

FOR THIS SESSION YOU WILL NEED:

60 Mins	5	2	4	20	8	1

WARM-UP

15 Mins	4	4	20	1



EGG ROLL: Child forms egg shape by laying on their back hugging their knees with their, chin on chest. Partner then rolls the child to the left and the right. Swap over.

FRONT FALL: Children kneel with arms stretched in front at shoulder level. They then fall forward using their hands to absorb the fall. Bend elbows, turn head to side and finish flat on chest. Repeat. Parents to assist.

HERE, THERE & EVERYWHERE: Coach designates four corners of playing field as 'THERE', inside the playing area as 'EVERYWHERE', and themselves as 'HERE'. Children sent off running in playing field. Coach blows whistle and calls out a destination which children must quickly get to.

TIP: "The coach should demonstrate the front fall activity before the children try to learn this skill."

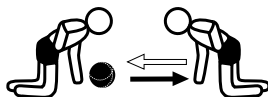
SKILL ACTIVITIES

25 Min.	8	4	20	1	8

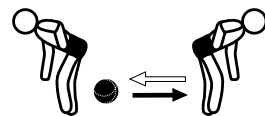
CIRCUIT GAME:

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

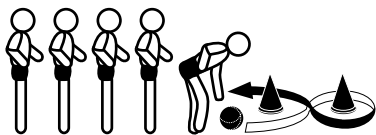
1. Two children roll a round ball to one another. Increase the distance between them and get them to roll while kneeling, and crouching. Get them to stop the ball with their hands, feet, elbow, tummy etc.



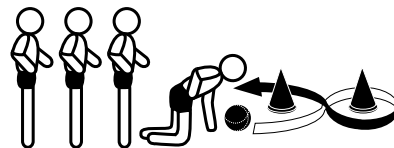
3. Children position themselves back-to-back with legs apart. First child then rolls a football between their legs to partner. Increase distance apart.



2. Children roll round ball between cones using finger tips. Stop ball with hands, foot, elbow, tummy etc.



4. Children roll ball with elbows, head and nose around cones. Repeat.



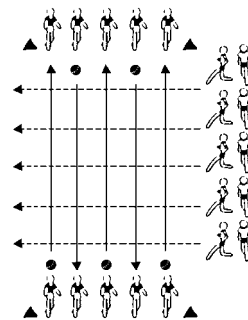
TIP: "Bend knees and lower body in line with ball when stopping. Put two hands in front of ball and gently grasp the ball."

GAME TIME

20 Mins	5	8	5	20	1

ROLLERBALL:

Lay out four cones to create a rectangular playing area. Divide children into two teams. Split Team A in half and have them line up on the long edges of the rectangle facing each other. Team B stands at one end of the rectangle. Team A rolls five balls to each other while Team B tries to get to the other end of the rectangle without being hit by a ball. Children who are hit must sit out. Repeat until all of Team B is out. Reverse roles.



TIP: "Words of encouragement should not be used loosely."

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