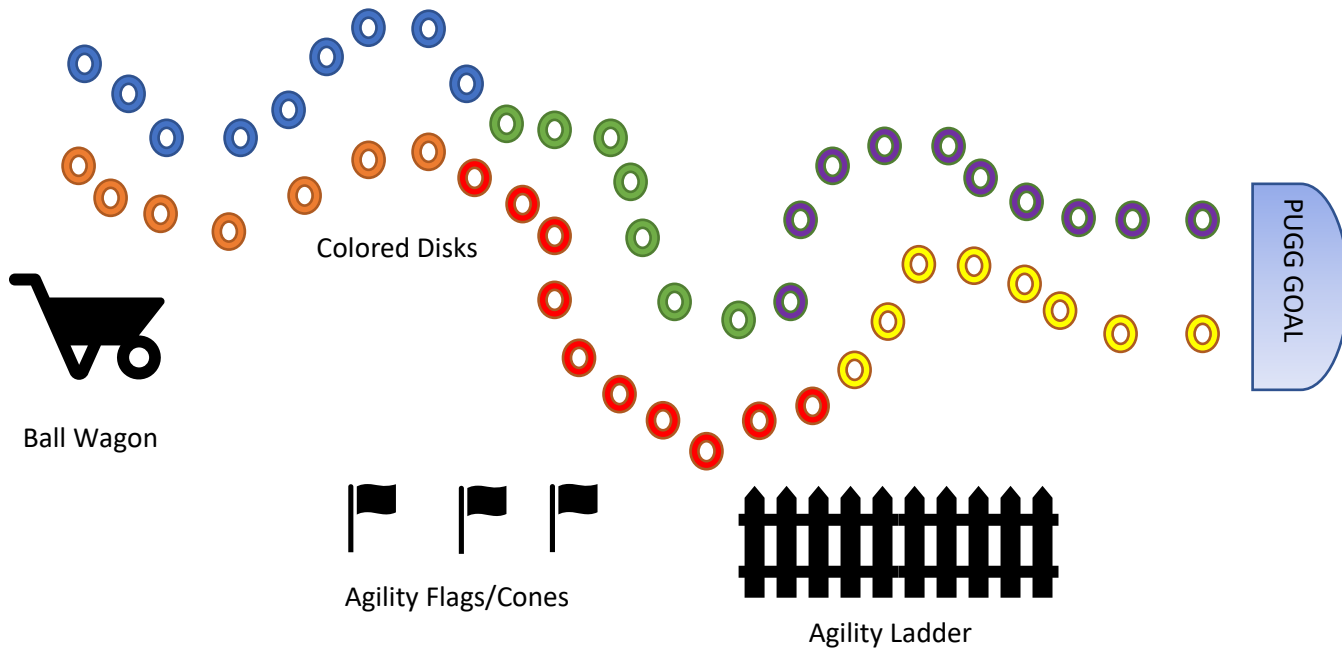## MARIO KART'S - THE RAINBOW ROAD

<u>Purpose:</u> Dribbling

<u>Equipment:</u> 12 of each color disk (72 total)

<u>Set Up</u>**:**   Create a KRAZY RAINBOW ROAD using all the colored disks you can manage. At one end of the road, put a wagon filled with Soccer Balls. On the other, put the Soccer Goal. Off to the side of the Rainbow Road, put an agility ladder, flags, and other obstacles (Bowser's Castle) to get the kids back to the start line. The difficult of the Rainbow Road should equal that of the kid's age/ability.

Colored Disks

PUGG GOAL

Ball Wagon

Agility Flags/Cones

Agility Ladder

<u>Execution:</u>

1. Have all kids line-up behind that coach and practice going down the Rainbow Road, staying between the disks as the road winds and turns
2. Once you have gone through as a group, practice sending the kids one at a time, have them run down and then take the Castle Obstacle's back. Once a player has a 10-cones head start, send the next….
3. Coach moves to the end of the road, near the goal, and puts a ball in front of the net. He/she calls the next person in line who runs down the Rainbow Road and Kicks the ball into the net. Once a player has a 10-cones head start, send the next…. Have each players go once.
4. Introduce Soccer Dribbling Form & technique. Demonstrate how to guide the ball with your feet/body position to keep the ball on the Rainbow Road
5. Narrate the Storyline – The player is Mario (or whatever character they want to be.) The ball is their Go-Kart. They have to drive their ball down the rainbow road and shoot it in the net. How many Go-Karts can we move down the Rainbow Road in the time allotted.
6. For older kids, if their ball falls off the road, make them start back from the start.
7. Have the kids line-up at the starting line. Start sending kids one at a time. Once a player has a 10-cone head start, send the next
8. Reinforce storyline, technique, game flow, and praise/encouragement throughout game
9. Recap Dribbling and when/why it is used in Soccer

<u>Comments:</u>

- Adjust the rules based on the age/skill level of the kids. For older kids, if the ball goes off the rainbow road, make them restart without scoring a point.