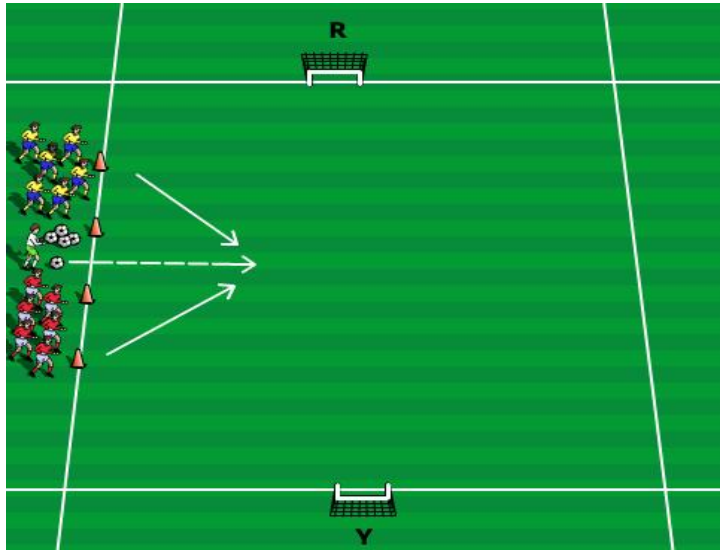




Curriculum – Mini Kick

Activity # - 100

Game Title:	MLS Shoot Out	Game Theme:	The MLS Cup Final
Learning Outcome(s):	Develop striking and control technique		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. Supply of balls by the coach
4. Pinnies tied to each goal to mark them

Story/Description:

1. The coach splits the group into two teams and asks them to come up with their team name for the MLS Cup Shoot Out
2. Each team makes a line ready for their turn
3. The coach then calls out the number of players that go out and play from each team (1=first player in line 2=first and second player in line)
4. The game is over when a goal is scored or the ball leaves the area
5. Players then return to their team and the coach calls out a new number

Coaching Points:

1. Be quick to the ball
2. If you don't get there first, defend the goal by getting your body between the player and the goal
3. When your player has the ball move away from them into space

Developments:

1. P – Players now run around a corner marker before they are allowed to enter the game
2. R – Call numbers in order so that players understand when to enter the game, feed a new ball inside the area for players to continue playing if the ball goes out a lot in the early stages