Spacing is a key play skill. This is essential for observing and finding spaces to pass and receive moving objects, as well as avoid and dodge other children. This is important for children of all ages in all sports. Here are three activities that will help children develop their Spacing skills. More specifically, these activities encourage children to see open spcaes and cooperate with teammates.



Activity:
Rollerball

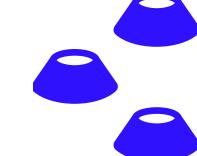


10-15 Mins



4 x Cones, 5 x Balls

Equipment Required:



Focus:

For children to be able to...

1: Find a player in open space to pass to

- 2: Receive in open space

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

- Make a big square with cones.
- All players are inside the square.
- The coach throws in 4 or 5 balls and each ball has to be passed (rolled) to an available player. First player to get 10 passes wins.
- Key questions to ask:

What can you do to be quicker in this game?

What is important to do to make sure no one gets hit by the balls?

Make it easier: Make the square smaller.

Use less balls. Same type of pass for every ball.

Make it more challenging:

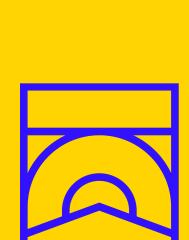
Make the square smaller.

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

baseball pass).



Rollerball



COACH **KIDS**

PLAY WELL: SESSION PLAN 4

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Ball Tag

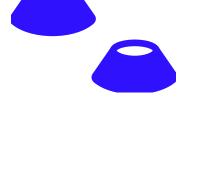
Activity:



Time:



10-15 Mins



1 x Ball, 4 x Cones per area

Equipment Required:





For children to be able to...

Focus:

1: Restrict space for children being chased

2: Anticipate where the children being

chased will move next

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

Be sure to:

- 2: Allow children to discuss their strategy

• 2 are the taggers and 1 is trying to avoid being tagged. • The taggers are not allowed to run with the ball and can only tag by catching a pass close enough to

How to play

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

Set up a small square of 3x3 metres.

• Split the children in groups of 3.

- What spaces are safer to avoid being tagged? How can we work together to make it easier to tag the evader?
- Make it easier: Make the square smaller. Have 3 taggers.

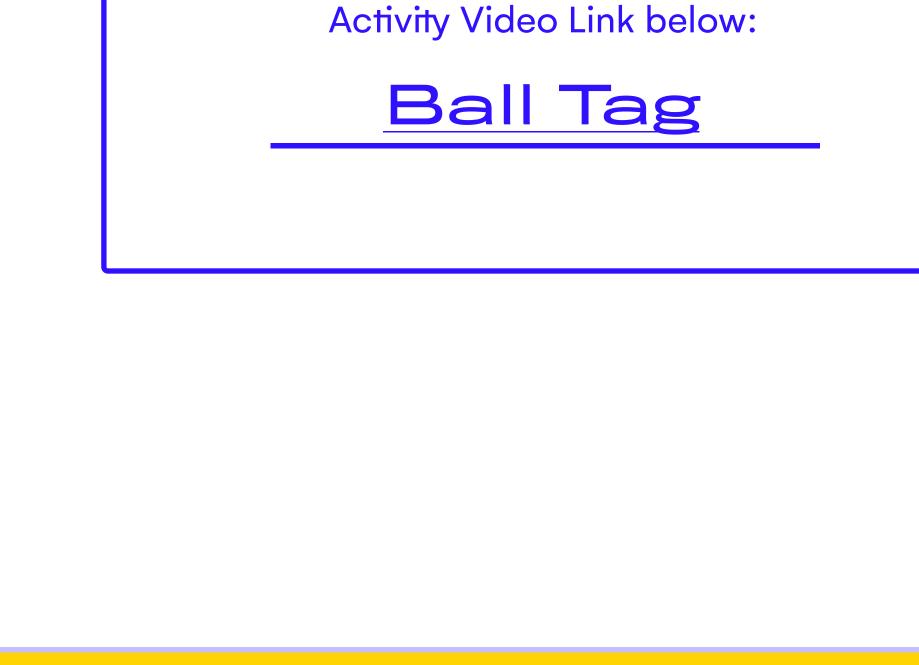
Restrict mobility of the player being chased. Make it more challenging:

Make square bigger. Use a smaller ball.

