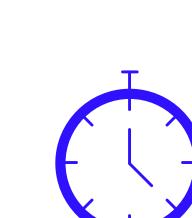


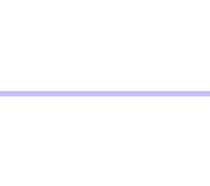
Activity:

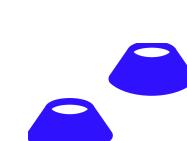
Volcano Madness



Time:

10-15 Mins





Equipment Required:



20-30 cones of any colour

Focus:

For children to be able to...

- 1: Move around at different levels (high/low) at different speeds
- 2: Change direction in relation to other moving children
- 3: Track objects as they move

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

How to play

- The children are on an island that's full of volcanoes (cones)
- All of a sudden the volcanoes are starting to erupt and explode! • The red team are the volcano children and are trying to keep the volcanoes burning (upright).
- The blue team are the children of the sea and are trying to put the volcanoes out (turn them upside-down).
- They go for 20 seconds and see which team wins.

Key question to ask: How might we be able to move between volcanoes to turn them over quickly?

Use less cones.

Make it easier:

Make the area smaller.

Make the space bigger.

Make it more challenging:

Ask players to control an object as they move around. Make players move in more different ways: crawling, hopping, crab etc.





PLAY WELL: SESSION PLAN 3

KIDS

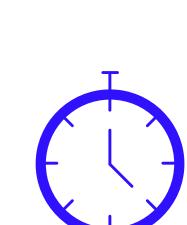
COACH

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Activity:

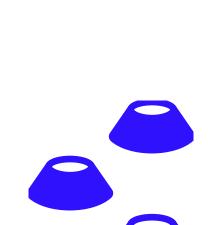
Crocs in the River



Time:

10-15 Mins





20 x cones, 8 x flat spots, 1 x ball of any kind (mixture of

Equipment Required:

large and small)



Be sure to:

few moving parts

- 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

Explain the activity clearly. There are a

• Explorers are not allowed to dribble or run with ball and Crocodiles can only move sideways on their line. open for the pass.

How to play

• The kid with the ball has to track the movement of all of their teammates and the crocs and decide who is • The kids without the ball have to keep track of the crocs and make sure they move into an open space to

• Three intrepid explorers have to take the gold (the ball) from one bank of the river to the other.

receive the next pass.

• But in the river there are 2 hungry crocodiles that love gold.

- Key question to ask the crocs: How might you stay balanced when moving from side to side?
- Key question to ask the explorers: How might you unbalance the crocs?
- Make it easier for the crocs/more challenging for the explorers: Allow the crocs to move anywhere they want.

When an explorer has the ball, they must stand on one leg.

- Make it more challenging for the crocs/easier for the explorers:

WELL: SESSION PLAN 3

The crocs can only move while hopping on one leg.

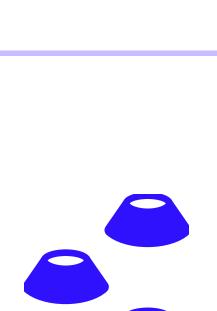


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Continuous 3v3

10-15 Mins



Time:

Activity:

2 x Goal / 4 x Large Cones

Equipment Required:

1 x Ball, 20 x Small Cones,



Focus:

Arrive in space at a good time to score

For children to be able to...

avoid defenders stealing the ball

Be sure to: 1: Explain the activity clearly. There are a

How to play Make 4 teams of 3. • 2 Teams play 3v3 (any type of invasion game: football, basketball, rugby, etc) • The other 2 teams are waiting on the half way line.

How many strategies can you think of to score as many points as possible?

• If no teams score after 1 minute, the team that had been on the longest goes off and a new team comes on. • If a team wins 2 in a row, they go off to give everyone a chance to play.

• The team that scores stays on and the next team comes on.

