

Wicked Witch (kick & dribble)

Age:	3-8 Year olds
Participants:	4+
Time:	10 Minutes
Equipment:	Soccer balls (enough for 1 per child), cones, small hurdles (cones can be used if not available), witches hat, pole

Skill(s):



Kicking (Soccer)



Dribbling

Set Up:

- Mark out a 10m x 10m square with cones
- Set up cones or hurdles in castle formation (a circle shape works well) 15 metres away from the marked square
- Children all start in the square with a ball
- Coach has a pole and a witches hat on their head (you are the Wicked Witch)

Note: Wicked Witch can be used for any skill focus by adjusting the activities you do. See Wicked Witch (Catch) Wicked Witch (Hop, Skip, Run, Jump) and Wicked Witch (Balance) activity plans for more ideas.



Description:

All children have a ball and the witch (coach) holds a stick as a wand. The witch holds wand up in the air and calls commands:

- Balance one foot on the ball
- Jog up and down on the spot tapping one foot at a time on the top of the ball
- Walk/Jog/Run around dribbling the ball
- Kick your ball outside the square and then chase after it and dribble it back
- Dribble your ball around a cone
- Kick your ball at a cone
- Dribble your ball around outside of the square – change directions on witch's command
- Line up on one side of the square and everyone kick the ball as hard as they can – chase after it

After calling out a number of commands the witch drops the wand and children race to the castle (marked by cones) dribbling the ball as the witch chases after them. Children then return to the square and the witch continues with commands

Variations:

- If caught by the witch children can do 3 frog jumps
- A child can have a turn being the witch and calling commands
- Some younger children find the idea of a Wicked Witch scary, change it to Friendly Pixie

Teaching Points:

Kicking

- Eyes on the ball
- Kicking foot like a penguin (twist it outwards)
- Step, swing and kick

Dribbling (soccer)

- Keep the ball close to the body
- Small, soft taps of the ball
- Use both feet

