

# Comox Valley United Soccer Club Micro's Program (S#11&12)



## Game #1

Curriculum – Mini Kick

Activity # - 112

<b>Game Title:</b>	Wall-E Wars	<b>Game Theme:</b>	Disney Movie
<b>Learning Outcome(s):</b>	Develop changes of speed and direction with the ball		



### Organization:

1. 20 x 20 yard area with two 5 x 5 yard areas in each corner set up as shown
2. 12 players (4 groups of 3) set up as shown
3. 12 balls
4. 40 cones (20 red and 20 blue)
5. Green Cone

### Story/Description:

1. Wall-E (players) is all alone on the planet except for his friend the cockroach (ball). Wherever Wall-E goes, the cockroach follows
2. The planet is covered in trash and its up to Wall-E to clean it up, one piece at a time
3. Wall-E's are divided up into two teams (blue and red) and have to clean up their color trash
4. The first Wall-E's to clean up get the flower of life (Green Cone) and win

### Coaching Points:

1. Keep your cockroach close to you
2. Watch out for other Wall-E's cockroach's so you don't run them over

### Developments:

1. P – The humans (coach) have come back to earth and make more trash to clean up as the Wall-E's are cleaning up

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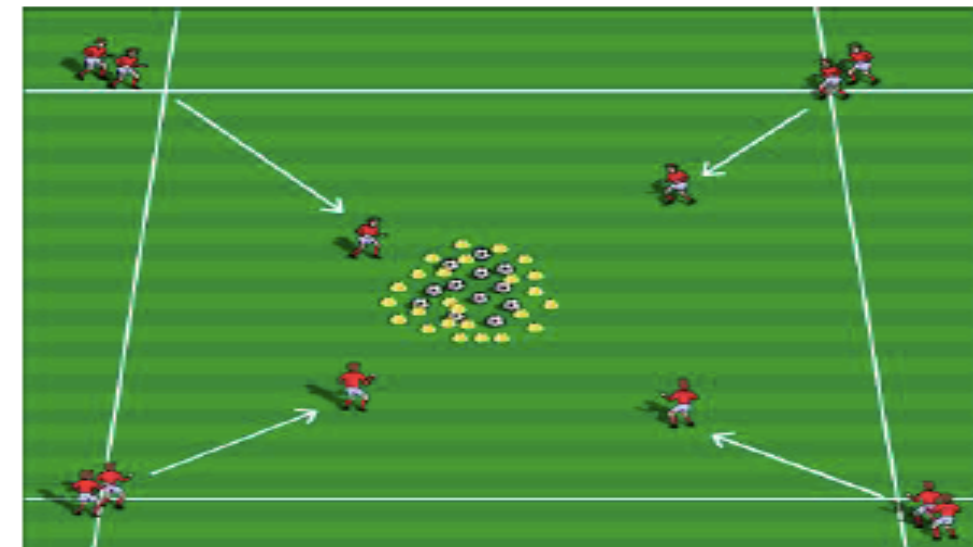


## Game #2

Curriculum – Mini Kick

Activity # - 111

<b>Game Title:</b>	Burger Bar	<b>Game Theme:</b>	Food
<b>Learning Outcome(s):</b>	Develop turning and changing direction		



### Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (4 groups of 3) set up as shown
3. 12 balls
4. 24 cones
5. 12 pinnies

### Story/Description:

1. All burgers (balls), lettuce (pinnies) and buns (cones) are centrally located in area 'The Grill'
2. Players take turns to go to the grill, get an item and run back to their burger bar
3. Each team must build as many burgers as they can
4. The team with the most complete burgers wins

### Coaching Points:

1. Get to the grill quickly
2. Make sure you build a good burger

### Developments:

1. P – Players have to flip the burger (throw in the air) before taking it to the burger bar

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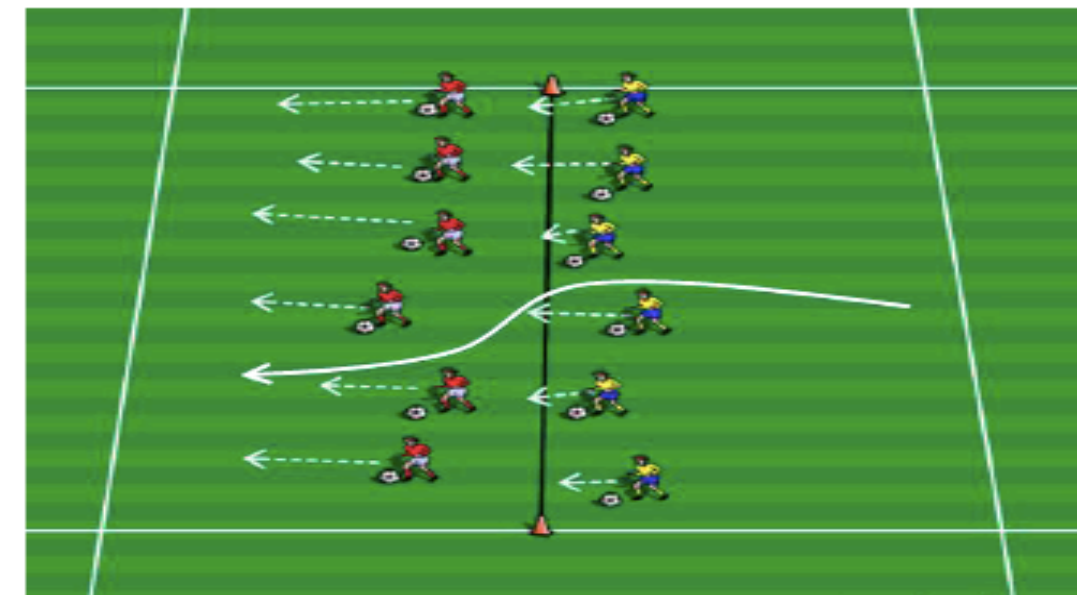


