



Curriculum – First Kick

Activity # - 22

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| Game Title: | Bowling | Game Theme: | Movements |
| Learning Outcome(s): | Kicking | | |



Organization:

1. 20 x 20 yard area, set up as shown
2. Tall cones
3. 1 ball per player
4. Parents / Guardians required

Story/Description:

1. Set up bowling alleys for each player
2. Parents / Guardians act as the retrievers
3. Players have as many bowls (kick) as they need in order to knock all the pins (cones) down

Coaching Points:

1. Aim to keep the ball straight no gutter balls please - kick the middle of the ball
2. Have a run up
3. Make sure the ball is stopped 1st before kicking

Developments:

1. Player now gets three kicks only – how many did you knock down?
2. Increase the distance to target