



Curriculum – First Kick

Activity # - 19

Game Title:	Follow my leader	Game Theme:	Movements
Learning 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