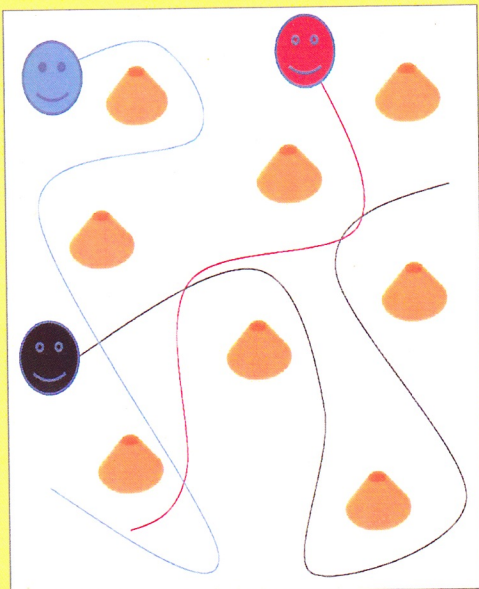


# ACTIVITY PLANNER

## UNDER 6 - 9 WEEK HANDLING PROGRAMME

WEEK	WARM-UP	GAME 1	SKILL	GAME 2
1	Snow Paths	Pick Up & Set Down	Pick Up	Swop Shop
2	Touch the Domes	Leg Goals	Rolling/Fielding Scoop Lift	Find a Goal
3	Numbers	Pick up a Rolling Ball	Rolling/Fielding Bowling Roll	Shadow Pick-up
4	Shapes	Hot Cross Buns	Bouncing	Hoop Bounce
5	Bridges & Rivers	Progressive Hoop Pass	Body Catch	Over The Bridge
6	Here, There and Everywhere	Fill The Empty Corner	Shoulder Throw	Defender in the Middle
7	Dodging	Pick the Fruit	Reach Catch	Jump for the Stars
8	Volcanos & Craters	Over The Middle	Over Head Catch	Jump to Score
9	Dodgems	Piggy in the Middle	Qualities of a Pass	Across The Court

### Snow Paths: Week 1



#### How to Play?

- Ask children to make different pathways in and around the domes
- Challenge children to travel from their own dome about all the other domes
- Walk initially before challenging them to jog

**Under 6 Handling - Week 1**



# Snow Paths

## Make it harder

- A pathway described here is a change from one straight line to another
- Children can also change pathway by zig-zagging and travelling in curve shapes
- Challenge them to change speeds as they travel
- Encourage children to change direction - where a child changes from moving forwards to moving backwards/sideways etc.

## Make it easier

- Use children's creative imagination to imagine a snow storm this help stimulate your session
- Stress the importance of looking for the 'free pieces of floor' to move into at all times
- Walk at first

## HANDLING: Week 1 Game 1: Pick Up & Set Down



### FOCUS

- Challenge children to stop and pick up a stationary ball

### RULES - HOW TO PLAY

- Spread different sized balls, bean bags etc. out in a designated area
- Children lift 1 item at a time
- Half the group then proceed to carry the ball and place it in a new area (space)
- Repeat process for certain length of time then allow other group to repeat

N.B. If space is adequate allow all to lift & set down at the same time

- Challenge children to lift as many different balls as possible in 10 seconds

Under 6 Handling - Week 1



#### HARDER

- Repeat with player moving and picking up a stationary ball
- Challenge them to pick up a moving ball
- Make space smaller
- Whole group work at the one time

#### EASIER

- Introduce more equipment and allow a few children at a time
- Greater space

#### COACHING POINTS

##### HEAD

- Head over the ball when lifting, watching for other children and new spaces
- Look for free 'Pieces of Floor' to place ball down

##### HANDS

- Spread fingers around the sides of the ball when lifting and setting down
- Cup hand to lift small pieces of equipment

##### FEET

- Bend knees when lifting and setting down equipment
- Keep feet one foot in front of the other and to the side for easier lifting

#### EQUIPMENT:

Large Balls x 5

Medium Balls x 5

Small Balls x 5

Hoops

Quoits

#### WEEK 1: SKILL CARD 1: Pick Up - Stationary & Moving



#### KEY COACHING POINTS

##### HEAD

- Head down and keep eyes on the ball all the way into the hands
- Look about to see where to move to next

##### HANDS

- Reach down and grip ball with big hands around the sides of the ball
- Spread your fingers in order to get a better grip
- Bring ball to body quickly

##### FEET

- Bend knees when setting down and picking up to help bend the back
- Place one foot alongside and slightly in front of the ball
- When picking up ball to your right your left foot should be in front and vice versa for ball on your left

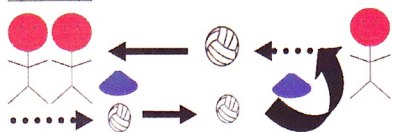
Under 6 Handling - Week 1



### Stage 1



### Stage 2



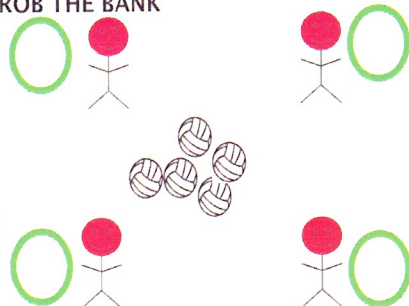
## LESS DEMANDING: STATIONARY BALL STAGE 1

- Stationary ball picked off the ground and set in free space
- Use bigger ball

## MORE CHALLENGING: ROLLING BALL STAGE 2

- In 2's - Player rolls ball and follows the ball picking it up between 2 domes, runs around far dome and rolls back to partner and returns to start

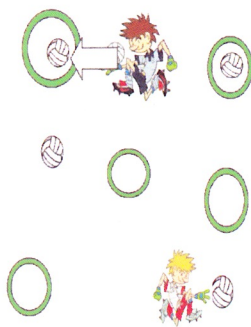
## ROB THE BANK



## HOW TO PLAY

- 4 players at each hoop
- 15 balls in the middle
- Players aim to get as many balls in their corner over 30 seconds
- Once all the balls have gone from the middle, players can pick up from other hoops
- No player is allowed to block anyone off from taking their ball

