



Future Stars week 6

Category: Physical: Agility
Difficulty: Beginner

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Warm Up (5 mins)

Warm Up

Organization:

Children and their parents can either line up on the white line (toes on the line!) or stand in a large circle around the facilitators.

Procedure:

Sing: Head, shoulders, knees and toes

First go over what body parts are where. Have every child find their head, shoulders, knees, toes, eyes, ears, mouth and nose.

Explain what we can use each body part for (i.e. eyes for seeing where we are going, ears for listening to our coach and our friends, etc.) Sing the song once or twice.

Stretching: Have the children try and touch the ceiling by lifting their hands over their head, and then touch the grass. Ask them to stand on their tippy toes and then touch the grass. Do this a few times. Next have them sit and touch their toes, then lie down and pretend to sleep. Do this a few times (this teaches the children to get up quickly after they have fallen). Have the children stand up and sit a few times as well. Carry on with other stretches such as arm rotations, holding one foot off the ground, etc.

Sing: Sillies Song

"You gotta shake, shake, shake your sillies out; Shake, shake, shake your sillies out; Shake, shake, shake your sillies out; Wiggle your waggles away."

"You gotta clap, clap, clap your crazies out.."

"You gotta stretch, stretch, stretch your stretchies out.."

"You gotta jump, jump, jump your jiggles out.."

"You gotta yawn, yawn, yawn your sleepies out.."

"Last time! You gotta shake, shake, shake your sillies out.."



Catch a Tail (10 mins)

Focus: Attention and Listening

Instructions: First have all the childrens parents surround the grid. Bring the children in and have them choose an animal to be that has a tail. Tell the children the pinnie will act as their "tail." Tuck the "tail" into the back of their shorts. Have the children run around the grid and have the coaches attempt to pull out their "tails."

Progression: Make a child be it and chase the other children in an attempt to grab their "tails"; if the children are very young have the parents be it

Coaching Points: Heads up. Keep running.

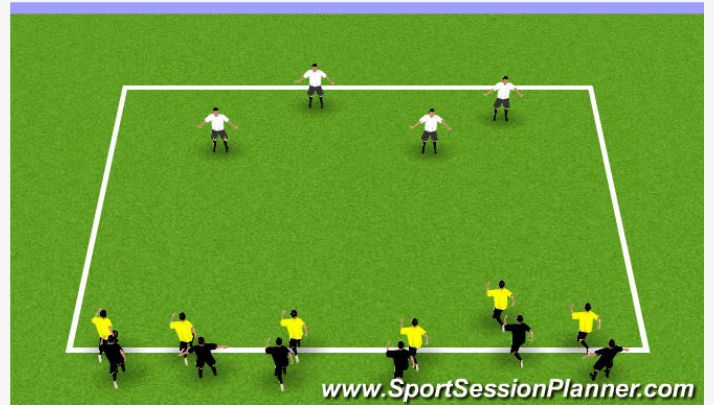


Joey Roundup

Focus: Jumping

Instructions: Instruct all the children to place their toes on the line. Invite the parents to join them. Have the facilitator become "Boomer" a big kangaroo, and all the children become "Joeys" a small kangaroo. Joeys must hop from one side of the field to the other without being tagged by the Boomer. If a child gets tagged they become a "Boomer" with the facilitator.

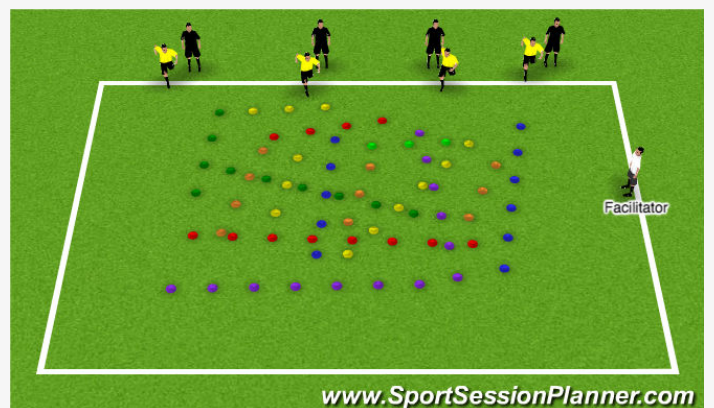
Coaching Points: Heads up. Keep running.



Colour Cones

Focus: Jumping and Movement

Instruction: Coach lays out as many coloured cones as possible. The children are to place themselves at the edge of the grid with their parents. Children are to hop up and down on the line waiting for the coach to call out a colour. Once the coach does so the children run out, pick up one coloured cone and bring it back to their parent and resume jumping up and down. Once all the cones have been collected ask the children to count all their cones. High five each child on their accomplishments and play again.



Lava Hoops and Hurdles

Focus: Attention, Jumping and Listening

Instructions: Scatter several hulla hoops and hurdles around the field. Bring the children to the centre and explain that they are on a volcano that could erupt with LAVA at any moment. Explain that they hurdles and hoops are obstacles they must jump over while running around the mountain. If they hear the facilitator shout LAVA, every child must run as fast as possible to the outside parameters of the field to get away. The facilitator then shouts SAFE, so that each child may begin running around the mountain again.



Cool Down- Bubbles (5 mins)

Each coach should have a set of bubbles in their hand. Blow the bubbles with a group of 5-6 children in front. Encourage them to pop one at a time.

Give each child a chance to blow the bubbles as well if they'd like to.

Do this for about 5 minutes before you call in all the children and their parents to do tunnel time.



Tunnel Time

Call in all parents and coaches to make a large tunnel with their hands.

Have one coach gather all the children in front of the tunnel while the parents set up. Once the parents have formed a tunnel have the children run through. Once every child has had a chance, clap and give out high fives.

Gather the children one last time to hand out stickers. Ensure you give out high fives and tell the children, "See you next week!" **

NOTE ** Please hand out stickers right at the end of session and not a minute before.