## Game #3

Curriculum – Mini Kick

Activity # - 110

<b>Game Title:</b>	Cats and Dogs	<b>Game Theme:</b>	Tag
<b>Learning Outcome(s):</b>	Develop turning and changing direction		



### Organization:

1. 20 x 30 yard area set up as shown
2. 12 players (2 teams of 6) set up as shown
3. 12 balls

### Story/Description:

1. Players are placed with a partner. One is a cat the other is a dog
2. When the coach yells CATS or DOGS, that animal he calls has to run away to the safe area
3. The animal that is not called, has to catch the other before they get to the safe zone

### Coaching Points:

1. Try to get away quickly to the safe zone by using big touches
2. Think about what part of the foot you should use to kick the ball

### Developments:

1. P – Each player has a ball which they have to get to the safe zone
2. P – Increase the distance to the safe zone

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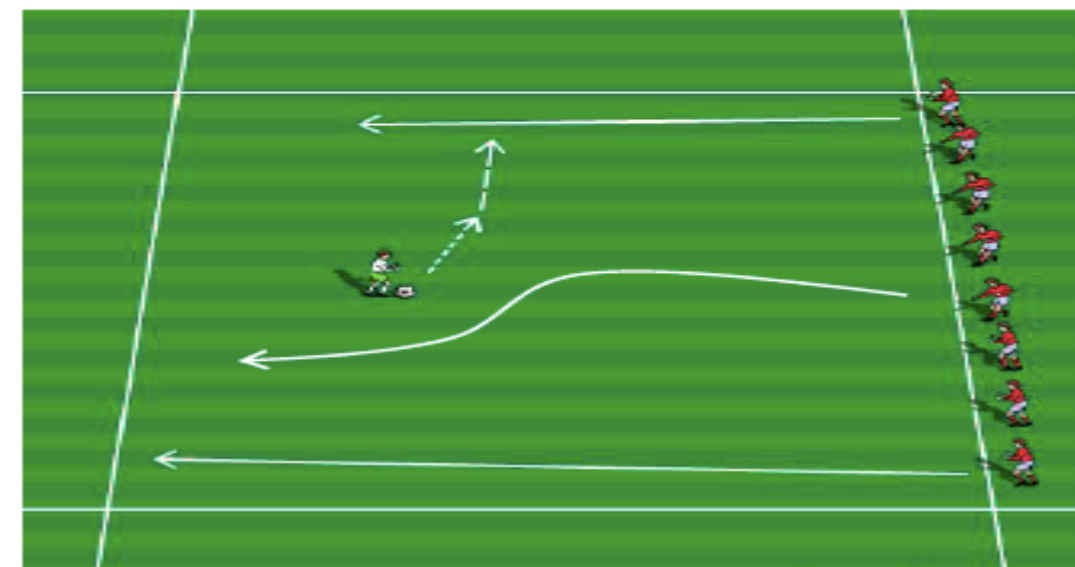


## Game #4

Curriculum – Mini Kick

Activity # - 109

<b>Game Title:</b>	Pinball Wizards	<b>Game Theme:</b>	Tag
<b>Learning Outcome(s):</b>	Develop physical literacy and striking the ball		



### Organization:

1. 20 x 20 yard area set up as shown
2. 8 players set up as shown

### Story/Description:

1. Players have to run from one side of the area to the other
2. The Pinball Wizard (coach) has to fire their pinball at the players legs to catch them
3. If the Pinball Wizard hits one of the players, they become a Pinball Wizard also
4. The last player in is the pinball king/queen

### Coaching Points:

1. Keep your head up to see where the wizards are
2. Spread out to make it harder for the Pinball Wizards
3. Use changes of speed and direction to get away from the wizards
4. Keep your eye on the pinball as you fire it

### Developments:

1. P – Start with more Pinball Wizards in the center