## HANDLING: Week 1 Game 2: Swap Shop



## FOCUS

- Players work on their pick-up and set-down skills under pressure

## RULES - HOW TO PLAY

- Use a large grid and place hoops randomly about the free spaces
- Place half the balls in the free spaces and the other half in the hoops
- Divide group into two
- Aim - One group move about the area lifting footballs from the hoops and places them in a free floor space
- Other team lifts the balls from the ground and puts them in the shops (Hoops)
- Score - on call to stop check to see how many balls are in the hoops compared to the free spaces
- Winner - Where the most balls are



### HARDER

- Pick up solo and set down while on the run
- Use foot to pick up balls from floor spaces, both right and left
- Set down with one hand and then the other hand
- Introduce defenders to prevent 'pick ups' and set downs

### EASIER

- Use more hoops
- Make the teams uneven
- Use more footballs

### COACHING POINTS:

#### HEAD

- Eyes on the ball then look ahead scanning for empty hoops or free spaces

#### HANDS

- Use big hands around the sides of the ball when lifting and placing the ball down

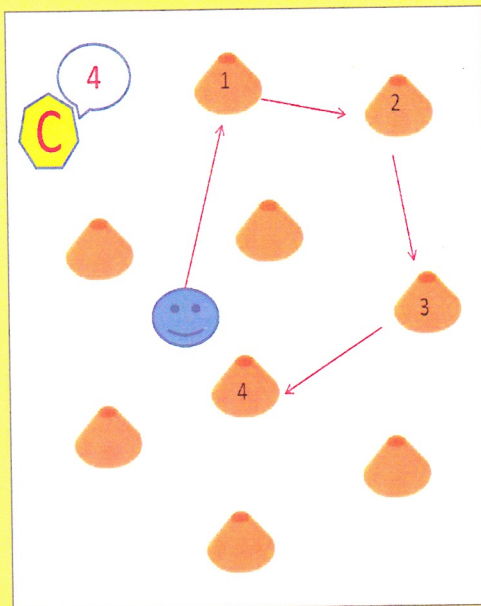
#### FEET

- Put 1 foot along side the ball and 1 behind when picking the ball up
- Bend knees when lifting ball

### EQUIPMENT

- Footballs -1 Per child
- Hoops - 1 Per child
- 30 Domes - 5 Different colours

## Touch the Domes: Week 2



### How to Play?

- Aim to follow coach's instructions moving in and around the area
- Touch as many domes as possible within a set time
- Coach calls out a number children touch that number of domes

**Under 6 Handling - Week 2**



# Touch the Domes

## Make it harder

- Can they use different parts of their bodies to touch the domes e.g. elbows, nose etc.
- Challenge children to move in different ways e.g. hopping, jumping etc.
- Use a smaller area with less domes.
- Use different coloured domes and children must touch different colour each time
- Children start outside grid and move in individually to touch numbered domes i.e. First child touches dome 1 etc.

## Make it easier

- Select a few children initially to touch the domes
- Use half class so the others can watch and copy
- Make the area larger
- Add more cones

## HANDLING: Week 2 Game 1: Leg Goals



### Focus

- To challenge children's rolling skills

## RULES - HOW TO PLAY

- Split group into pairs, player at front No. 1 and player at back No. 2 with ball
- Player 1 makes bridge by spreading legs
- Player 2 will then aim to roll as many balls through the 'Bridges' as possible
- Score: 1 point for rolling ball under each bridge successfully
- On coaches call swap over

**Under 6 Handling - Week 2**



### HARDER

- Encourage players to use bowling roll i.e. one hand in front and other behind
- Players stand further away from bridge
- Make bridge in a different way (Feet & Hands together, 1 foot and 1 hand etc.)
- Use foot to pick ball up into hands
- Introduce defenders to prevent balls being lifted and set down

### EASIER

- Instead of trying to roll through various bridges, player can just roll through their partners bridge/leg
- Make bridges wider

### COACHING POINTS:

#### HEAD

- Look at target, then eyes on ball when rolling

#### HANDS

- Use 2 Hand Underhand Throw for Scoop Roll (Both hands around sides of ball and roll from between legs) and 1 hand in front and 1 hand behind to send using Bowling Roll (Ball rolled from side of body)

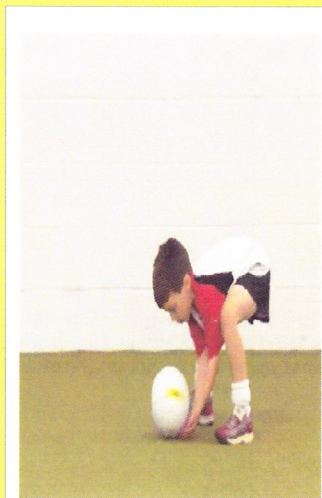
#### FEET

- 2 feet shoulder width apart for Scoop Roll and 1 foot in front and 1 foot behind for Bowling Roll.
- For both rolling methods use bent knees

### EQUIPMENT

- 1 Ball between two players

### WEEK 2: SKILL CARD 2: Two Handed Underhand Scoop Pick Up & Roll



### KEY COACHING POINTS

#### HEAD

- Eyes on the ball at all times but..
- Look about you to see where you hope to move to next

#### HANDS

##### Receiving/Fielding

- Place backs of hands on floor
- Allow ball to roll up hands into body
- Then 'cuddle' into chest

##### Sending - Scoop Roll

- Hold ball tightly around the sides
- Bring ball between your legs
- Bring hands forward and release in front of body
- Run around in front of ball to execute the Scoop Lift

#### FEET

- Shoulder width apart and bend knees





## Scoop Pick Up

### LESS DEMANDING

- 1's Use softer sponge ball
- Roll ball against a wall and Scoop Lift the rebound
- Roll ball, jog around in front of ball and let it roll up your hands into your arms
- 2's Both sender and receiver static

