



Curriculum - Tier 1 - Mini Kick - Batman's Adventures

Category: Technical: Attacking skills
Skill: U6

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Description

The Joker's Plan

Organization:

Area size based on amount of players.

Every player with a ball.

One pinnie (for coach).

Instructions:

The Joker (coach) has a terrible plan to destroy Gotham City (pinnie tucked in back of shorts). The Joker keeps this plan on him at all times.

Batman wants to steal the plan to save the city before it's too late so they drive the Bat-mobile (soccer ball) to the Joker's secret location.

If the Joker turns around, Batman must activate the invisibility feature on the Bat-mobile by performing a ball mastery technique (toe taps, boxes, rolls, etc.) until the Joker turns around again.

If the Bat-mobile is spotted (players are not performing ball mastery technique or perform wrong one), that player must return to the Bat-cave (end line).

Game ends when a Batman steals the Joker's plan.

Coaching Points:

1. Keep your ball close with little touches.

2. Head up to see if the Joker moves.

3. Big touches when you have lots of time and space to move.

Progressions:

The Joker has allies (players with pinnies tucked into their shorts). Batman has to steal as many evil plans as possible.



Gotham City

Organization:

Plenty of cones

One ball per player

Instructions:

The plan Batman stole was fake. The Joker had his real plan hidden and managed to destroy Gotham City after all.

It is Batman's job to rebuild the city by building as many skyscrapers (stack cones on top of each other) as possible in x amount of time.

Once the city is rebuilt, the Joker (coach) needs to recruit a team of henchmen to destroy Gotham City once and for all. He recruits his henchmen by tagging them; players are running around without a ball.

Once a player gets tagged, he goes collect a wrecking ball (soccer ball) to blast it against the buildings. Batman (players without a soccer ball) tries to kick the wrecking ball out of the city while avoiding getting tagged by the Joker.

Coaching Points:

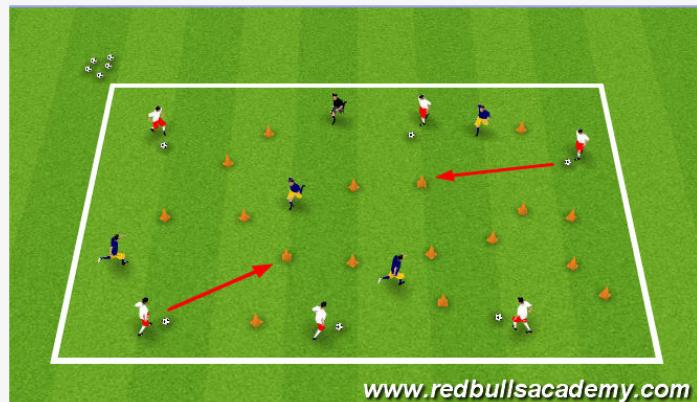
1. Awareness

2. Dribbling techniques

3. Striking technique (teach inside of foot or laces)

Progressions:

R - Batman does not kick wrecking balls away; instead, he simply protects the building by standing in front of it. The Joker's allies cannot knock down a building that is being guarded.



SSG

Organization:

Two puggs per field

One ball per field

Pinnies

Instructions:

3v3 (min) or 4v4 (max)

No corners

Restart with dribble in or kick-in

Coaching Points:

1. Awareness

2. Application of techniques

Progressions:

