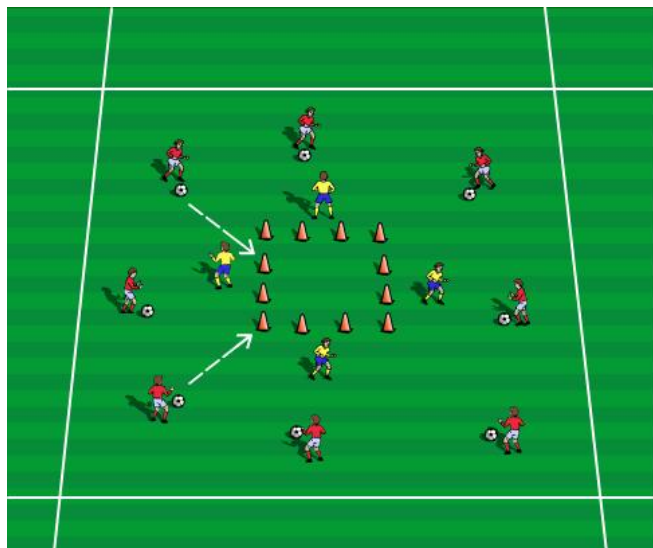




Curriculum – Mini Kick

Activity # - 120

Game Title:	Castle Defenders	Game Theme:	Building
Learning Outcome(s):	Develop physical literacy and ball control		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (8 attackers, 4 defenders) set up as shown
3. 8 balls

Story/Description:

1. The castle defenders have to protect the castles (cones) from being knocked down by the wrecking balls
2. The wrecking balls have to flatten all the castles as quickly as they can
3. The castle defenders have to try and kick the wrecking balls away from the castle, the further the better!

Coaching Points:

1. Look for the open castles
2. Keep the wrecking ball close to you

Developments:

1. P – The castle defenders have brought in a friend, the “castle rebuilder” (coach) who runs around and rebuilds the knocked down castles