### MORE CHALLENGING

- 1's Roll ball, run alongside and Pick Up
- 2's Roll & Run – Passer rolls and moves to a free space for partner to repeat
- 2's Passer remains static and rolls to a walking/jogging receiver

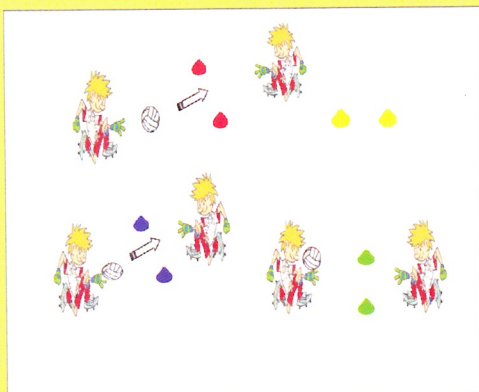


### HOW TO PLAY

#### GATE BALL:

- Pairs with ball each
- Player must roll through a coloured gate and partner must scoop lift before they can move together to another gate
- Each successful roll through a different gate equals a score
- If there is another pair at a gate then wait until they have finished or move to another free gate
- Winner – First to 5 Goals

### HANDLING: Week 2 Game 2: Find a Goal



### FOCUS

- To challenge passing skills using targets

### RULES – HOW TO PLAY

- Divide into pairs
- Each pair has two cones 1m apart (goal) in a marked out grid (15m x 15m)
- Players must pass the ball through the goals
- Each time they pass the ball, a goal is scored and they get 1 point
- Which pair can score 10 points first?
- Challenge pairs to move about and find different goals to roll ball through



#### HARDER

- Make goals smaller
- Stand further back from cones
- Introduce goalkeepers to move about goals
- Introduce kicking and striking

#### EASIER

- Make goals wider
- Use bigger balls
- Any method of passing (Rolling etc.)
- Move closer to goals

#### COACHING POINTS

##### HEAD

- Look at target while aiming
- Aware of the space and other players in the grid
- Eyes on the ball, the whole way into hands when receiving

##### HANDS

- Scoop Roll – throw from between legs with both hands around the sides of the ball
- Bowling Roll – Throw from the side of the body with one hand behind to send the ball while the other supports the ball in front

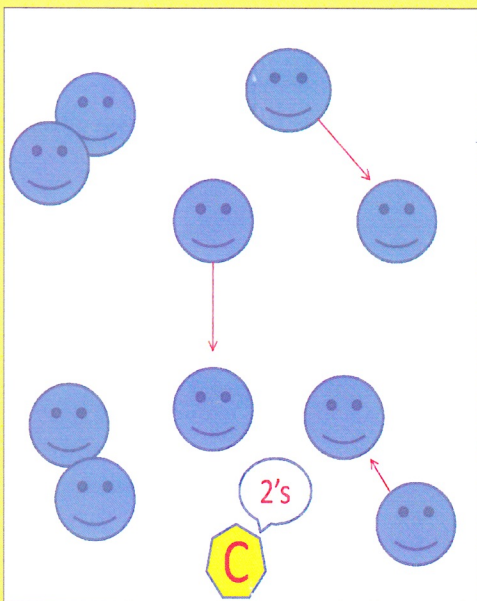
##### FEET

- Receiving – Get your feet behind the ball at all times
- When sending ball from right side, left foot should be forward

#### EQUIPMENT

- Balls
- Cones
- Bibs

## Numbers: Week 3



#### How to Play?

- Aim to follow coach's instructions moving in and around the area
- The group run about until a number is called e.g. 'Two', the players pair off etc.

Under 6 Handling - Week 3



# Numbers

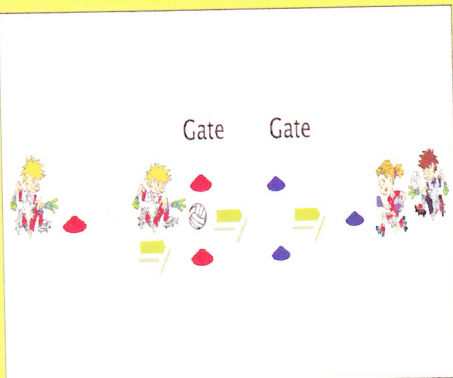
## Make it harder

- Repeat above travelling in different directions i.e. backwards etc.
- Use visual stimuli i.e. colour domes e.g. Red = Sideways; Green = Forwards etc.
- Let children work out number called i.e. 5 – 2 etc.

## Make it easier

- Use half class so the others can watch and copy
- Use more coloured cones
- Use a larger area

### HANDLING: Week 3 Game 1: Pick a Rolling ball



#### FOCUS

- Picking up a moving ball while on the run

#### RULES - HOW TO PLAY

- 4's line up as shown with 2 at one side and 2 at the other
- Use 6 domes to set up start lines and 2 gates in between as shown
- First player rolls ball gently through the gate (2 red cones)
- Player runs alongside it and picks up ball before blue gate
- Repeat for second blue gate
- 1 Point for each run and a bonus point for successfully picking up balls
- Pass ball to next player in line and repeat task

Under 6 Handling - Week 3



### HARDER

- Roll ball and pick up on non preferred side
- Use foot to pick ball up into hands, both right and left

### EASIER

- Children walk and pick up static ball
- Roll ball run around in front and pick up between each gate

### COACHING POINTS

#### HEAD

- Eyes on the ball at all times
- Look up to see when to roll and pick up

#### HANDS

- Use Bowling Roll when on the move or the easier Scoop Roll if static
- Reach down with both hands around the sides of the ball

#### FEET

- Keep your feet one in front of the other, along side the ball when picking up
- When picking ball up on your right side keep left foot forward and right foot behind

