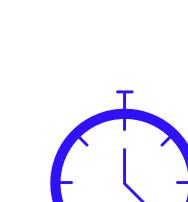
MOVE WELL: SESSION PLAN 3

Object Control is one of the three key movement skills. This is essential for throwing, catching, kicking and travelling with objects of different shapes and sizes, and important for children of all ages in all sports. Here are three activities that will help children develop their object control skills. More specifically, these activities will encourage children to aim at- and throw to a target, and pass a ball to others.



Activity:

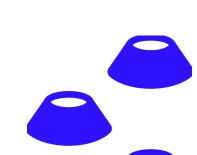
Shoot the Hoop

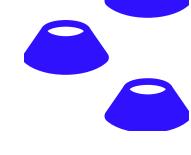


Time:

10-15 Mins







Equipment Required:



12 x hoops

20 x bean bags / Tennis balls



Focus:

For children to be able to...

- Aim at a target and throw an object in that direction
- throwing techniques

2: Experiment with underarm and overarm

Recognise when they achieve each of

Be sure to:

- the above with positive feedback 2: Support those who can't quite do
- these yet 3: Reward effort with praise

• There are multiple hoops at different distances away from the children. They are encouraged to throw

How to play

- the beanbags so they land in a hoop. • They can only throw into the hoop further away once they have scored in the hoop before.
- The further away the hoop, the higher the points value. Children are to count their own scores Key questions to ask:

How might you throw the beanbag to be most accurate? Underarm/overarm? How might you use your body to help you throw the beanbag further?

Make it easier:

Make it more challenging:

Use balls instead of beanbags.

Use larger/more hoops closer to the children to increase the chance of success.

Ask children to balance on one leg while they throw.



Shoot the Hoop

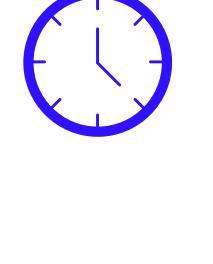


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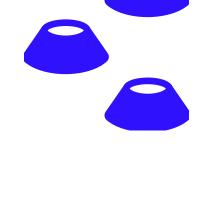
Save the Egg

Activity:



