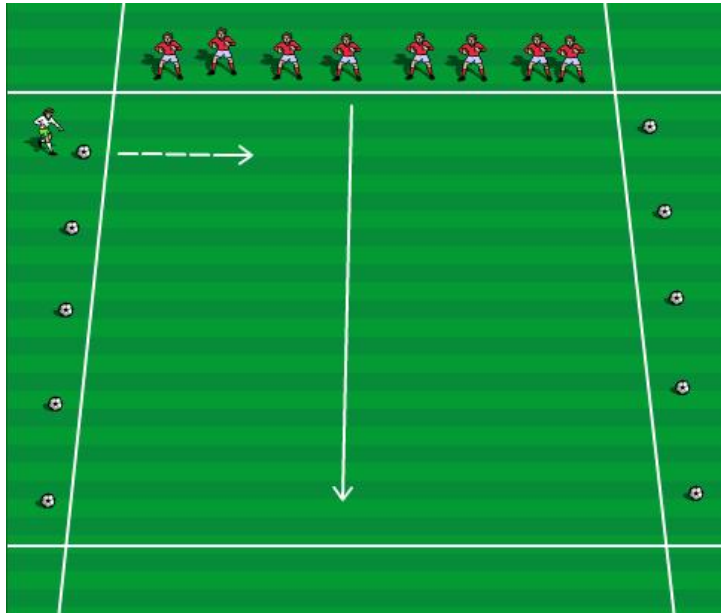




Curriculum – Mini Kick

Activity # - 101

Game Title:	Cannon Ball Run	Game Theme:	Pirates
Learning Outcome(s):	Develop striking technique and physical literacy		



Organization:

1. 20 x 20 yard area set up as shown
2. 8 players set up as shown
3. 10 balls

Story/Description:

1. Pirates (players) are all battling to be the "Captain of the Ship"
2. To do this they have to get from one end of the pirate ship to the other without getting hit by a cannon ball (soccer ball)
3. The cannon balls are being fired by the coach
4. Coach yells "CANNON BALLERS, ARE YOU READY?" to which the players respond "FIRE IN THE HOLE!" (This only happens when the first player is out)
5. Coach yells "PIRATES ARE YOU REDAY?" pirates shout 'RRRRRRRRRR'. Coach then yells "CANNON BALL RUN" and all the pirates run to the other end of the ship
6. Any pirate that gets hit with a cannon ball then becomes a cannon ball-er and helps fire cannon balls
7. The last pirate left is the Captain

Coaching Points:

1. Keep your eye on the cannon balls and use different movements to not get hit
2. Move quickly across the pirate ship
3. Keep your eye on the cannon ball when you hit it
4. Try to time the firing of the cannon ball so that the pirates run into it

Developments:

1. P – Make the pirate ship wider