



Curriculum – First Kick

Activity # - 27

Game Title:	Simon Says	Game Theme:	Movements
Learning Outcome(s):	Improve ability to follow instructions and coordination		



Organization:

1. 20 x 20 yard area, set up as shown
2. 1 ball per player
3. Disc cones
4. Tall cones

Story/Description:

1. The coach plays the role of Simon
2. When Simon gives a command the players have to react – “Simon Says put your foot on the ball.”
3. If Simon does say then the players must stand as still as they can
4. Simon tries to catch the players out by getting them to move without his say so!
5. Start without the ball and concentrate on movements – running, jumping, skipping, balancing (stand on one leg)

Coaching Points:

1. Listen to Simon carefully
2. Keep your head up so that you don't bump into other players
3. Encourage a change of speed and direction

Developments:

1. Be creative with your commands – Simon Says move like a snake, Simon Says move like a frog
2. Add the ball
3. Have players dribble around a disc cone or knock over a tall cone