### EQUIPMENT

- Balls
- Cones

### WEEK 3: SKILL CARD 3: Bowling



### KEY COACHING POINTS

#### HEAD

- Head over the ball when picking up

#### HANDS

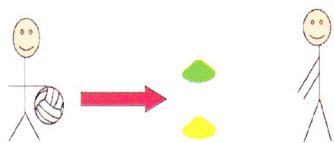
- Dominant hand behind ball, with other hand in front of ball for support
- Bring both hands back behind body and release with fingers on follow through
- Dominant hand controls direction and power of throw

#### FEET

- Stand with opposite leg to throwing hand in front of ball
- Feet pointing to direction of intended target
- Take weight from back foot to front foot as you release ball



### BOWLING ROLL THROUGH TARGET TO PARTNER



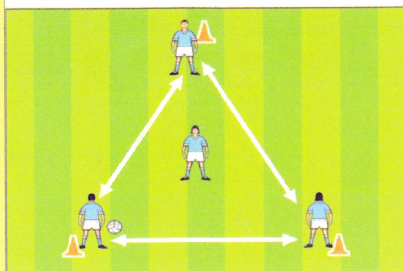
#### LESS DEMANDING

- Move domes further apart
- Move closer to targets
- Use bigger ball

#### MORE CHALLENGING

- Use non preferred hand behind ball to pass
- Move further away from target
- Introduce a defender

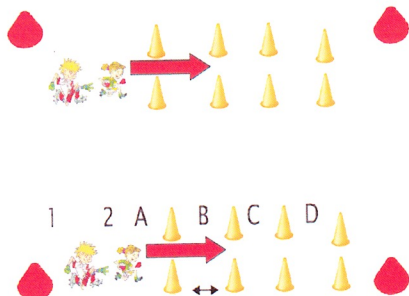
### PIGGY IN THE MIDDLE



#### HOW TO PLAY

- Mark out a triangle
- One player at each cone, with a fourth acting as "Piggy" in the middle
- Players must use the "Bowl Roll" in order to pass the ball to the free player
- "Piggy" tries to intercept the ball
- The player whose pass is intercepted, becomes the new "Piggy in the Middle"
- Which trio can accomplish the most successive passes

### HANDLING: Week 3 Game 2: Shadow Pick Up



#### FOCUS

- This station focuses on the child's ability to pick up a rolling ball

#### RULES - HOW TO PLAY

- Set up domes and cones as shown - leave a space of about 3m between the cones
- Child 1 has to roll the ball through Gate A while being shadowed by partner
- When he rolls it player 2 has to pick it up and then rolls it through gate B for player 1 to pick up and so on
- 1 Point for going through every gate and 2 points for the first team back
- See how many points they can get in 30 seconds

Under 6 Handling - Week 3



#### HARDER

- Have the partner making slight contact
- Decrease the distance between gates
- Use foot to pick ball up

#### EASIER

- Don't roll the ball just place it down
- Increase the distance between the gates to allow more time for pick ups

#### COACHING POINTS

##### HEAD

- Keep your eyes fixed on the ball the whole way into your hands

##### HANDS

- Use big hands to lift a ball, bring into chest when they lift a ball

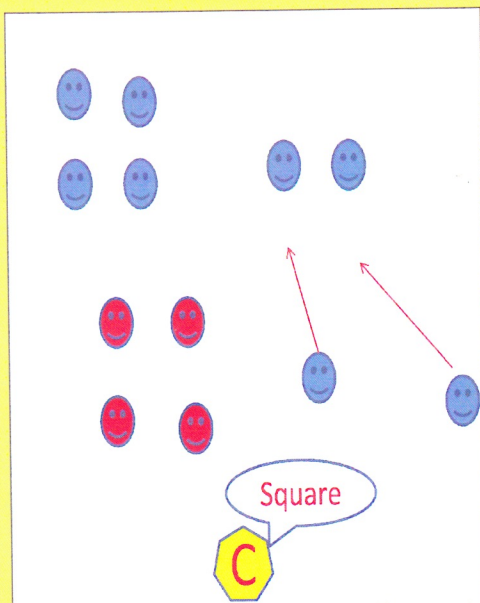
##### FEET

- Place 1 Foot in front of the other when lifting and putting down the ball

#### EQUIPMENT

- 4 Footballs
- 8 cones
- 4 Multi markers

## Shapes: Week 4



#### How to Play?

- The coach calls out a shape and the class have to form the shape called e.g. 3's to make a 'triangle' etc.
- Aim to follow coach's instructions moving about the area



# Shapes

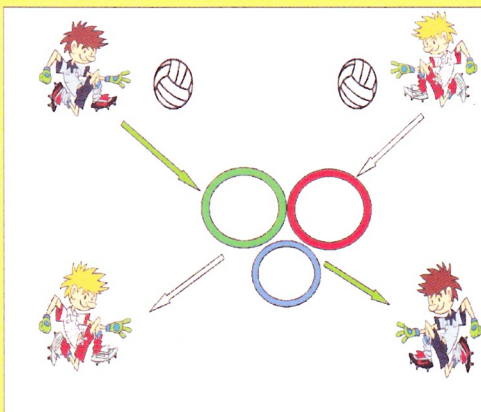
## Make it harder

- Repeat above travelling in different directions i.e. backwards etc.
- Repeat above while lying on the ground
- Introduce more complex shapes pentagon, hexagon, octagon etc.

## Make it easier

- Use half class so the others can watch and copy
- Use simple shapes square, triangle, rectangle etc.

