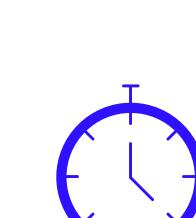
Object Control is one of the three key movement skills. This is essential for throwing, catching, kicking and travelling with objects of different shapes and sizes, and important for children of all ages in all sports. Here are three activities that will help children develop their object control skills.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



Activity:

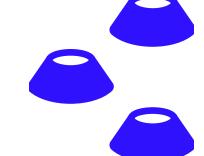
Rob the Nest



Time:

10-15 Mins





4 x Hoops, 20 x Cones

Equipment Required:

16 x Balls / Bibs / Bean bags

Focus:

For children to be able to...

- Be able to track others
- 2: Develop a team strategy



Be sure to:

- 1: Explain the activity clearly. There are a few moving parts
- chance to solve problems themselves 3: Use the child's name when you praise

2: Ask open questions to give the children a

them for their efforts

How to play

- Split the kids into groups of 4 or 5 players.
- Each team has their own nest with a bunch of cones or bean bags in it (the eggs). • Each team picks a Mother Bird who will tag birds from other nests trying to steal her eggs.
- When the coach says go, one player from each team tries to still an egg from any of the other nests and bring it back to theirs. • If they get tagged they have to go back to their nest and another player goes.
- We play for a couple of minutes and then we count which nest has the most eggs.

How can we make it harder for the mother bird to tag us?

Key question to ask:

Make it easier:

Have 2 or more players try to steal the eggs at at the same time.

Restrict the mother bird's mobility. Make it more challenging:

Add more mother birds. Make stealing birds dribble a ball or move in different ways.



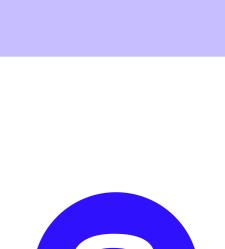
Activity Video Link below:

Rob the Nest



MOVE WELL: SESSION PLAN 4

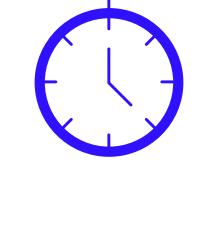
PAGE: 1



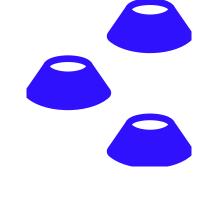
Birdie in the middle

Time:

Activity:



10-15 Mins



Equipment Required:

1 x ball, 4 x cones



For children to be able to...

Focus:

Track other children.

2: To communicate with teammates

1: Set up and stand back. Let the children experiment

Be sure to:

demonstrate the skill to others 3: Ask open questions

2: Allow children who are doing well to

• 1 child is in the middle being "The Birdie" and another 2 stand on any of the 4 cones. • Children pass the ball between them trying to avoid the birdie stealing it.

How to play

• Set up a circle made out 6 cones.

- After making a pass they have to move to one of the free/empty cones. • If 5 passes are made without an interception, the Birdie changes.
- Key questions to ask:
- How can we make it difficult for the Birdie to get the ball? How can we make it easy for the passer?

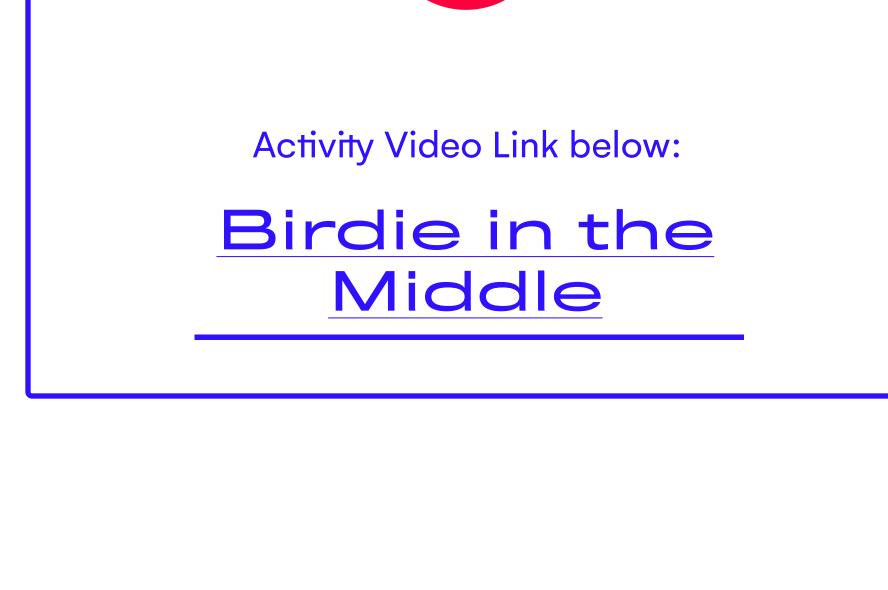
Make it easier: Make the circle bigger. Allow players without the ball to move to an open cone.

