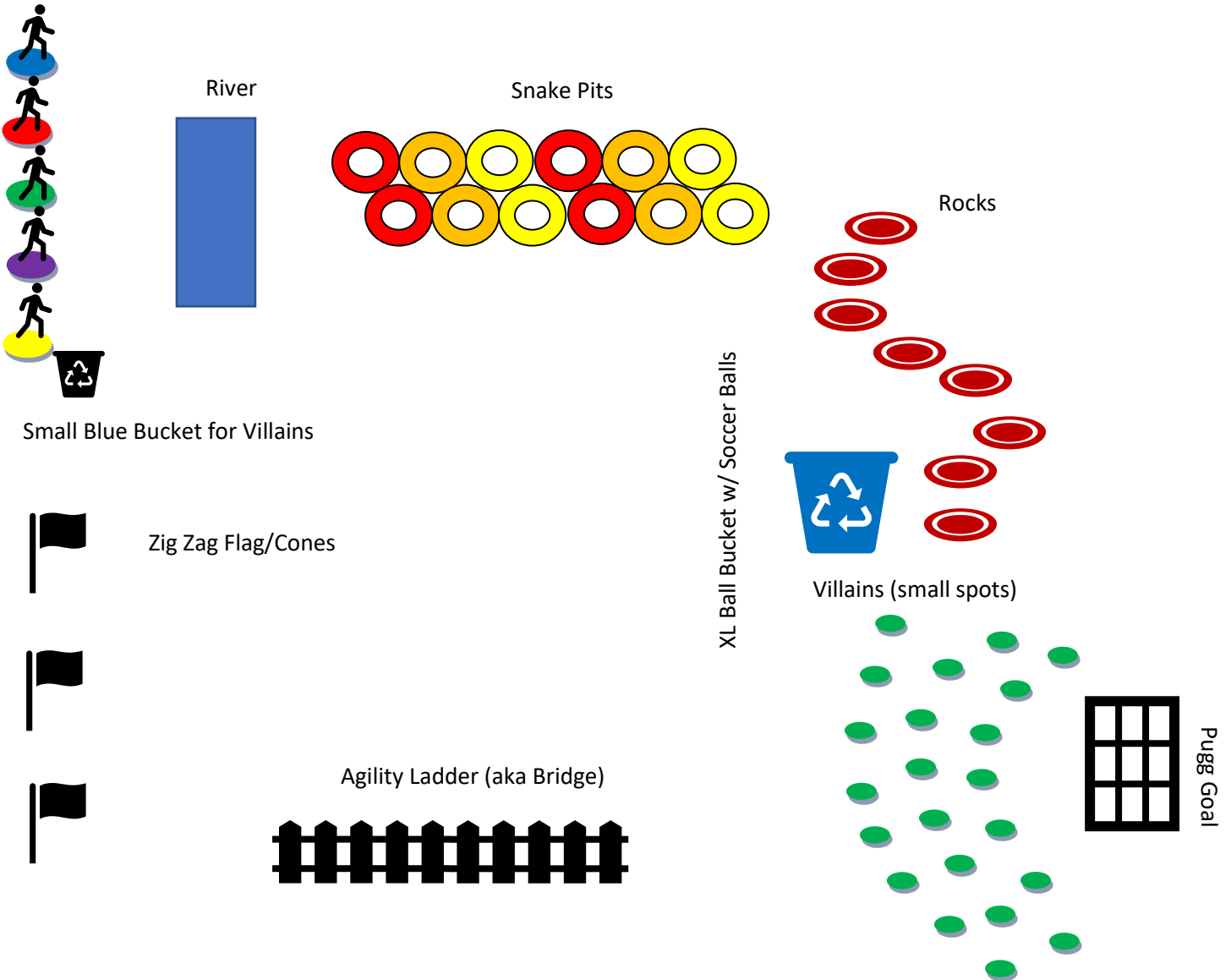


The Incredibles (Tot Soccer Edition)

Purpose: Shooting

Equipment: Tarp, Agility Hoops, Standing Spots/Tape, Frisbees/Spots, Cones, Disks, Agility Ladder, Cones/Flags, Small Blue Bucket, XL Blue Bucket, Pugg Goal, Soccer Balls

Set-up:



Execution:

- Have all the players stand on their colored spot/tape line
- As a group, take players around obstacle course so they know how to complete/pass each obstacle
- Review proper Shooting form/technique (introduce, breakdown, demonstrate).
- Narrate the Mr. Incredible Storyline: Tell the players that they are Mr. Incredible (or Elastigirl) and they need use their super powers to get through the obstacles, capture a villain, and return them to jail.
- To capture a villain, they must stand on the small spot, shoot the ball into the basketball hoop, grab the spot, and return it to the small blue bucket
- Coach calls first player's name . They cross the obstacles until they get to the Villains. They grab a Incrediball (Soccer Ball), and put it down on one of the spots.
- They shoot the ball into the net.

- If they make it – They grab the spot, continue through the obstacle course back to the team line, and put the spot in the Small Bucket
 - If they miss it – They go around the Obstacle Course and try again.
- Reinforce storyline, flow, skills, and praise
- Continue until all villains are captured, or time elapses
- Count up as a team how many villains you caught.
- Review shooting and its purpose in the sport.