

Coach

Session date

Team/Age Group

Theme

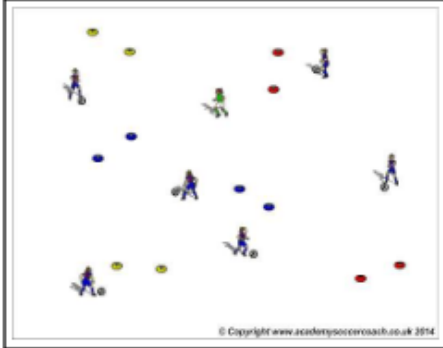
Time available



NOTES

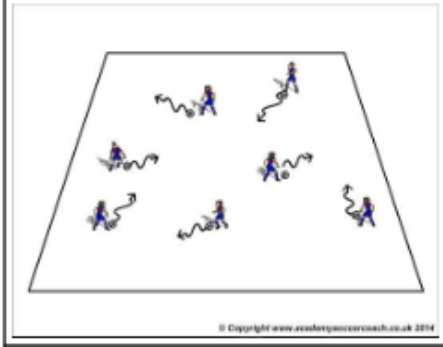
Pairs Tag

- In a small grid nominate 2 players to be the taggers
- The pair must hold hands and tag as many players as possible
- When tagged, players should look to high five one another to free teammates
- Change the nominated pair each minute



Dora the Explorer

- Dora is going exploring! Each player has a ball and should dribble about the grid going through gates into new worlds
- Encourage players to tell you which new world they have just discovered e.g. "I'm in space"/"I've found Disneyland" etc. and ask them what they can see there?
- After a few minutes introduce 'Swiper' who tries to swipe the soccer balls and stops Dora finding new worlds.
- If Dora traps the soccer ball and shouts "Swiper no swiping!", Swiper must retreat.



Captains Ship

- All players have a ball. Make best pirate noises.
- They should dribble (explore) around the ship and follow various commands;
- Coach: Aye Aye Matey. Kids: Aye Aye Captain (trap)
- Coach: Climb the rigging. Kids: toe taps
- Coach: Look out to sea. Kids: stop and say what they see.
- Coach: Walk the plank. Kids: Roll over
- Coach: The seagulls are coming. Kids: jump and protect ball from the seagulls (coaches)
- Coach: scrub the deck (seagulls pooped on deck). Kids: heel to toe rolls, both feet, fast.



Marbles

- Each player has a ball and dribbles around the grid
- They should try to kick their soccer balls at as many others as possible while attempting to not allow others to hit their own

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