

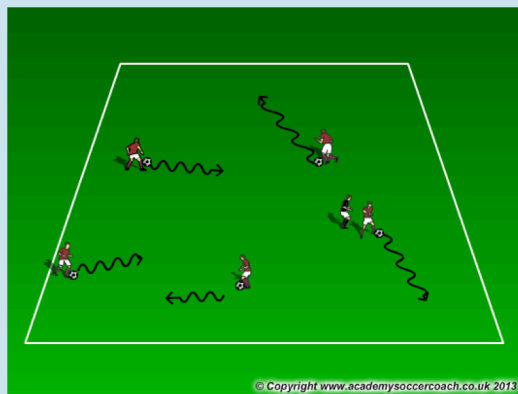


Balance and coordination Warm up

Players run around square throwing ball up and catching

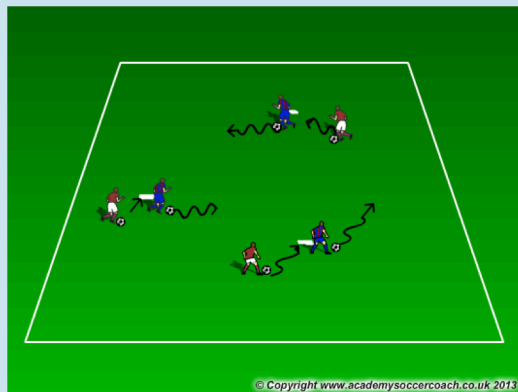
- Players clap before the catch
- Players bounce ball of thigh
- Players bounce ball of head
- Players kick ball and catch

Allow players to throw ball only a certain height



SMALL-SIDED ACTIVITY – Shark Attack

All players have a ball and dribble around in square. “shark” chases players without ball and tries to kick players ball out of square. If players ball goes out of square they must run and get it and perform 5 drag back before coming back in to game



SMALL-SIDED ACTIVITY – Foxes and Farmers

Split team into two groups – foxes and farmers. Foxes have a pinnie hanging out their shorts, creating a foxes tail. Each player has a ball and the farmers have to try and dribble the ball as they catch the foxes tail.



GAME – 4 v 4

LET THEM PLAY