### HANDLING: Week 4 Game 1: Hot Cross Buns



#### Focus

- The aim of this game is to bounce the ball into the hoops to your partner
- Timing of pass and Judgement of Distance

### RULES - HOW TO PLAY

- In pairs, 4 children stand around several hoops. (Could also use rope or chalk drawings if no hoops)
- Each pair has a ball
- The aim is for children to bounce ball to partner across circle
- Try not to hit ball being bounced by other group
- 1 point for bounce in Red and Green Hoops
- 2 points for bounce in Blue Hoop
- Which pair can achieve the most consecutive number of successful passes

Under 6 Handling - Week 4



#### HARDER

- Stand further away from the Hoops – *Judgement of distance*
- Increase the number of people and add balls accordingly
- Only use small hoops
- Use side of head/overhead bounce
- Introduce defender to prevent passes

#### EASIER

- Use larger hoop/Stand closer to the hoop – *Timing of Pass & Quick Hands*
- Roll the ball through the circle instead of bouncing

#### COACHING POINTS:

##### HEAD

- Look at target while aiming
- Keep eyes on ball when receiving

##### HANDS

- Catch ball with "big hands" (spread fingers) around the sides of the ball
- Use Shoulder Throw for better aim i.e. hold ball with one hand in front and one behind in front of the shoulder

##### FEET

- Place one foot in front of other foot when passing
- If right hand is behind the ball left foot should be in front

#### EQUIPMENT

- Footballs
- Hoops
- If no hoops use ropes, chalk drawings etc as a target

#### WEEK 4: SKILL CARD 4: Bounce Catch



#### KEY COACHING POINTS

##### HEAD

- Over the ball
- Eyes on ball at all times

##### HANDS

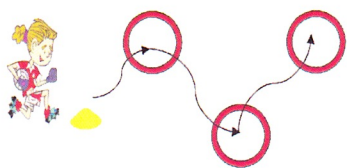
- 1st Bounce Catch: On the way down...
  - Let ball fall initially and then place hands under ball as it falls after bouncing
- 2nd Bounce Catch: Top of Bounce Catch...
  - Now try and catch at top of bounce
  - Reach and catch with BIG HANDS around the sides of the ball
- 3rd Bounce Catch: On the way up...
  - Aim to catch ball as it rebounds up of the ground. This is the more difficult catch

##### FEET

- Feet apart, knees bent
- Move your feet to near the bounce



### BASIC DRILL: Zig-Zag Bounce & Catch



#### LESS DEMANDING

- Arrange hoops in a straight line
- Reduce the number of hoops
- Allow players to walk through
- Use low bounces

#### MORE CHALLENGING

- One-Handed bounce - Right hand one hoop then left hand next hoop
- One-Handed catches
- Jog then run using zig-zag course
- Solo between each bounce

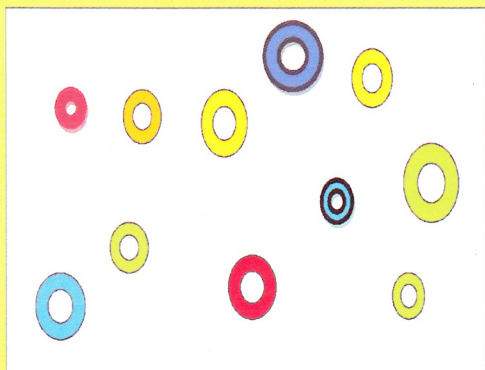
### Target Bounce



#### HOW TO PLAY

- Scatter different targets on the ground e.g. hoops, markers
- Players move about attempting to bounce ball on the targets
- Award points for each target hit
- How many targets can you hit in 5/10 secs.

### HANDLING: Week 4 Game 2: Hoop Bounce



#### FOCUS

- In this activity we are developing the ability to bounce and catch a dropping ball in a number of different sized hoops accurately

#### RULES - HOW TO PLAY

- Scatter hoops throughout hall
- Children move about bouncing balls in hoops
- Add in a scoring system e.g. 2 points for smaller hoops 1 point for larger hoops
- Bounce in 3 Red hoops first, 4 blue hoops first

#### Variations

- 2's Follow your partner
- 2's with 1 ball passing through hoop to partner



### HARDER

- Less Hoops, Smaller Hoops, Smaller space
- Bounce after every 4 steps
- Pairs work together - Follow the Leader or use 1 ball bet
- Use low/high bounces - All catches on the way up
- Use one hand to bounce and catch, right and left

### EASIER

- More Hoops, larger hoops, Bigger space
- Stationary while bouncing and catch on the way down or at the top of bounce

### COACHING POINTS

#### HEAD

- Keep head down looking at ball while bouncing and catching
- Then lift head up to scan for next hoop and other children

#### HANDS - Catching

- Way Down: Let ball drop from hands, bounce and catch as it falls towards floor again by placing palms underneath ball (NB This is the easiest catch)
- Top Of Bounce: Catch ball at top of bounce
- Way Up: Reach for ball on the way up (more difficult catch)

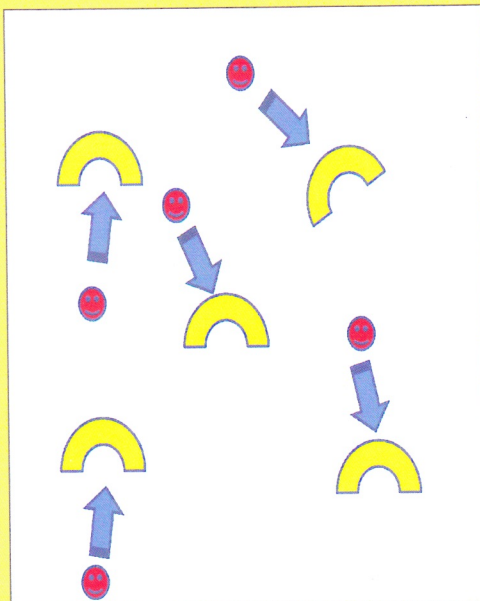
#### FEET

- Shoulder width apart and to the sides of the hoops when moving about

### EQUIPMENT

- Hoops - Various colours and sizes
- Footballs - 1 per child

## Bridges & Rivers: Week 5



### How to Play?

- Organise children into groups of 2
- No. 1 Makes a bridge shape using body
- No. 2 Crawls under bridge and then makes a new bridge for No. 1 to crawl under and so on