Make it easier: Make the playing surface bigger

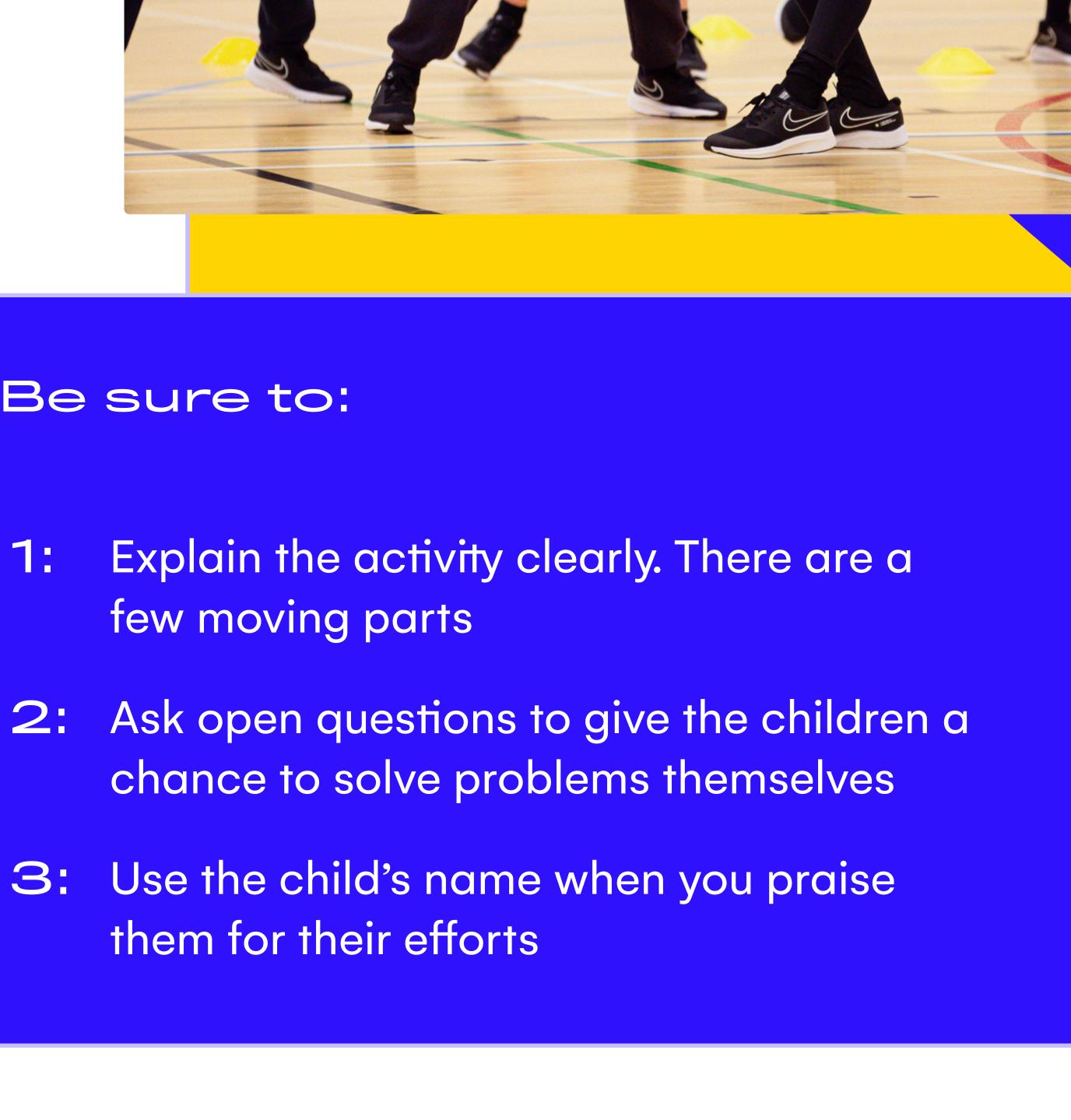
Key questions to ask:

How will you ensure that you are free to receive a pass?

Allow offloads to coach if a player gets stuck.

Make playing surface smaller. Offensive players not allow to dribble. Set a minimum number of passes before a goal can be scored.

- Defenders cannot steal the ball of the player with the ball. They can only steal the pass.
- Make it more challenging:
- Key questions to ask at the end of your session: Can you describe a moment where you moved into space at the right time?
- 2: What were the things you did to help you do this successfully? 3: Where might you use this skill in the future?







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