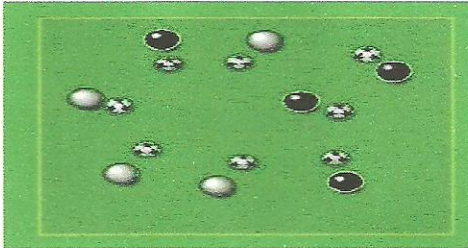
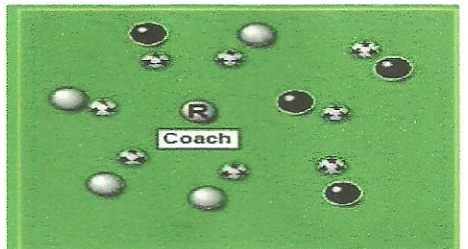

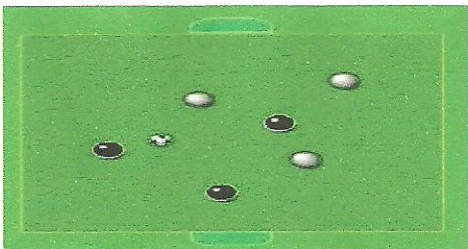


PLAN:	001	TOPIC	Agility, Balance & Coordination (A, B, C's) 1
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KEY:	—————→ Ball Lane	-----→ Movement without Ball	~~~~~→ Run with Ball
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12 min	SESSION 1	Simon Says
	ORGANIZATION	TECHNIQUE
	30 x 25 yards, everyone has a ball, Coach is "Simon", Coach says "Simon says do the following" – (without a ball) - jumping jacks, stand on one leg (With a ball) - left hand throw, right hand balance, kick with left.	
		KEY POINTS
		Decision making, Movement education, Repetition in ball touches, balance and eye – foot coordination, Have fun!
12 min	SESSION 2	Animals
	ORGANIZATION	TECHNIQUE
	30 x 25 yards, Everyone has a ball, Players dribble ball with their feet, The coach calls out an animal's name and everyone dribbles like that animal (dog – on four legs etc) , Progression: Ask players to name animals and ask how their favorite animals would dribble	
		KEY POINTS
		Movement education. Repetition in ball touches, balance and eye – foot coordination. Decision making, Water break after activity.
12 min	SESSION 3	Countries
	ORGANIZATION	TECHNIQUE
	30 x 25 yards, 3 boxes inside named as countries, Everyone starts without a ball, the coach calls a country (box) everyone has to get there as fast as they can	
		KEY POINTS
		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making.
24 min	SESSION 4	3 v 3 Game
	ORGANIZATION	TECHNIQUE
	30 x 25 yards, 3 boxes inside named as countries, Everyone starts without a ball, the coach calls a country (box) everyone has to get there as fast as they can	
		KEY POINTS
		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.