

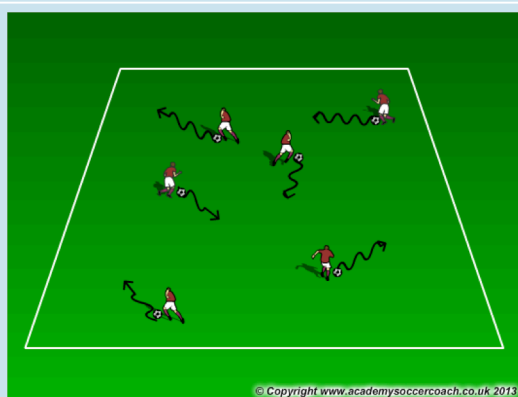


## Balance and coordination Warm up

Players run around square throwing ball up and catching

- Players clap before the catch
- Players bounce ball of thigh
- Players bounce ball of head
- Players kick ball and catch

Allow players to throw ball only a certain height



## ACTIVITY – Traffic Lights

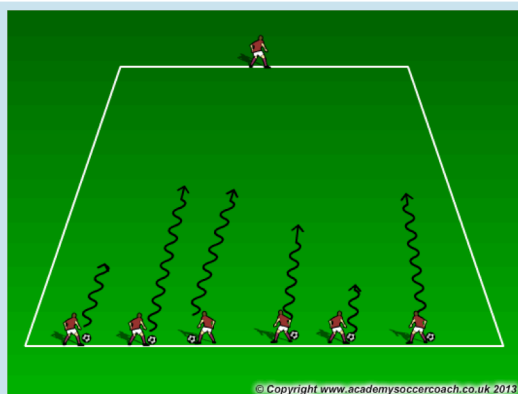
Players dribble around in square watching not to bump into anyone. Coach can say color or hold something up of the color so players have to have head up.

Green – Players move around in box

Red – Player stop by putting foot on the ball

Yellow – Players move slowly

U turn – Player perform a drag back



## SMALL-SIDED – “What’s the time Mr/Mrs Wolf”

All players have a ball and stand at opposite side from the wolf, who has their back to players. Player then ask “What’s the time Mr wolf” Wolf answers a time “ 5 o’clock” Players then take 5 small touches toward the wolf. Players ask again. Finally wolf will reply “dinner time” and turn and chase players. Players have to perform a drag back and then run back to safety of where they started.



## GAME – 3 v 3

LET THEM PLAY !!