**Under 6 Handling - Week 5**



# Bridges & Rivers

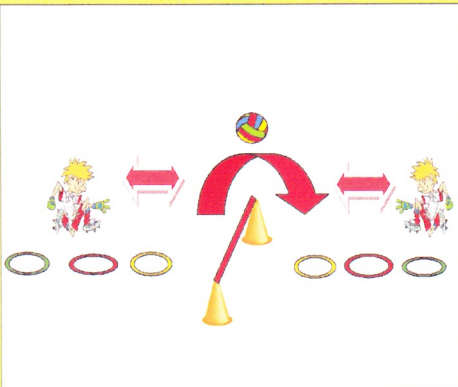
## Make it harder

- Get children to go under other bridges after their own
- Challenge children to make different bridges using different body parts
- Challenge children to jump over bridges rather than crawling under. (Grass only)
- Introduce a ball to be rolled under bridge before jump

## Make it easier

- Get children to make simple bridges to start (On 2 feet, 2 feet & 2 hands)
- Spend time with everyone making bridges at the start

### HANDLING: Week 5 Game 1: Progressive Hoop Pass



#### FOCUS

- Handling skills of throwing & catching in a progressively more demanding situation

#### Rules: How to play

- Set up course as shown
- Place a cane on 2 cones and place 3 hoops on either side as shown
- Children face each other standing either side of the hurdle / cone
- Children throw the ball back and forth over the cone
- Children start in yellow hoop then move back to the next hoop after a successful pass
- Make up your own scoring

**Under 6 Handling - Week 5**



#### HARDER

- Move further away from the cone / hurdle
- Introduce 1v1 game i.e. who can get back to last hoop first
- Use a small ball and throw and catch with one hand
- Use hand/fist, kick/punt or strike as means of sending

#### EASIER

- Use Tummy/Side of Head type of throw
- Allow one bounce before collecting the ball
- Make grids closer to the barrier larger or cane higher

#### COACHING POINTS

##### HEAD

- Keep eyes firmly fixed on the ball when receiving but look up when throwing

##### HANDS

- Spread fingers and use 'soft hands' to cushion the ball when receiving

##### FEET

- Get your feet behind the flight of the ball
- Stand one foot in front of the other

#### EQUIPMENT

- 1 x Ball
- 1 x cone/hurdle
- 2 x domes
- Bats/Hurls

#### WEEK 5: SKILL CARD 5: Body Catch



#### KEY COACHING POINTS

##### HEAD

- Watch the ball all the way into the hands

##### HANDS

- Hold your hands out in front
- Palms facing up
- Let ball enter palms before curling hands around the ball and bringing to chest (Imagine your arms the bucket of a digger)

##### FEET

- Always get in the right position early by positioning your feet behind the flight of the ball
- Feet shoulder width apart
- One foot in front of the other
- Go to meet the ball (Attack the Ball)



### Body Catch in 2's



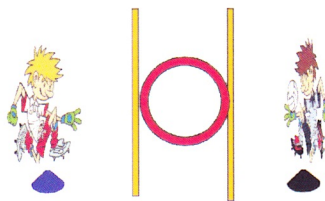
#### Less Demanding

- 1's Use wall as rebound to practice the Body Catch
- 2's Practice Kneeling & then Standing

#### More challenging

- Jump to execute the Body Catch
- In 2's Pass & Move
- Solo away, stop and pass
- Pass to a moving receiver
- NB All receiving must be Body Catches

### Through The Hoop



#### How to Play

- Start beside hoop
- Tummy throw ball to partner through the hoop to use Body Catch
- Work in 3's with middle child holding the hoop if you cannot set up on poles
- Move back one step every time you successfully pass ball through hoop
- First back to last cone is the winner
- Can you Hand/Fist Pass?
- Which pair can achieve the most successful passes in a set time?

### HANDLING: Week 5 Game 2: Over the Bridge



#### FOCUS

- Children get a chance to practice their sending and receiving skills in a competitive environment

#### Rules: How to Play

- Mark out 2 grids 4m x 4 m and 3/4m from a barrier (Use cane on 2 cones or make out another grid 4m x 4m)
- Children face each other standing either side of the hurdle / cone
- 1 with 1- Children throw the ball back and forth over the cone to each other
- 1 v 1- A point is awarded if the ball hits the ground on opponent's side



### HARDER

- Move further away from the cone/hurdle by making zone next to barrier bigger
- Use a small ball and strike with hand
- Use hand/fist, punt or striking across with a bat/hurl (Need for bigger grid)

### EASIER

- Allow one bounce before collecting the ball
- Make cane higher or grids next to barrier bigger

### COACHING POINTS

#### HEAD

- Keep eyes firmly fixed on the ball when receiving
- Look up to see where to send ball

#### HANDS

- Spread fingers and use 'soft hands' to cushion the ball when receiving

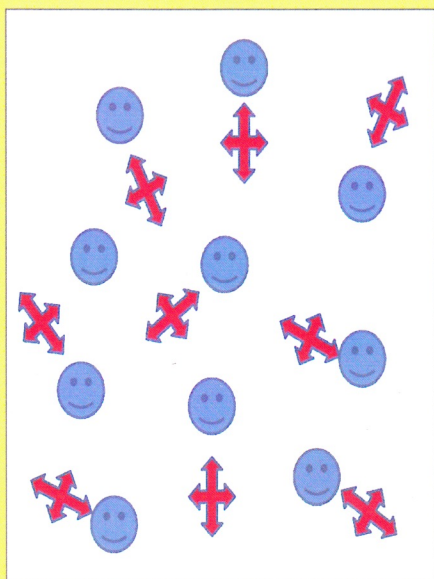
#### FEET

- Move forward when collecting the ball
- Get your feet behind the flight of the ball

### EQUIPMENT

- 1 x Ball
- 1 x Cone/Hurdle
- Dome
- Bats/Hurls

## Here There & Everywhere: Week 6



### How to Play?

- Aim to follow teacher's instructions moving in and about the area
- Challenge children to discover pathways and directions
- Ensure children find free pieces of floor to move to at all times

