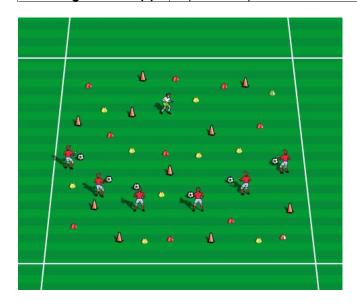


Curriculum - First Kick Activity # - 27

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
- Add the ball
- 3. Have players dribble around a disc cone or knock over a tall cone