

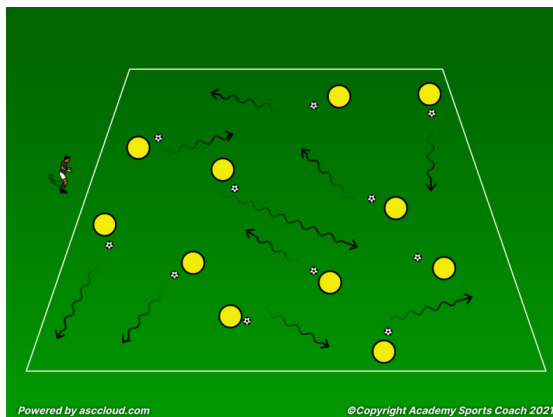
3 August 2021

u3-u6 Active Start Program Week 3

Select team

Individual Ball work and physical Literacy

60 minutes



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.

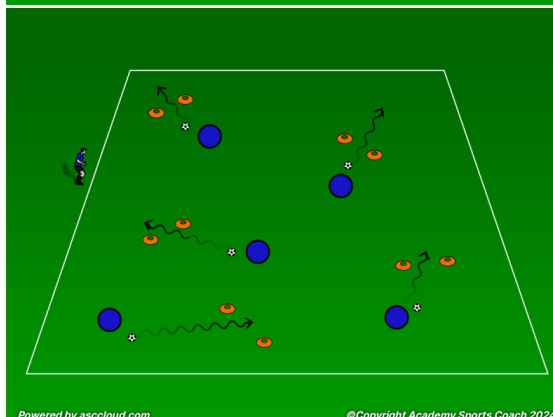
Procedure:

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



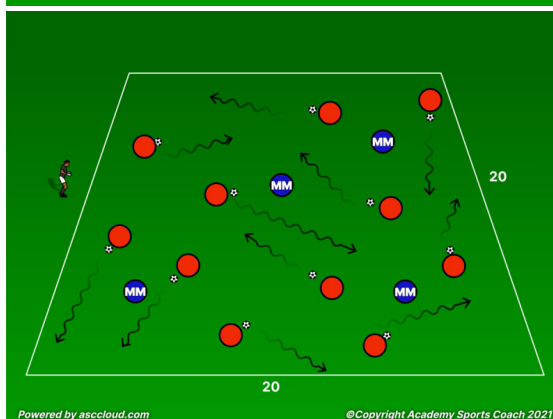
Name: Drawbridge

Organization: Set up a 20 x 20 grid with 4 - 6 sets of paired cones. Place the cones relatively close together.

Have the players dribble throughout the grid without touching any cones.

When the coach calls a variation of "The bridge is closing!" The players will then have to dribble to a set of cones and go through them without touching them in order to cross the bridge.

Focus: Close touches, moving to a target and listening.



Mud Monsters!

Organization:

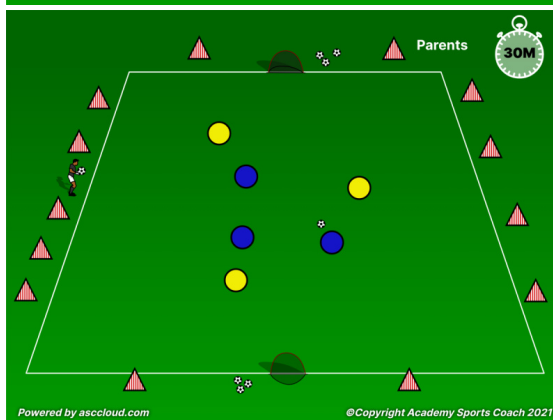
Set up a 20m x 20m grid, 4-6 players become Mud Monsters with the rest of the players inside the area with a ball.

Procedure:

On Coaches call the catchers try to tag the players dribbling inside the area. If a player gets tagged they stand with their legs apart shouting Help, Help I'm stuck in the mud To be freed a player can crawl through the back of their legs. If the Mud Monsters catch and freeze all the players they win. If after 60 seconds the players are still dribbling, they win.

Emphasis:

FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Decision making based on where the mud monsters are.



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.