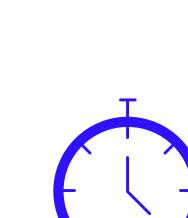
Tracking is a key play skill. This is essential for observing and following moving people and objects and important for children of all ages in all sports. Here are three activities that will help children develop their tracking skills. More specifically, these activities will encourage children to track objects and other people and see open spaces.



Activity:
Four Corners



10-15 Mins





4 x cones, 1 x ball per area

Equipment Required:





Focus: For children to be able to...

- 1: Know where the ball is while visiting a cone
- 2: Communicate with peers to receive the ball

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

• Set up a big square with a different colour cone in each corner. Start with one ball.

How to play

- Children have to pass the ball and run to a different cone every time before coming back looking for a
- return pass from someone else. • Children shout out each other's name and pass the ball to someone different each time!
- First player to make 5 passes wins.
- Key question to ask:

How can we make sure that the passers know who to pass to?

Make it easier:

Make it more challenging:

Introduce more than 1 ball to make it harder and increase communication.

Make more than one square and reduce the number of players in each.



Activity Video Link below: Four Corners



COACH **KIDS**

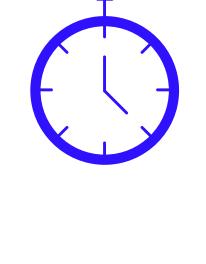
PLAY WELL: SESSION PLAN 1

PAGE: 1



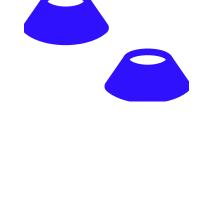
Birdie in the middle

Activity:



10-15 Mins

Time:



Equipment Required:

1 x ball, 4 x cones



Focus:

For children to be able to... Track other children.

2: To communicate with teammates

children experiment 2: Allow children who are doing well to

Be sure to:

demonstrate the skill to others 3: Ask open questions

1: Set up and stand back. Let the

• 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.

• 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.

How to play

Key questions to ask:

Make it easier:

• Set up a circle made out 6 cones.

- How can we make it difficult for the Birdie to get the ball? How can we make it easy for the passer?
- Make the circle bigger. Allow players without the ball to move to an open cone. Make it more challenging:
- Make the circle smaller. Have 2 Birdies.

PLAY WELL: SESSION PLAN 1

- COACH **KIDS**



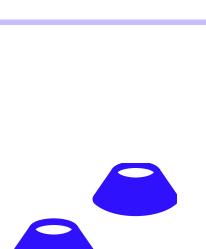
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Rob the Nest

10-15 Mins

Activity:

