

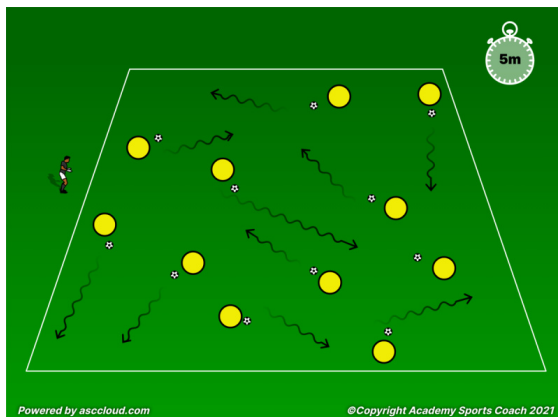
11 September 2021

u3-u6 Active Start Program Week 8

Select team

Individual Ball work and physical Literacy

60 minutes



Organization:

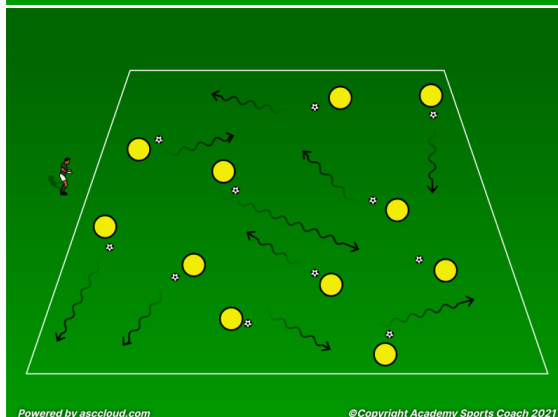
Each player with a ball inside the 20 x 20 area.

Procedure: Coach allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid. The coaches call out a different body part every few seconds and the players have to place that body part on the ball and strike a pose until the coach shouts go. For example the coach may shout out

nose and the players have to stop the ball and place their nose on the ball. As the players progress you can shout out more body parts at a faster speed. This works on the player's coordination:

Emphasis:

FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



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:

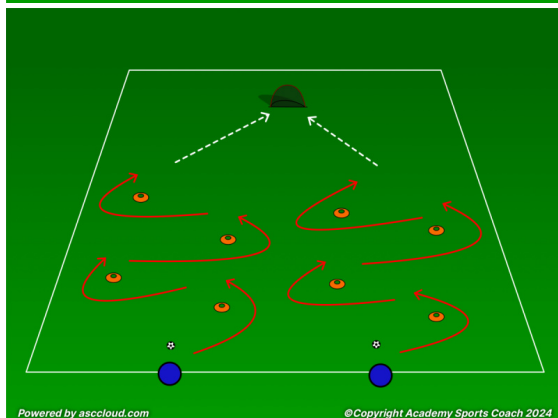
See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet

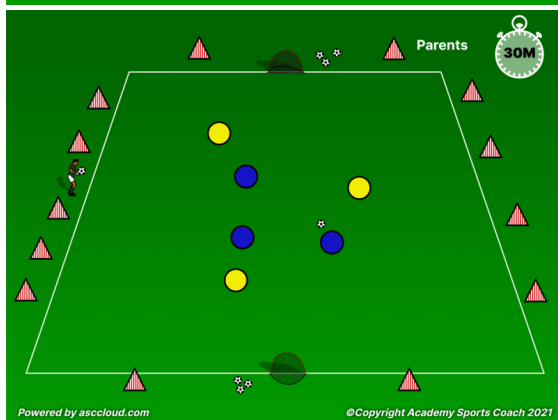
Have FUN



Name: Zig-Zag

Organization: Set up 3 - 6 cones in a zig - zag/ Have the players start on the first cone and have then take turns dribbling around the cones. Let them go at their own pace around the cones.

Once they reach the end of the cones have them take a shot on the goal. Then have then start again.



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.