

# Comox Valley United Soccer Club Micro's Program (S#9&10)



## Game #1

Curriculum – Mini Kick

Activity # - 116

|                             |  |                    |           |
|-----------------------------|--|--------------------|-----------|
| <b>Game Title:</b>          | Shadows                                    | <b>Game Theme:</b> | Dribbling |
| <b>Learning Outcome(s):</b> | Develop physical literacy and ball control |                    |           |



### Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (groups of 2) set up as shown
3. 12 balls

### Story/Description:

1. Coach starts off the activity by getting the player to wave at their shadow on the floor, and then by challenging the players to lose their shadow by running around in different directions and at different speeds
2. Coach then puts the players in pairs, with one being the shadow and the other being the player attempting to lose their shadow
3. The shadow has 30 seconds to stay in touching distance of the runner before the coach yells "FREEZE"
4. The shadow then turns to face their partner who must attempt to pass their ball through the their partners legs
5. Players then rotate roles

### Coaching Points:

1. Use different movements and speeds to get away from the shadow
2. Try to keep your eye on the runner so you know where they are going

### Developments:

1. P – The shadow now has no ball
2. R – Each player starts without a ball

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## Game #2

Curriculum – Mini Kick

Activity # - 115

|                             |  |                    |              |
|-----------------------------|--|--------------------|--------------|
| <b>Game Title:</b>          | Shrek and Donkey                           | <b>Game Theme:</b> | Disney Movie |
| <b>Learning Outcome(s):</b> | Develop physical literacy and ball control |                    |              |



### Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (3 Attackers, 9 Defenders) set up as shown
3. 9 pinnies for tails

### Story/Description:

1. Donkey has been annoying Shrek all day by talking and talking and talking so Shrek decides to pull Donkeys tail
2. Shreks (Taggers) have to pull out Donkeys tails (pinnie in the back of the shorts) as quick as they can
3. Once all the Donkeys have been caught, the game ends

### Coaching Points:

1. Look around and be aware of where the Shreks are at all times
2. Keep Shrek's in front of you at all times to avoid having your tail taken
3. Change of speed and direction to avoid being caught

### Developments:

1. P – Donkeys turn into Shreks once their tail has been pulled

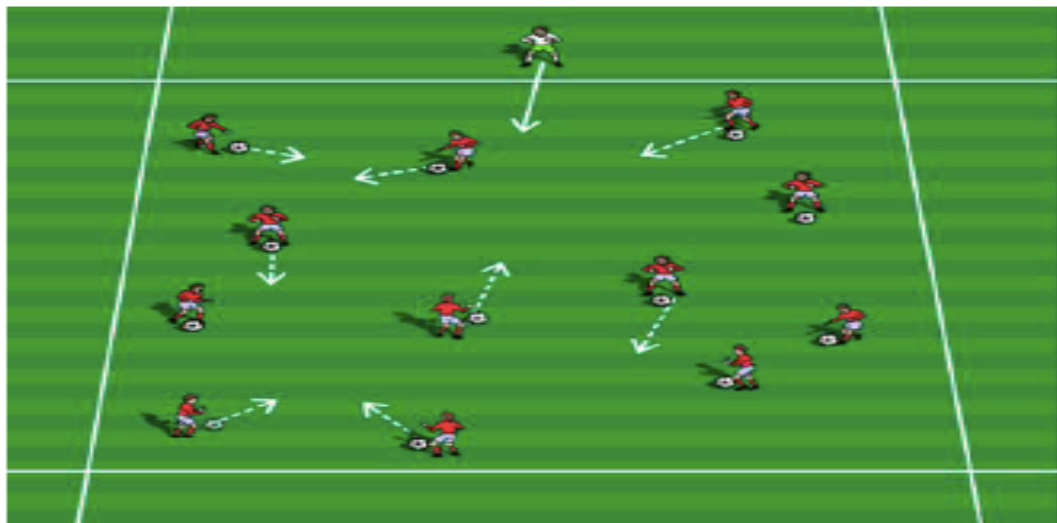
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## Game #3

**Curriculum** – Mini Kick

**Activity #** - 114

|                             |  |                    |      |
|-----------------------------|--|--------------------|------|
| <b>Game Title:</b>          | Traffic Lights                             | <b>Game Theme:</b> | Cars |
| <b>Learning Outcome(s):</b> | 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. 1 ball per player

### Story/Description:

1. Before driving a car (ball), all drivers (players) must pass their test. The coach asks the drivers what to do if they see a red light, a yellow light or a green light. Coach then gives each driver their license to put in their sock.
2. When the coach yells "Green light" all drivers drive their car around the parking lot. When the coach yells "yellow light" all the driver have to go slow and when the coach yells "red light" all the drivers have to stop
3. Drivers should always be on the look out for the police (coach) who could come at anytime making a siren sound
4. Any drivers that are caught, get a ticket

### Coaching Points:

1. Make sure you stay in control of your car
2. Watch out for other cars on the road
3. Don't go through any red lights because the police might see you

### Developments:

1. P – "Super Green = Super Fast"
2. P – Drivers have to reverse out of the parking spot
3. P – Drivers have to put gas in their car by putting one foot on the ball then the other as fast as they can

## Game #4

### Curriculum – Mini Kick

Activity # - 113

|                             |  |                    |            |
|-----------------------------|--|--------------------|------------|
| <b>Game Title:</b>          | Body Ball                                  | <b>Game Theme:</b> | Body Parts |
| <b>Learning Outcome(s):</b> | Develop physical literacy and ball control |                    |            |



### Organization:

1. 20 x 20 yard area set up as shown
2. 10 players set up as shown
3. 10 balls

### Story/Description:

1. All the doctors (players) have to learn the new body parts whilst driving their ambulance (ball)
2. The doctors have to drive around the area until the coach calls out a body part
3. Doctors then have to drive to a hospital (cone) and put that body part on the hospital
4. Each time the coach calls out a different body part

### Coaching Points:

1. Keep your ambulance close to you
2. Watch out for other ambulances

### Developments:

1. P – Coach makes more complicated combinations of body parts