



**Curriculum – First Kick**

**Activity # - 20**

<b>Game Title:</b>	Humpty Dumpty	<b>Game Theme:</b>	Movements
<b>Learning Outcome(s):</b>	Kicking		



**Organization:**

1. 20 x 20 yard area, set up as shown
2. 1 ball per player and parent / guardian
3. Disc cone

**Story/Description:**

1. Players are paired with their parent/guardian
2. Humpty Dumpty (ball) is sitting on his wall (cone)
3. The goal is for the player to knock him off!

**Coaching Points:**

1. Stop the ball first before you kick it, use your hands if necessary
2. Get nice and straight
3. Have a run up
4. Kick the middle of the ball really hard

**Developments:**

1. Adjust the distance as players get better (start really close)