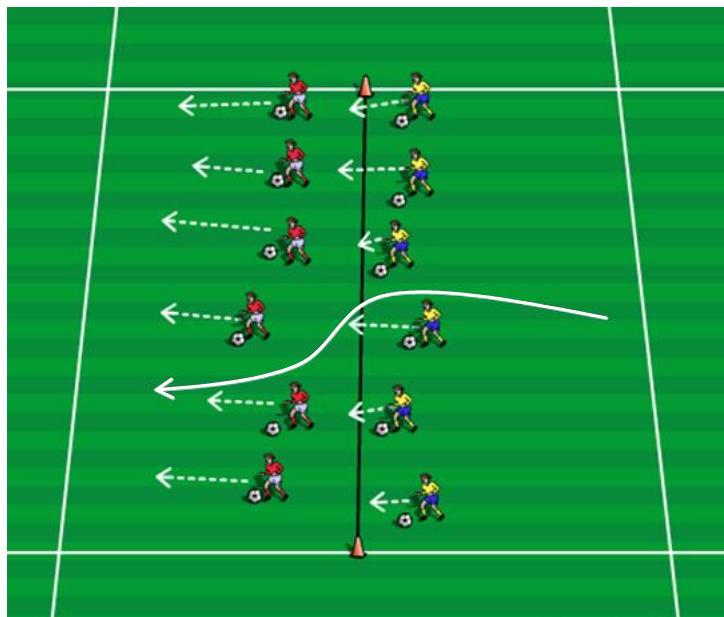




Curriculum – Mini Kick

Activity # - 110

| | | | |
|-----------------------------|--|--------------------|-----|
| Game Title: | Cats and Dogs | Game Theme: | Tag |
| Learning Outcome(s): | 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