

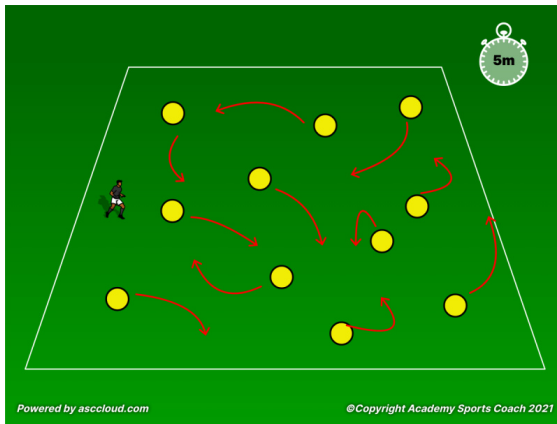
Select a Date

u3-u6 Active Start Program Week 6

Select team

Physical Literacy

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.

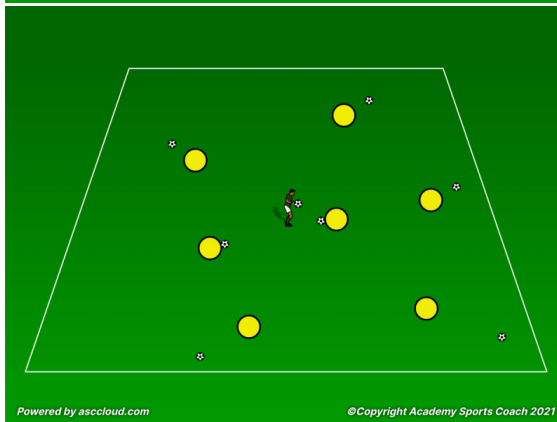
Variations include: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, crab walk, fly like an bird...As the coach be creative!

**Emphasis:** Listening, following instruction, physical literacy, having fun, and being positive!

Give the players the ball and continue with different movements.

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**Hungry Hippo**

**Physical Literacy**

**Procedure:**

Players will hand the coach their ball and the coach will throw the ball into a space. Go over what it looks like to hand the ball to the coach. The player runs after the ball, picks it up and runs back to the coach and hands the ball to the coach. The coach continues to throw the ball in different directions.

**Progression:** Ask the players what different parts of their body can they bring the ball back with? Allow the players to decide how they bring the ball back.

Have a few players show you a different way to bring the ball back.

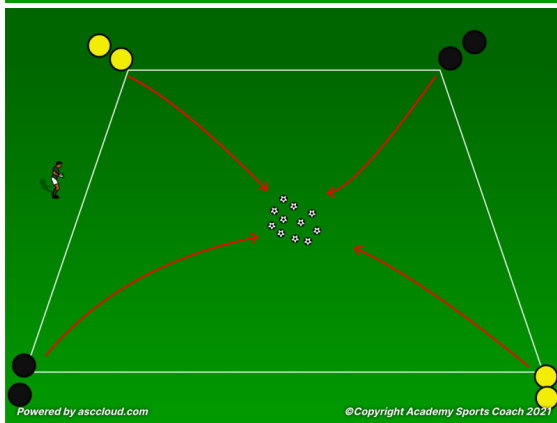
**Final Progression:** Have the players dribble the ball back to the coach using their feet.

Movement variations would 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, etc.

**Emphasis:** Listening, following instruction, physical literacy, having FUN, and being positive!

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**Focus: Physical Literacy**

**Instructions:** Players are placed in pairs and are placed in a corner of the rectangle as above. When the coach calls go, every player runs to the middle and picks up a ball (egg) with their hands. They run back to their area and place the egg in their nest (corner).

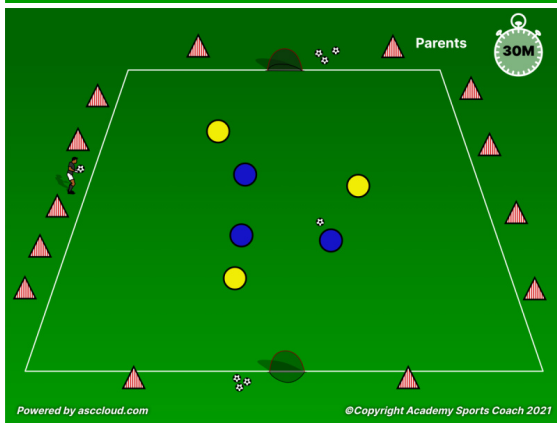
Once all eggs have gone from the centre all players can then go and collect eggs from other nests. When the coach calls freeze, the birds with the most eggs win the game.

**Progression:** There is now a golden egg in the middle and the birds that end up with that egg score 5 additional points.

**Progression 2:** Players now use their feet and dribble the eggs back to their nests.

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**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.

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