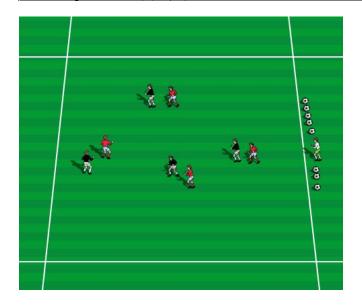


Curriculum - First Kick Activity # - 19

| Game Title: | Follow my leader | Game Theme: | Movements |
|----------------------|---------------------------------|-------------|-----------|
| Learnina Outcome(s): | Speed, balance and coordination | | |



Organization:

- 1. 20 x 20 yard area set up as shown
- 2. 1 ball per player/helper

Story/Description:

- 1. Players are paired with a parent/guardian who acts as the leader
- 2. The players must follow the leader around the area and copy all the movement the leader makes (hopping, jumping, skipping etc).
- 3. When the coach shouts 'Switch' the players changes roles

Coaching Points:

- 1. Lots of changes of direction if you are leader, can you lose your partner?
- 2. Change your speed
- 3. Keep your head up

Developments:

- 1. Add the soccer ball
- 2. Now when the coach shouts 'Freeze' the leader must stand still with their legs open and the follower must attempt to pass the ball between their legs