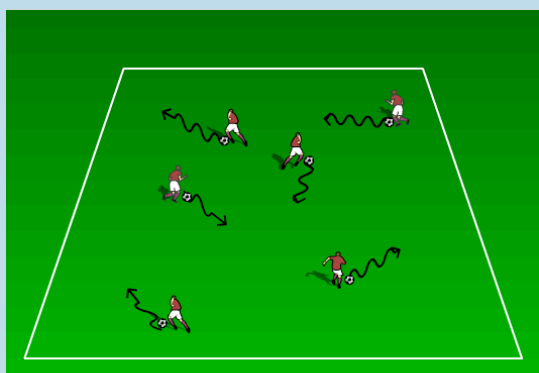


WARM-UP – Balance and Coordination

Players run around square throwing ball up and catching

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

Allow players to throw ball only a certain height



ACTIVITY – Knockout

Each player has a ball and dribbles around in the square. Players try and knock each other balls out of square. When your ball is knockout you are out. You can play several games

Keep ball close – step touch step touch

Keep ball safe – on outside of body

Be aware – head up

ACTIVITY – Soccatag

One player has a ball and dribbles around trying to “hit” other player with the ball below the knee. When players are hit they grab a ball and join catcher.



GAME – 4 v 4

Encourage them to use turns

LET THEM PLAY !!