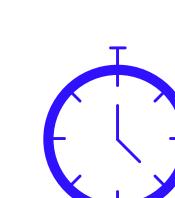
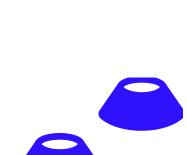
PLAY WELL: SESSION PLAN 2

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 people and objects with emphasis on marking individually.





10-15 Mins



Equipment Required:



10 x cones



Focus:

For children to be able to...

- Accelerate into space
- 2: Move low and high to dodge

Be sure to:

- Recognise when they achieve each of the above with positive feedback 2: Support those who can't quite do
- these yet 3: Reward effort with praise

Mark out a playing area with your cones.

How to play

- I this game, one player is 'on' at a time.
- When someone is tagged, they become the 'on' player.
- The aim of the players that are 'off' is to dodge from being caught.

How might you speed up / slow down to avoid being tagged?

Key question to ask:

Make it easier:

Make the area bigger.

When each child is tagged, they join the tagger rather than replace them.

Make it more challenging:

Make the area smaller.





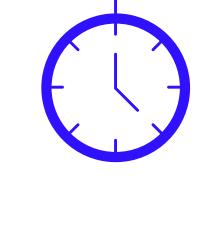
COACH KIDS

PAGE: 1



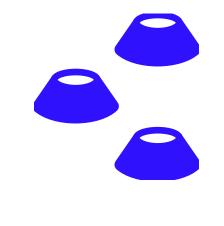
Sliding Doors

Activity:



10-15 Mins

Time:



Equipment Required: 20 x cones



Focus:

For children to be able to...

Accelerate into space

1: Explain the activity clearly. There are a

few moving parts

Be sure to:

- 2: Ask open questions to give the children a chance to solve problems themselves
- 3: Use the child's name when you praise them for their efforts

2: Move low and high to dodge

• After a few seconds, the spare player calls the name of one of the other 2 players: this player has to try and run through the opposite end of the square without being tagged by the defender.

each other.

How to play

Key question to ask:

Make it easier:

Make the square/rectangle bigger.

• The children will work in groups of 3.

How can you increase your chance of not being tagged before crossing the line?

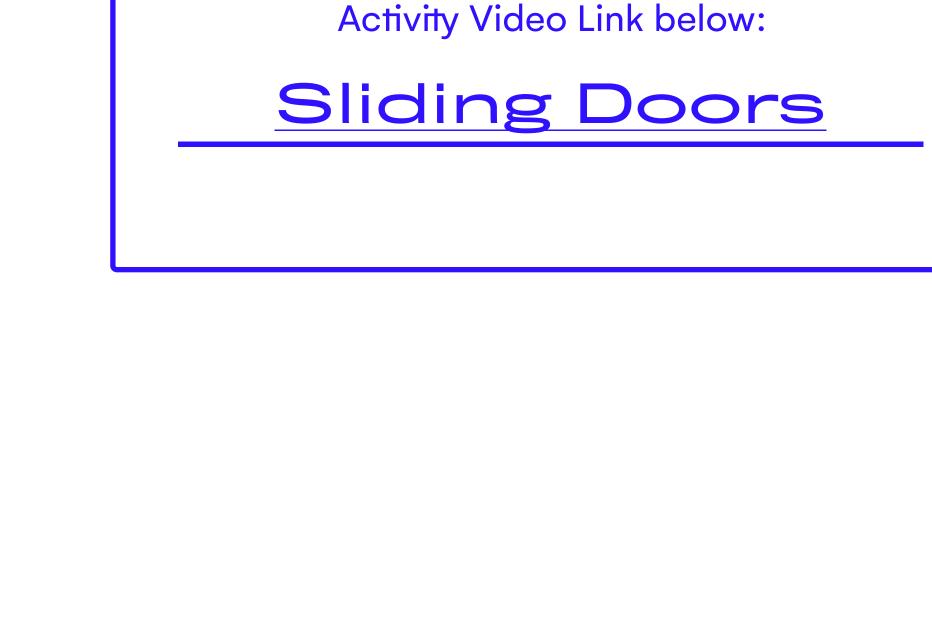
• Two players stand at opposite sides of the square moving from corner to corner with their back to

Make the chaser move only by hopping on one leg/side-stepping. Make it more challenging:

Make the square/rectangle smaller. Make children dribble a ball. Make children move in different ways/start from different positions (dynamic plank, crab, bear).

Key questions to ask at the end of your session:

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



Can you describe a moment where you were able to change direction?

- PLAY WELL: SESSION PLAN 2

2: What were the things you did to help you change direction?



COACH

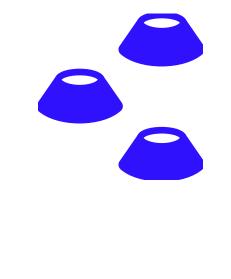
KIDS



10-15 Mins

Save the Egg

Activity:



Time:

Equipment Required:



Focus:

For children to be able to... Pass a ball to another moving child in

2: Lure opponents before passing the ball

3: Move into open space to receive the ball

1 x Ball, 4 x Cones per area

 Split the kids into groups of 3 players. • 2 teams play each other.

How to play

• One of the teams is trying to make 5 passes in a row without the other team (the magpies) stealing the

2: Allow children to discuss their team strategy

Be sure to:

1: Set up and stand back. Let the

2: Allow children who are doing well to

demonstrate the skill to others

children experiment

Key questions to ask: How can we make it harder for the defender to stay on us?

egg (the ball).

jumps, etc).

- How can we make it harder for the person I mark to get free? Make it easier:
- Have a joker (a player that's always an egg keeper to give them an advantage). Make it more challenging:

Do not allow defenders to rip the ball from the ball handler.

Have a joker (a player that's always a magpie to give them an advantage).

• If a team steals the egg they try to get 5 passes and so on.

- 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?

Key questions to ask at the end of your session:



PAGE: 2

• Every time a team completes 5 passes they get a point and the other team has to do a forfeit (star

Activity Video Link below:

Save the Egg

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