**Under 6 Handling - Week 6**



# Here There & Everywhere

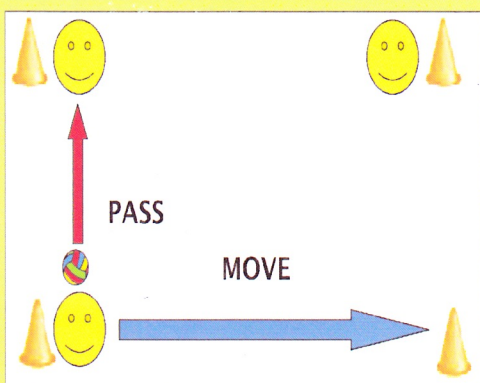
## Make it harder

- Repeat above travelling in different directions i.e. Sideways, backwards etc.
- Use visual stimuli i.e. colour domes e.g. Red = Sideways; Green = Forwards etc.
- Use a smaller area
- Challenge them to travel at different speeds as they change pathways and directions

## Make it easier

- Use half class so the others can watch and copy
- Get children to walk rather than run to start
- Use a larger area

### HANDLING: Week 6 Game 1: Fill the Empty Corner



#### FOCUS

- In this activity we are developing the ability of the player on the ball, not only who to pass to, but more importantly where to move after passing

#### RULES - HOW TO PLAY

- 3 in a team
- Area = 5m x 5m
- 4 corners- cone at each
- Players pass the ball and move to the empty corner
- 5 successful passes = 1 point
- Use watch and time 30 secs- how many passes?
- Solo before moving
- Solo to empty corner then pass

**Under 6 Handling - Week 6**



#### HARDER

- Use hand/fist/foot/bat/hurl to pass
- Increase size of area
- Add defender in side grid 3 V 1 – attackers remain on outside lines

#### EASIER

- Use different (easier) methods of pass e.g. roll/bounce
- Use walking pace then jogging
- Use a bigger ball

#### COACHING POINTS

##### HEAD

- Follow ball into hands with eyes
- Scan the whole area and know which corner to move to after passing

##### HANDS

- Big hands at side of the ball when catching – W Shape with hands
- Receiver – 'Show' your hands where you hope to receive

##### FEET

- Be on balls of feet and ready to move to receive the ball
- Get your feet behind the ball

#### EQUIPMENT

- Large Ball
- 4 Domes
- Watch
- Bats/Hurl

#### WEEK 6: SKILL 6: Shoulder Throw/Side of Head



#### KEY COACHING POINTS

##### HEAD

- Watch the target and the ball as you throw

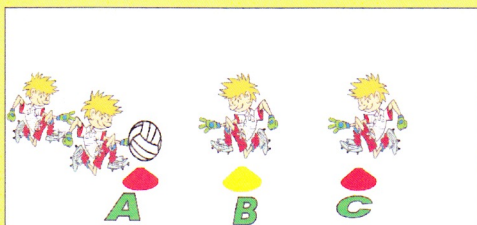
##### HANDS (For Right Handed Throwers)

- Hold ball in two hands
- Bring ball to right side of head with right hand behind the ball
- Use left hand to support ball
- Bring right hand through towards target
- Release with finger tip control in front of the face

##### FEET

- Stand one foot in front of the other for good balance
- Move your weight from your back foot to your front foot as you release the ball





Player A Throws to B, takes return off B & passes to C and takes C's place.  
Player C passes to B, takes return of B passes to player at A and follows ball to A

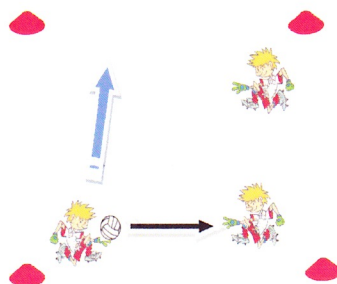
#### Less Demanding

- Take out cone B, so player A passes to player C
- Allow children to Tummy throw to each other instead of Shoulder Pass

#### More challenging

- Give pass with weak hand
- Increase distance of pass
- 2's Pass & Move
- Run away pass back

#### Team Ball Pass



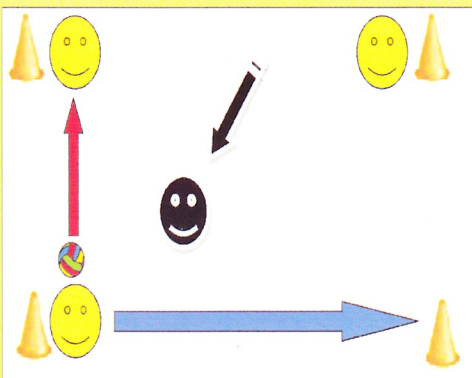
#### How to Play

- Three players aim to Shoulder Pass and move to the free spaces inside the coned area
- How many passes in a set time?

#### Variation

- Nos. players 1, 2, 3 etc.
- No. 1 passes to No. 2 on call etc.
- Players must move to free spaces after passing

#### HANDLING: Week 6 Game 2: Defender in the Middle



#### FOCUS

- In this activity we are developing the ability of the player on the ball, not only how to pass under pressure but decide where to move to after passing

#### RULES - HOW TO PLAY

- Teams of 4:
- 3 Attackers v 1 Defender
- Area = 5/7m x 5/7m
- 4 corners- dome at each
- Players pass the ball and move to the empty corner
- Defender attempts to intercept
- 5 successful passes = 1 point
- Use watch and time 30 secs. - how many passes?



