

WEEK 6

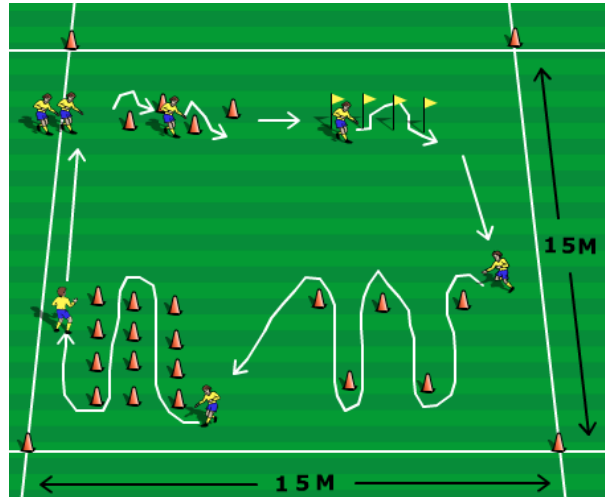
Focus – Physical Literacy
Activity Name: Obstacle Course

Organization

Set up an obstacle course inside a designated area. The children start at the first station and move in a clockwise direction around the course carrying out the exercises shown below. Parents follow and encourage their child.

Variations

1. Hops (1 footed & 2 footed)
2. Running backwards
3. Sideways shuffles
4. Introduce a ball at 3, 4 or 5.



Emphasis

- Listening
- Following Instruction
- Physical Literacy
- Having Fun!

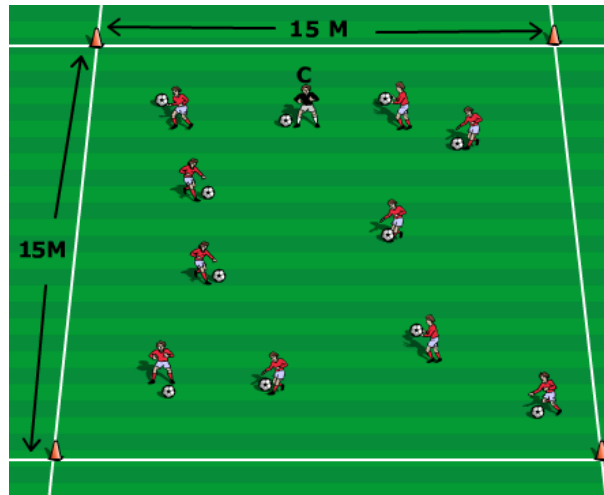
Focus - Ball Literacy
Name of Game: Making friends with the ball

Organization

Players partner with their parents and find space in the area. Game starts with parents rolling the ball back and forth with the children. Parent and children take turns tossing and catching the ball back and forth to one another. Parents then hold the ball out (quite low to start) and drop it letting the child control it with the bottom of the foot. Have the child shout "Ole!" when successful in controlling the ball. Parents can play a pass 5-6 yards away and have child run and get the ball and bring it back. Parent send with legs shoulder width apart and child kicks the ball between their legs – child then dives on the ball on the other side. Repeat with child retrieving the ball with feet. Switch role to have child play a pass and parent retrieving the ball. Have parents set up a small net with cones and have them act as a passive goalkeeper with child taking shots on them to score.

Alternatives

Harder – Instead of parents perform in partners. Increase distances and add Competition between partners



Emphasis

- Close Ball control
- Coordination
- Control
- Dribbling
- Shooting

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Focus – Ball Literacy
Name of Game - King/Queen of the Ring

Organization

Players have a ball each. Players must keep ball within a defined area .
 Players are encouraged to kick other balls out of area. When a player gets their ball kick out of the grid, they must leave the grid and practice a skill (3 juggles, toe taps etc) and then they are allowed to return to grid.
 Ask players to keep track of how many times they lost possession.

Alternatives

Easier – Parent and child can play keep away in pairs. Parent letting child enjoy success

Harder - Progress to last man standing (King/Queen of the ring). When a player gets their ball knocked out of the square they are now “out” and are not allowed to return to the grid. They remain outside the grid cheering for their teammates. Continue this until everybody is knocked out and there is only one player left. This player becomes the King/Queen of the Ring.



Emphasis

- Keep Ball close
- Dribbling
- Shielding ball
- Moving away from danger
- Having Fun



Focus – Small sided Game
Name of Game – Chain Soccer

Organization

Set up a small grid, depending on number of players.
 Separate players/parents into 2 teams as shown below.
 Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.

Alternatives

- Easier (U4):** Put two balls so each can score goals
Harder (U6) – No parents. Ask children to link arms and work together to stop goals.
Harder (U6) – Increase the # of players called into the grid to 2 or 3.



Emphasis

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