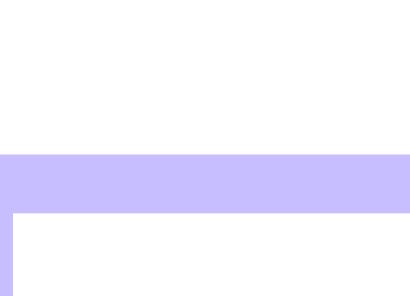
Make the circle smaller.

Make it more challenging: Have 2 Birdies.

COACH

KIDS



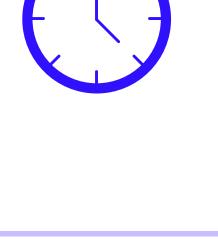


Activity:

Rollerball

MOVE WELL: SESSION PLAN 4





10-15 Mins

Time:

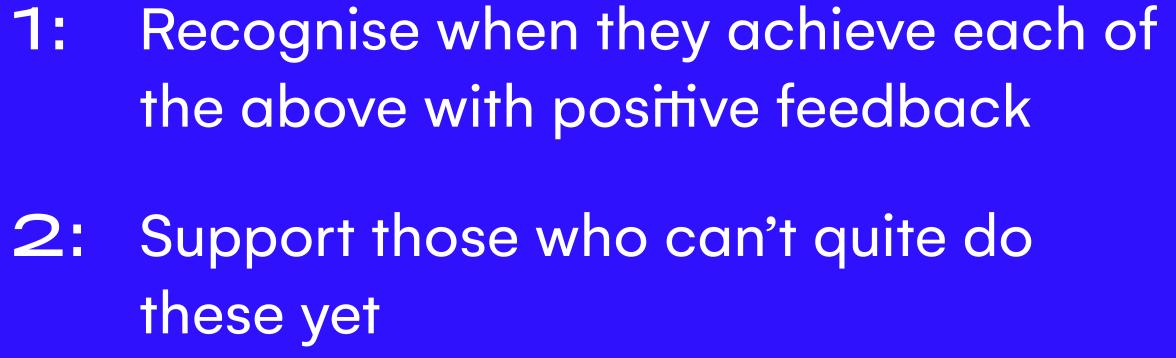
Equipment Required: 4 x Cones, 5 x Balls



Focus:

For children to be able to... 1: Find a player in open space to pass to

- 2: Receive in open space
- How to play



• The coach throws in 4 or 5 balls and each ball has to be passed (rolled) to an available player.

3: Reward effort with praise

Be sure to:

Key questions to ask: What is important to do to make sure no one gets hit by the balls?

Make a big square with cones.

All players are inside the square.

First player to get 10 passes wins.

- What can you do to be quicker in this game? Make it easier:
- Make the square smaller. Use less balls. Same type of pass for every ball.

Make it more challenging:

Make the square smaller. baseball pass).

Add different types of ball. Each ball has to be passed in a different way (rolling it; kicking it; bounce pass;

Key questions to ask at the end of your session:

- Can you describe a moment where you were able to stay balanced? 2: What were the things you were doing in that moment?
- 3: Where might you use this skill in the future?



COACH

PAGE: 3

KIDS