

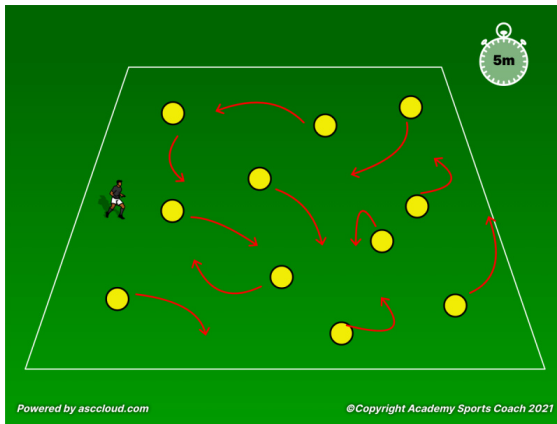
Select a Date

u3-u6 Active Start Program Week 4

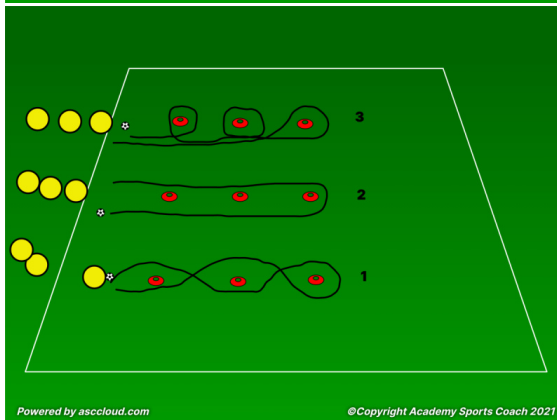
Select team

Theme:

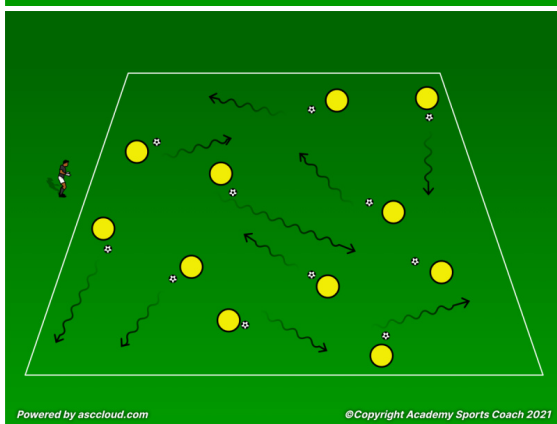
Time:60 Minutes



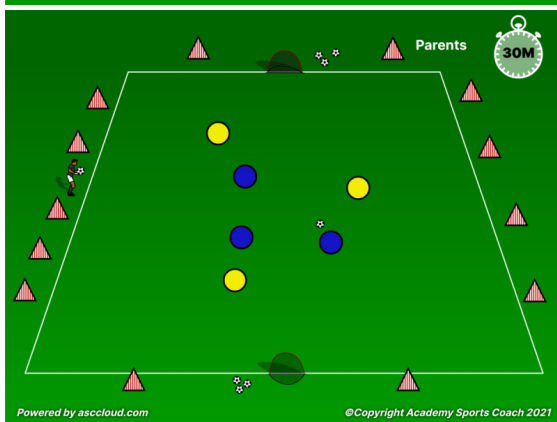
**Physical Literacy**  
**Organization:**  
 Players spread out inside the 30 x 20 yard area.  
**Procedure:**  
 Players move around in different directions looking to find space and move away from other players. Players follow the movement of the Coach.  
**Variations include:** Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, crab walk, fly like an bird...As the coach be creative!  
**Emphasis:** Listening, following instruction, physical literacy, having fun, and being positive!  
 Give the players the ball and continue with different movements.



**Physical Literacy**  
**Organization:**  
 Set children up along the edge of a 20 X 16 yard grid.  
**Procedure:**  
 Tell players they are going to participate in a race. Be creative, have them do things such as running, crawling, hopping, etc., through a set of cones. Do some races with a ball and some without. In the diagram there are 3 different patterns to help. **MAXIMUM** three players in each line up.  
**Emphasis:** Running, heads up, and FUN!



**King/Queen of the Ring**  
**Organization:**  
 All players have a ball each and are placed in an area as shown above. Size of the area will change based on the amount of players.  
**Procedure:**  
 Prior to playing the game have the players moving around inside the area to gain touches on the ball, asking them to show you any thing that they can remember from the previous session. (moves etc)  
 Players dribble their ball ensuring that the ball is always moving.  
 On coaches command all players keep their own under control while attempting to kick other players balls out of the circle. If a players ball is kicked from the circle, they can return after 10 toe taps.  
**Coaching Points:**  
 See the ball/See the player  
 Change of speed/direction  
 Keep head up  
 Use all parts of both feet  
 Have FUN



**Organization:**  
 6 players spread out inside a 30 x 20 yard area. Parents outline the parameter of the field.  
**Procedure:**  
 Player engage in a 3 v 3 mini-game.  
 Coaches should have extra balls on hand to throw in when a ball goes out a play to keep the action happening.  
 When players score give out high fives and celebrate.  
 Ensure that all players are having a chance to rotate in.  
**Emphasis:** Heads up. Keep moving. Having fun and trying your best!  
 Have the parents spread themselves around the outside of the field to help keep the ball in play for the children.