

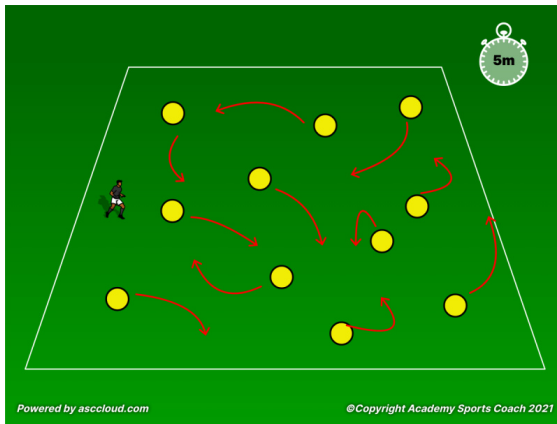
Select a Date

u3-u6 Active Start Program Week 2

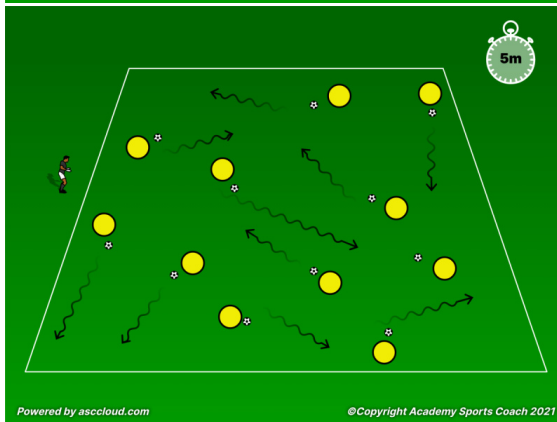
Select team

Physical Literacy and Individual ability games

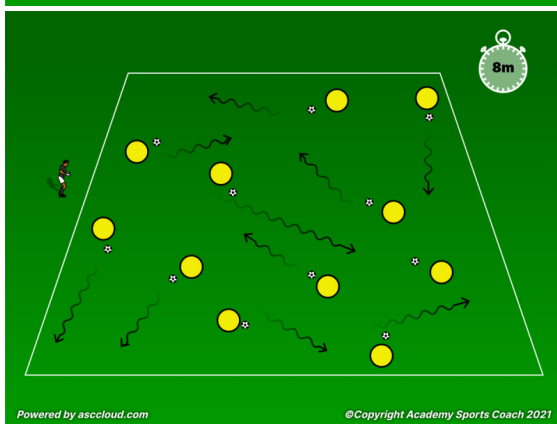
Time:60 mins



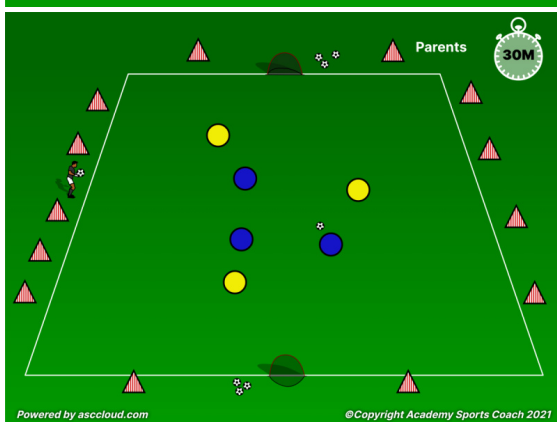
Physical Literacy
Organization:
 Players spread out inside the 30 x 20 yard area.
Procedure:
 Players move around in different directions looking to find space and move away from other players. Players follow the movement of the Coach.
Variations include: Walking (forwards and backwards), running, skipping, 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.



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



Candy Store
Organization:
 Set up a 20m x 20m grid. Each player has a Soccer Ball.
Procedure:
 All players dribble within the candy store. The players explore the candy store by shouting out their favourite candies. After 1 minute the coach will ask players their favourite candies and name each side of the candy store as shown above. (Names of the sides can change) As the players dribble around the candy store the coach will call out a candy and the players have to run to that side of the candy store and perform a specific challenge I.E Toe Taps, Bells,3 juggles etc. Coaches can be creative here.
Emphasis:
 FUN, Listening, Dribbling, Changing Direction, Balance, Agility,Coordination, Imagination



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.