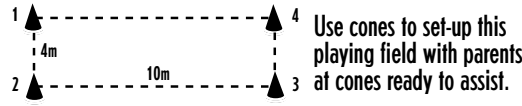


## FOR THIS SESSION YOU WILL NEED:

60 Mins	10	16	4	20	10	1

## WARM-UP

15 Mins	4	4	20	1



### PARTNERS ACTIVITIES:

Child kneels behind their partner who is sitting in a tuck position with knees hugged to chest. Rock partner backwards and forwards. Repeat. Roll left and right. Change over.

Child kneels next to partner who is in a log roll position, with arms stretched above head and legs straight. Roll left and right. Change over.

### HOPPO BOPPO:

Hopping on one leg, children try to unbalance each other by bumping with side of their body. Once unbalanced and their other foot hits ground, child must stand until the game is over. Repeat.

## SKILL ACTIVITIES

25 Mins	4	12	4	20	1

### CIRCUIT GAME:

Use cones as separate activity stations. Divide children into four groups and spend five minutes at each station. Rotate through all activities.

**1.** All children kneel with arms stretched out in front at shoulder level, slightly bent. Child slowly falls forward and uses hands to break fall. Chest should be flat on ground and head turned to one side. Ask parents to assist to build child's confidence. Repeat.

**3.** Children lay on their back with hands above head, football in hands. Children have to roll to a cone and give the ball to next child in line. Repeat. In crouched position, children place ball in between their thighs and stomach and roll to cone, repeating activity.

**2.** Children line up with feet and hands on ground. First child must go under and leap over other children whilst holding football. At end, roll football back to start.

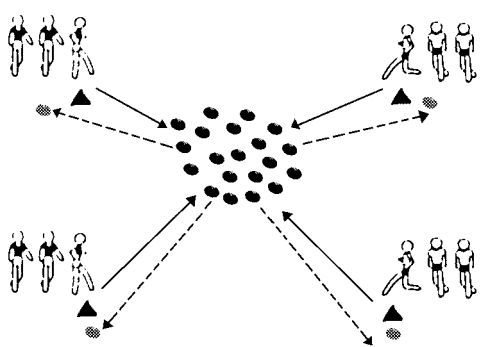
**4.** Children line up arms length apart, standing with legs astride. Roll round ball through all legs to the end of the line. Last child collects ball and runs to front of line. Repeat.

## GAME TIME

20 Mins	20	4	5	20	1

### ROB THE NEST:

- Divide children into four groups of even numbers. Place all balls in the middle of the playing area, spacing them well apart. The team with the most balls at the end are the winners. At the sound of the whistle children converge on balls taking one at a time back to their corner (nest). When there are no balls left in the middle children may rob others nest.
- Coach at start of game may ask children to move in certain ways while retrieving balls such as hopping out to ball or, rolling the ball back to nest.
- At conclusion of game children count the balls. Repeat.



TIP: "Children love to be challenged, be careful that the challenge you provide is within the skill level of those you are challenging. Otherwise a positive experience could be a negative one."

### WHAT THE SYMBOLS MEAN...

Estimated time of session	No. of footballs required	No. of cones required	No. of coaches/parents required	Ideal No. of children participating	No. of round balls required	No. of whistles required