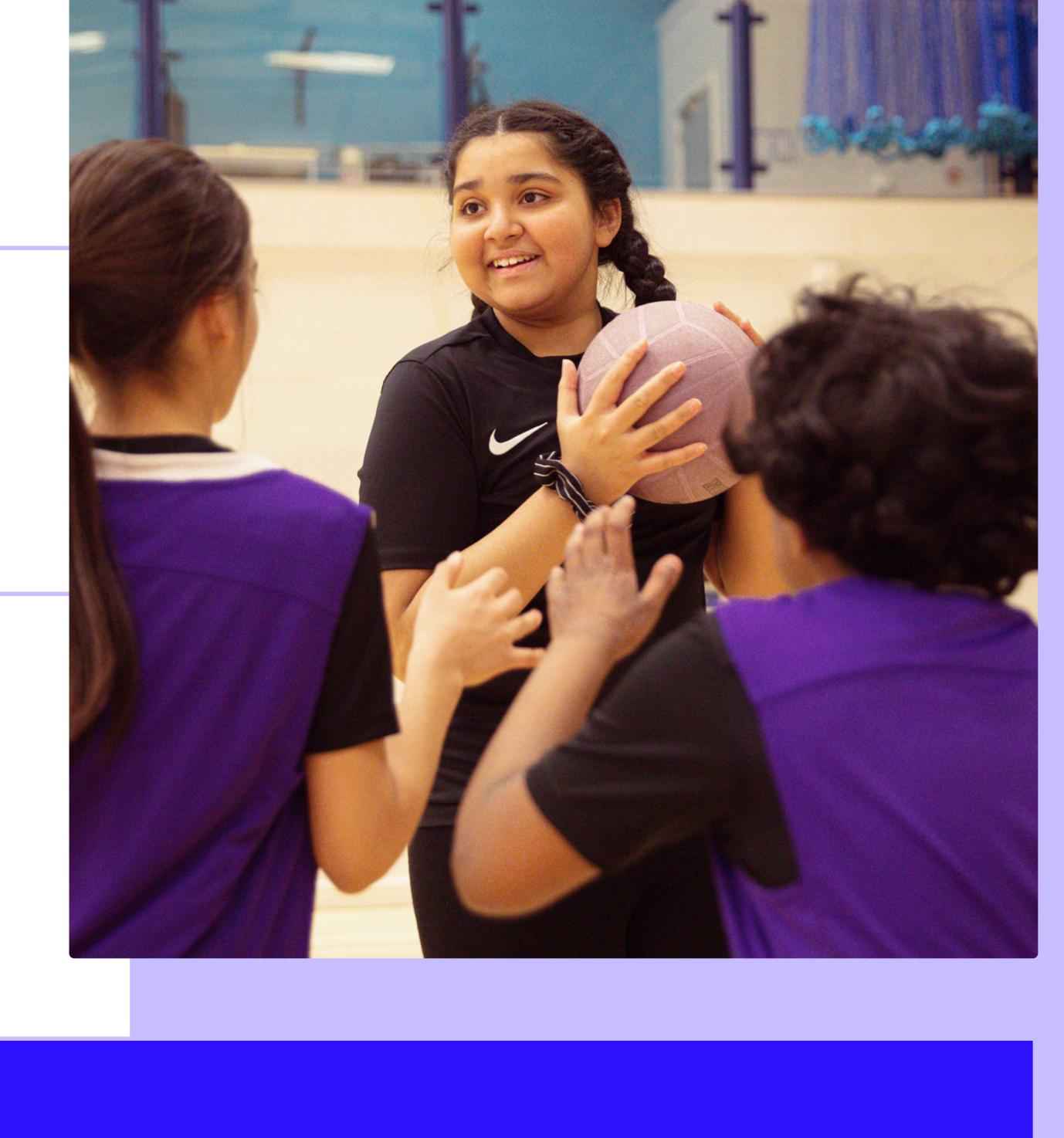
10-15 Mins

Time:



1 x Ball 4 x Cones

Equipment Required:



For children to be able to...

Focus:

1: Pass a ball to another moving child (ball sharing)

2: Catch / secure a moving ball 3: Move into open space to receive a ball

• Children are to remember how many passes they have made and change over so the keepers become

1: Set up and stand back. Let the children work it out

Be sure to:

- 2: Allow children who are doing well to demonstrate the skill to others 3: Allow children to discuss their team
- strategy
- The egg keepers pass the egg (the ball) around as many times as possible until the magpies steal it.

the magpies. Key questions to ask:

How to play

How can we make it easier for a teammate to catch the ball? Where are the best places to get the ball?

• There are 2 teams (the egg keepers and the magpies).

Make it easier: Do not allow defenders to rip the ball from he ball handler Have a joker (a player that's always an egg keeper to give them an advantage).

Make it more challenging: Have a joker (a player that's always a magpie to give them an advantage).

COACH

KIDS

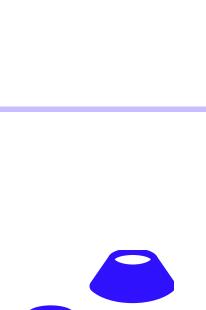


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Activity: Keep the Candy

MOVE WELL: SESSION PLAN 3



10-15 Mins

10 x Cones

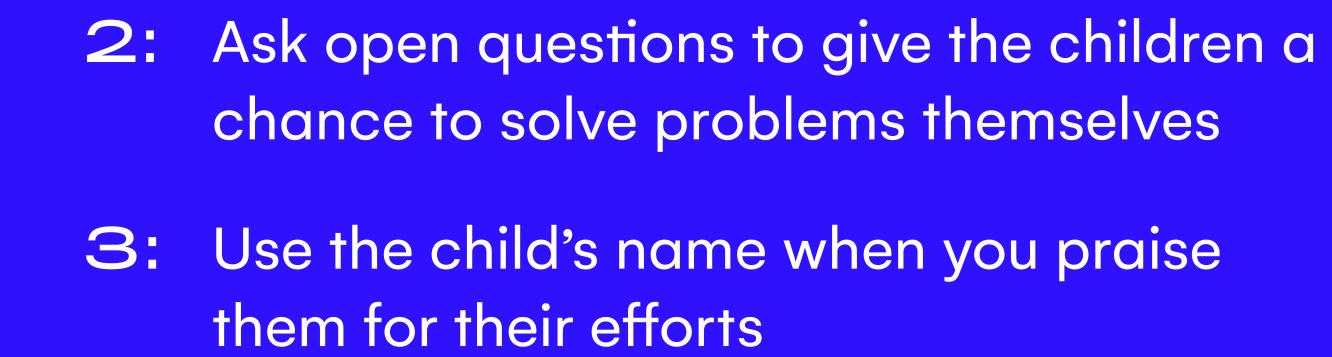
Time:

Equipment Required: 1 x Ball



Focus: For children to be able to...

2: Catch / Secure a moving ball



Explain the activity clearly. There are a

How to play

• This game is 3v3.

• If the ball is dropped or intercepted, it goes to the other team. Key questions to ask:

• When a team has possession of the ball, they should try to make 5 passes in a row to score a point.

Reduce to 3 passes in a row. Make the space bigger.

Can you catch and pass again within 5 seconds?

How can we make a bigger surface with our hands to catch?

Add an extra player to the attacking team. Make it more challenging:

Make it easier:

Use a smaller ball to make it harder to catch. Make the space smaller. Add an extra player to the defending team.

MOVE WELL: SESSION PLAN 3



few moving parts

Be sure to:



- Key questions to ask at the end of your session: Can you describe a moment where you hit your target?
- 2: What were the things you did to help you to do this successfully? 3: Where might you use this skill in the future?



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