



Curriculum – First Kick

Activity # - 3

Game Title:	Flying Game	Game Theme:	Movements
Learning Outcome(s):	Short term memory and improvement of motor skills		



Organization:

1. 20 x 20 yard area with four 5 x 5 yard areas in each corner, set up as shown
2. 1 ball per player
3. Disc cones
4. Tall cones
5. Pinnies

Story/Description:

1. Its time to go on vacation but where shall we go? The players get to list where they would like to go on vacation
2. It will be their job to fly there with their plane (ball)
3. The coach names the four airports and becomes air traffic control by telling the planes where to fly to
4. Make sure that you land on the run way (disc cones) and avoid crashing into each other

Coaching Points:

1. When landing you have to make sure the wheels come down (drop the ball and dribble into the airport)
2. When taking off run really quickly, when landing make sure to slow down

Developments:

1. Add mountains (tall cones) and oceans (pinnies) for the planes to fly around
2. Watch out for the weather as you may need to change airports quickly if we get a thunder storm!