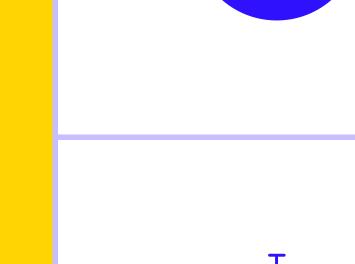
Add additional taggers and evaders.

COACH KIDS

PLAY WELL: SESSION PLAN 4



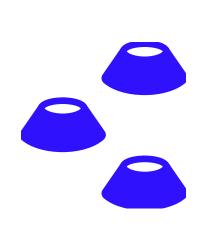
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Activity:

10-15 Mins

Crazy Baseball



Time:

Equipment Required: 1 x Ball, 20 x Small Cones, 1 x Goal / 2x Large Cones,



For children to be able to...



2: Cooperate as a fielding team

chance to solve problems themselves 3: Use the child's name when you praise

them for their efforts

1: Explain the activity clearly. There are a

2: Ask open questions to give the children a

few moving parts

• Split the kids into 2 teams (or 4 if you have enough space to run two games at the same time). • The batting team is going to kick/throw a spongy/tennis ball as far as possible, and the fielders have

(rugby), etc. Key question to ask:

One team is "batting" and the other is fielding.

opposition's goalie. For every score they get a "run".

How to play

How can I make it harder for the fielders to return the ball quickly? Make it easier:

to work together to bring it back to the plate by passing it to each other.

• When everyone has "batted", change over. At the end count which team has more runs.

Remove the goalie. Make fielders move in different ways (hopping on one leg; bear crawl; crab; side-steps).

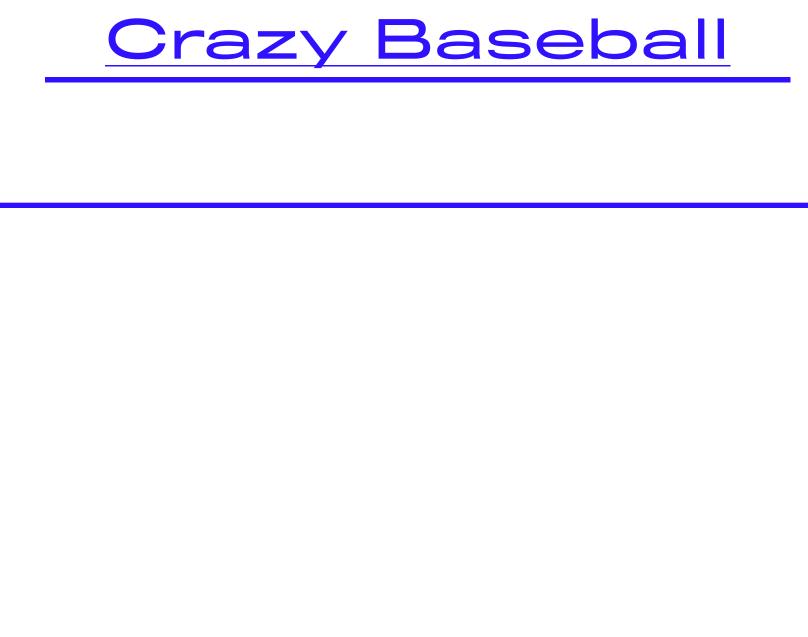
Make it more challenging:

- Use less fielders.
- Add more fielders.
- Throw/kick with non-preferred hand.

• While the fielders are doing that, the batsman tries to score as many penalties as possible against the

• You can swap shooting penalties for any activity related to your sport: free throws (basketball), kicks

- Key questions to ask at the end of your session: Can you describe a moment where you exploited a space?
- 2: What were the things you did to help you to exploit that space successfully? 3: Where might you use this skill in the future?



Activity Video Link below: