MOVE WELL: SESSION PLAN 6

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:

Ball Tag



10-15 Mins



Equipment Required:



1 x Ball, 4 x Cones per area





Focus:

For children to be able to...

- 1: Restrict space for children being chased
- 2: Anticipate where the children being chased will move next

Set up and stand back. Let the

Be sure to:

- children experiment 2: Allow children to discuss their strategy

How to play

- Set up a small square of 3x3 metres.
- Split the children in groups of 3.
- The taggers are not allowed to run with the ball and can only tag by catching a pass close enough to

• 2 are the taggers and 1 is trying to avoid being tagged.

the target player so they can touch them with the ball. Key questions to ask:

What spaces are safer to avoid being tagged? How can we work together to make it easier to tag the evader?

Make it easier:

Have 3 taggers.

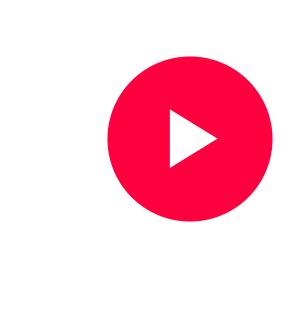
Make the square smaller.

Restrict mobility of the player being chased.

Make square bigger.

Make it more challenging:

Use a smaller ball. Add additional taggers and evaders.



Activity Video Link below:

Ball Tag



COACH KIDS

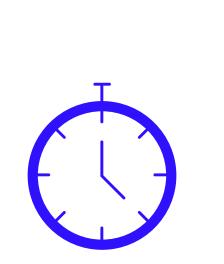
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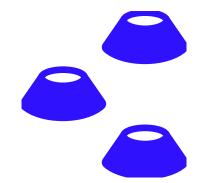
Hungry Hippos

Activity:



Time:

10-15 Mins



Equipment Required: 5 x Hoops



10 x Cones 10 x Bean Bags, 10 x Bibs



For children to be able to...

Focus:

1: Work in pairs

2: Remain balanced while travelling

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

1: Set up and stand back. Let the

- strategy
- When they collect an item, both children run back to base. • They should then switch roles and go for the next item. • The pair with the most items wins.

• In the centre of the circle (hoop), there are lots of cones, bibs and bean bags.

• When the coach shouts "GO" one member of the pair should start to walk on their hands as the other

Key questions to ask: How can we make sure that we travel safely?

How to play

Split the group into teams of two.

• Each team is spaced around the outside of a circle.

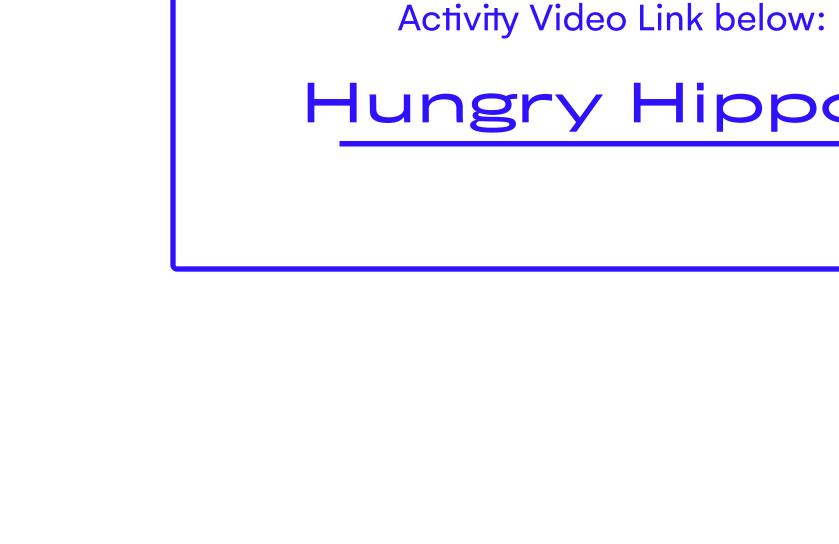
member picks up their feet like a wheelbarrow.

• They should wheelbarrow to the centre to pick up an item.

- Make it easier: Instead of a wheelbarrow, players should travel on all fours, one at a time.
- Make it more challenging: The wheelbarrow 'driver' should balance a cone on their head while travelling.

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Activity:

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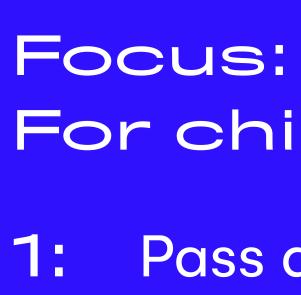


10-15 Mins

Time:

Equipment Required: 1 x Ball

Keep the Candy



For children to be able to...

10 x Cones

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

2: Catch / Secure a moving ball

• If the ball is dropped or intercepted, it goes to the other team.

Explain the activity clearly. There are a few moving parts 2: Ask open questions to give the children a

Be sure to:

3: Use the child's name when you praise them for their efforts

chance to solve problems themselves

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

Activity Video Link below:

Keep the Candy

Key questions to ask:

Make it easier:

Reduce to 3 passes in a row.

Make the space smaller.

How to play

• This game is 3v3.

How can we make a bigger surface with our hands to catch? Can you catch and pass again within 5 seconds?

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

Use a smaller ball to make it harder to catch.

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Add an extra player to the defending team.

- Can you describe a moment where you hit your target? 2: What were the things you did to help you to do this successfully?

Key questions to ask at the end of your session:

3: Where might you use this skill in the future?

