



Curriculum – First Kick

Activity # - 20

Game Title:	Humpty Dumpty	Game Theme:	Movements
Learning Outcome(s):	Kicking		



Organization:

1. 20 x 20 yard area, set up as shown
2. 1 ball per player and parent / guardian
3. Disc cone

Story/Description:

1. Players are paired with their parent/guardian
2. Humpty Dumpty (ball) is sitting on his wall (cone)
3. The goal is for the player to knock him off!

Coaching Points:

1. Stop the ball first before you kick it, use your hands if necessary
2. Get nice and straight
3. Have a run up
4. Kick the middle of the ball really hard

Developments:

1. Adjust the distance as players get better (start really close)