

# Power Skills

## Great Games

Moving skillfully and thinking strategically

### SOCCER - WALLYBALL

#### Ready

##### Learn The Skills

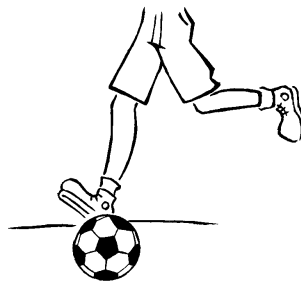
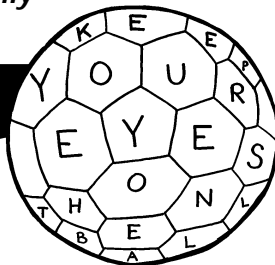
- Warm-up by doing some walking type activities then some light stretching.

##### Practise Your Kicking Skills

- Invite a parent or helper to join you.

##### Pre-kick

- Take a "jump step" to the ball.
- Your step should land beside the ball.
- Kick using the inside wide part of your foot. Think 'Big Foot'.



##### Key Features of the Kick

- For balance, stretch your arms out to the side.
- Move to get behind the ball.
- To direct the ball, make contact using 'Big Foot'.
- Keep your eyes on the ball.



##### To stop a ball

- Get behind the ball.
- Use "Big Foot".
- Move your foot back to cushion the ball.

#### I Can...

- Hold my arms out to the sides for balance.
- Get behind the ball.
- Kick the ball using 'Big Foot'.
- Kick using both my left and right foot.
- Try to kick from different angles.
- Kick at targets that are different sizes.
- Use 'Big Foot' to stop or trap the ball.

#### Heart Leaders!

Invite a younger family member or neighbour to join you. Teach them what you know!



# Power Skills



## Set!

- Make a target against the wall and set boundaries.
- Find a ball to play with that will rebound off a wall.

## Go!

Now play for points. Each time your opponent (a) misses the ball (b) it comes to a stop or (c) it goes out of bounds, give yourself a letter in the word KICK. The first player to spell the whole word wins. Agree before you start how you are going to record the KICK letters.

## Learn the Game

**Objective** - Use kicking skills to outsmart your opponent.

- The first player kicks the ball at the target; the second player must kick it to the target before it stops rolling on the rebound from the target or goes out of bounds.
- Both players try to kick on an angle that makes it difficult for their opponent to return the ball.
- Be sure to use both your left and right foot.

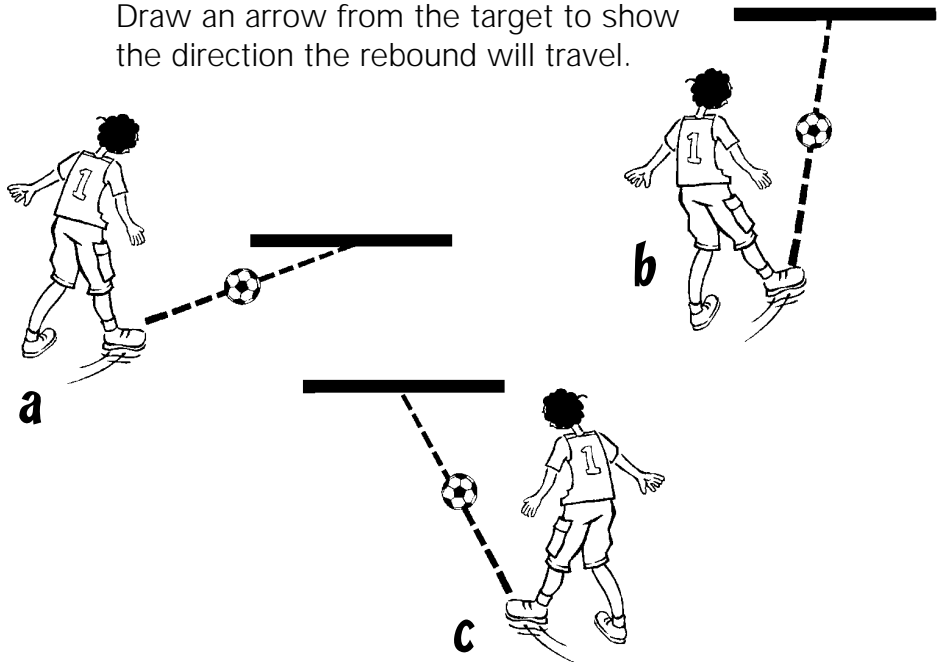


## Tricks of the Trade

- Keep your opponent moving by changing the angle that you kick the ball at the wall.

## Predict the rebound

Draw an arrow from the target to show the direction the rebound will travel.



When you make a mistake, what can you say to yourself to help you think positively? What can you say when someone is feeling bad about a mistake?

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## Heart Leaders!



Organize a game at school. Modify the game:

- To include more people.
- To make it cooperative.
- To be played in all four seasons.

Send us your ideas! [HeartHealthyKids@hsf.on.ca](mailto:HeartHealthyKids@hsf.on.ca)