

Week 4

Focus- Physical Literacy Activity Name: Freeze Tag

Introduction

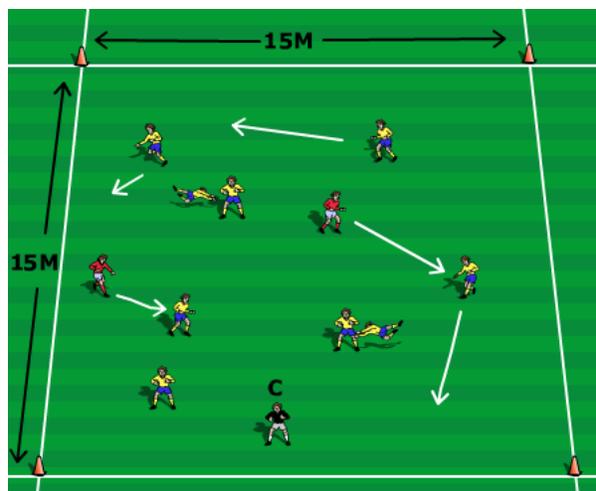
Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

Variations

Easier (U4): Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs

Harder (U6): Have players replace coach(es) as taggers.

Harder (U6): Players must perform 2 juggles to unfreeze.



Emphasis

- Dribbling into space
- Change of directions
- Teamwork
- Having Fun!

Focus- Bal Familiarity Activity Name: Pirate Pete

Introduction

Divide the players into two teams. Put the teams in two different pinni colors. One team has to run through the channel to get to the treasure (balls). The other team kicks the ball to their team mate trying to hit the other team with the ball below the knee as they run through. If players get struck by the ball they have to go back and try again. When players get to treasure (Ball) they bring back a piece back to their ship. Players change roles after a set time. Count the pieces (Balls) each team collects.

Variations

Easier (U4): Players can role the ball rather than kick it. Players can carry treasure back in their hands. Parents can help.

Harder (U6): Players can shoot the ball. Players can dribble both ways with the ball.



Emphasis

- Running
- Spatial Awareness
- Kicking (passing/shooting)
- Hitting a moving target
- Having Fun!

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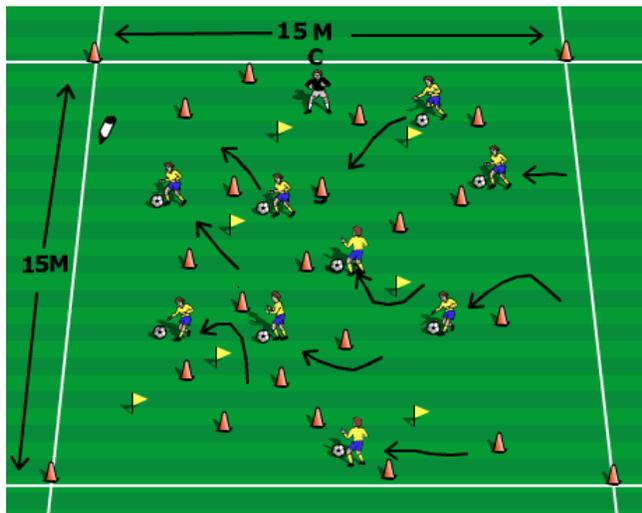
Focus - Ball Literacy
Name of Game: Enchanted Forest

Organization

Set up a 20m x 20m grid. Scatter cones around grid as "spooky trees". Other obstacles such as rings, hurdles or larger cones can be used as different challenges. Start by having parent lead player with a ball through the forest avoiding the spooky trees. Players can pick up ball and toss it over the taller spooky trees.

Alternatives

Easier – First explore the forest with no balls.
 Harder – Have players travel from one end of the forest on their own to rescue mom or dad, who are stuck on the other side.
 Harder – Have parent chase children through the forest. Switch roles.



Emphasis

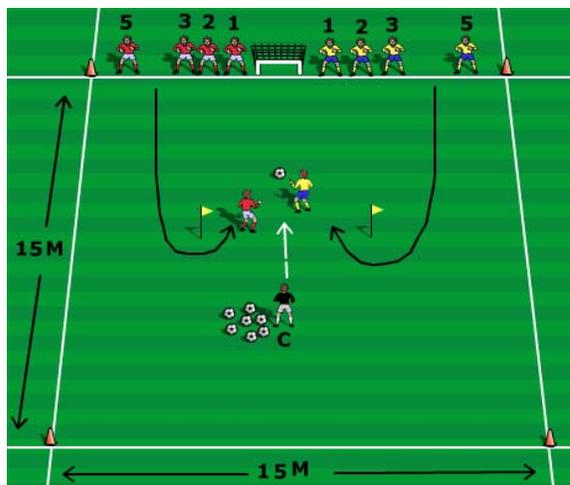
- Small touches to keep the ball close
- Keep ball in close control when approaching a tree.
- Turning in different directions.
- Having Fun!

Focus – Small Sided Game
Name of Game: Numbers Games with one net
Organization

Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players are trying to both defend and score on the same net. Encourage celebrations after a goal!

Alternatives

Easier (U4): Have players vs. parents to allow players to always win.
Harder (U6) – Increase number of players to 2
Easier (U4): Put two balls so each can score goals or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!