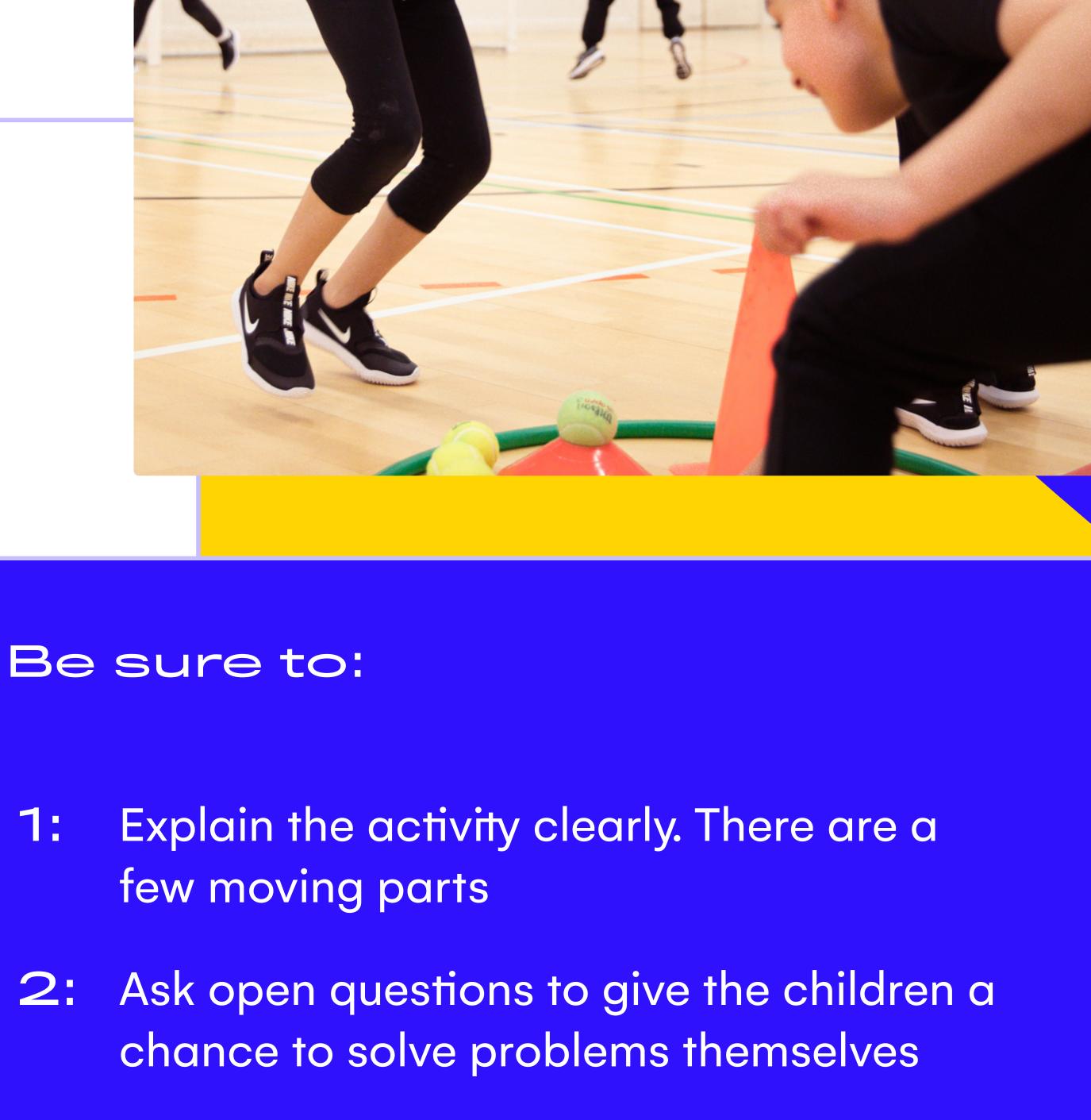


1: Be able to track others

2: Develop a team strategy

Time:

Equipment Required: 4 x Hoops, 20 x Cones 16 x Balls / Bibs / Bean bags



Focus:

For children to be able to...

- 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.
- Make it easier:

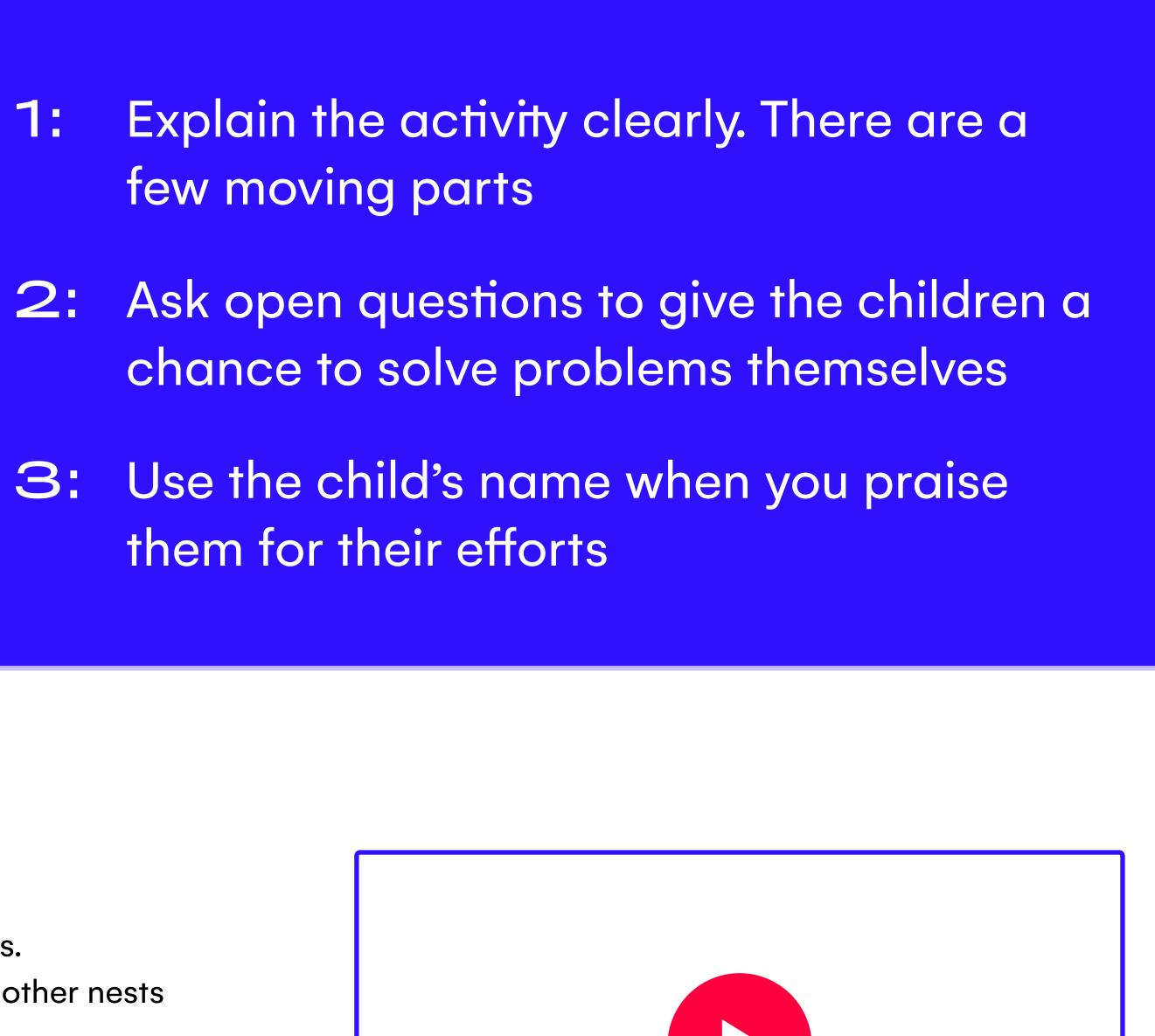
How can we make it harder for the mother bird to tag us?

Key question to ask:

- Have 2 or more players try to steal the eggs at at the same time. Restrict the mother bird's mobility.
- Add more mother birds. Make stealing birds dribble a ball or move in different ways.

Make it more challenging:

- Key questions to ask at the end of your session:
- Can you describe a moment where you found a teammate with a pass?
- 2: What were the things you did to help you find them successfully? 3: Where might you use this skill in the future?



Activity Video Link below:

Rob the Nest



KIDS