick

Activity # - 119

Game Title:	Parking Garage	Game Theme:	Cars
Learning Outcome(s):	Develop physical literacy and ball control		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 12 balls

Story/Description:

1. Each driver's (player) car (ball) is parked in one of the four parking garages
2. When the coach yells "clockwise" all the cars have to be driven in a clockwise direction to the new parking garage
3. When the coach yells "counter-clockwise" all the cars have to be driven in a counter-clockwise direction to the new parking garage
4. When coach yells "Criss Cross" all cars must be driven to the opposite corner

Coaching Points:

1. Drive quickly when there are no cars in front of you
2. Slow down in traffic
3. Keep your car close to you

Developments:

1. P – The police (coach) try to get the cars when they are between parking garages
2. P – Add sitting traffic (tall cones) around the area so that cars must find new routes

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Game #3

Activity # - 118

Curriculum - Mini Kick

Game Title:	Planet Saver	Game Theme:	Body Parts
Learning Outcome(s):	Develop physical literacy and creative thinking		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 12 balls

Story/Description:

1. Each planet saver (players) passes the planet (ball) to the coach who then throws it into space
2. The planet saver then has to chase the planet before it is lost in outer space forever (goes outside the area)
3. Each time the coach tells the planet savers how to save the planet and bring it back using a different part of their body, feet only, no hands or feet, head only (be creative)

Coaching Points:

1. Save the planet as quickly as you can but remember to listen carefully to the coach
2. Keep your head up just in case the coach moves!

Developments:

1. P - Move around the area so that players have to look up and adapt to your new position
2. P - Get the players to work in pairs

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Game #4

Curriculum – Mini Kick

Activity # - 117

Game Title:	Chain Tag	Game Theme:	Tag Game
Learning Outcome(s):	Develop physical literacy		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown

Story/Description:

1. The lonely chain (initial tagger) has no friends and has to try and tag other chains to make one big chain
2. The other chains have to run away from the lonely chain so they don't become part of the big one
3. Once tagged, the single chain has to join the big chain

Coaching Points:

1. Use changes of speed and direction to get away from the chain
2. Don't get trapped in a corner

Developments:

1. P – The chain has to split into different chains every three links