### HARDER

- Use hand/fist/foot/bat/hurl to pass
- Decrease size of area (Attackers)
- Increase size of area (Defender)
- Add extra defender - 3 V 2
- Attackers to play in side grid

### EASIER

- Use different (easier) methods of pass e.g. roll/bounce
- Use walking pace then jogging
- Use a bigger ball
- Make defender hop or restrict his/her movement to the middle of the grid

### COACHING POINTS

#### HEAD

- Always LOOK UP to help you decide the best option
- Try and look all about you

#### HANDS

- When moving use outside hand as target for passer
- Use Reach Catch (Ball caught out in front of body) if defender is near

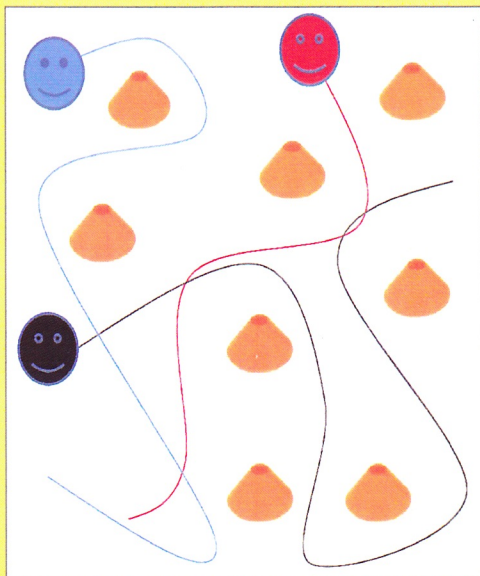
#### FEET

- Always face the passer when receiving
- Move to receive pass

### EQUIPMENT

- Large Ball
- 4 Domes
- Watch
- Bats/Hurls

## Dodging: Week 7



### How to Play?

- Ask children to use the spaced out domes to dodge in and out off
- Children should avoid other children
- These are the first evasive skills that children should be taught

**Under 6 Handling - Week 7**



# Dodging

## Make it harder

- Challenge them all to jog/sprint together
- Can they travel sideways, backwards etc.?
- Challenge children to dodge each other and change direction quickly
- Introduce a few taggers to challenge the more skilful children

## Make it easier

- Walk, jog according to ability
- Walk initially before challenging them to jog
- Select a few children initially to walk/jog etc. before challenging half the class and finally the whole class as skill improves

### HANDLING: Week 7 Game 1: Pick the Fruit



#### FOCUS

- To develop the high catch through moving around and jumping

### RULES - HOW TO PLAY

- Area - 10m X 10m
- In two's - No.1's find a free space and hold ball with one hand in the air
- No. 2's move about area and catch the ball with Reach Catch
- Give ball back to No.1's and move to somebody else
- How many balls can you catch in 30secs?

**Under 6 Handling - Week 7**



### HARDER

- Run and catch
- Jump to catch
- Lob ball up as Jumper comes to catch

### EASIER

- Use own ball to throw up and catch while standing before adding a jump
- Hold the ball lower
- Walk initially

### COACHING POINTS

#### HEAD

- Keep eyes on the ball all the way into the hands
- Look about for free ball to catch

#### HANDS

- Hands in the W position i.e. thumbs and first two fingers make a W shape and are spread around the back and sides of the ball

#### FEET

- Jump off one foot and drive other knee upwards to gain height

### EQUIPMENT

- Footballs
- Domes

### WEEK 7: SKILL CARD 7 Reach Catch



### KEY COACHING POINTS

#### HEAD

- Watch ball all the way into hands

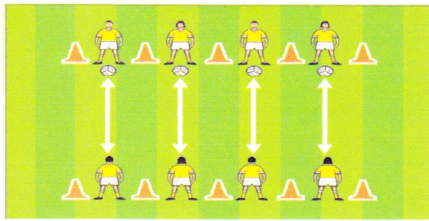
#### HANDS

- Reach to take ball early in front of the body with straight arms
- Spread the fingers - Form a 'W' shape with hands with thumbs at the back of the ball
- Use relaxed hands to grip ball and bring quickly to body

#### FEET

- Get feet behind flight path of ball
- Always move to meet ball
- Bend knees with one foot in front of the other



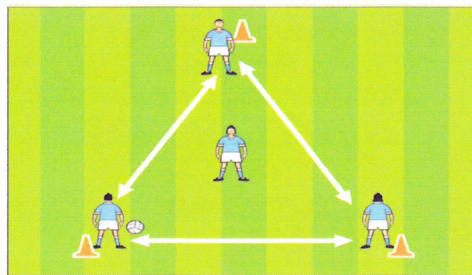


#### Less Demanding

- Passer & Receiver both stationary
- Receiver moves forward to execute Reach Catch before returning to cone
- Passer passes and moves to a new space

#### More Challenging

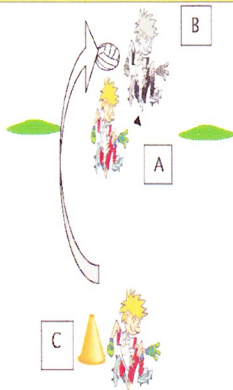
- Passer stationary, passes to a moving receiver while running to free spaces
- (This is known as Match Running and should be used after initial static sending & receiving)
- Both pass and receive while on the move



#### How to Play

- Mark out a triangle using cones as above.
- Divide the players into groups of four; one ball per group
- One player is positioned at each of the cones while the fourth is the 'piggy' in the middle
- Players must pass the ball to each other at an appropriate height, in order for the receiver to perform the Reach Catch
- The players in the middle attempts to intercept the ball
- If successful, the player whose pass was intercepted becomes the new 'piggy' in the middle

### HANDLING: Week 7 Game 2: Jump for the Stars



#### FOCUS

- In this game we are developing the High Catch technique

#### RULES - HOW TO PLAY

- In Threes
- Partner C throws the ball up between A and B
- Partner A and B contest
- Partner A stands in front of B and attempts to jump to catch
- Partner B is not allowed to jump but may still contest the ball
- Rotate after three turns
- Awarded Points for every successful catch



#### HARDER

- Both partners contest the high ball
- Throw to sides, in front or slightly behind catchers
- 2 Throwers from either side throw one after the other, catchers turn to contest

#### EASIER

- Use a sponge ball
- No contest
- No jumping involved

#### COACHING POINTS

##### HEAD

- Players keep head up and eyes on the ball - Motto 'Watch the ball all the way into the hands'

##### HANDS

- Extend arms above head; catch the ball slightly in front of the head, spreading the fingers to form a 'W' shape behind the ball

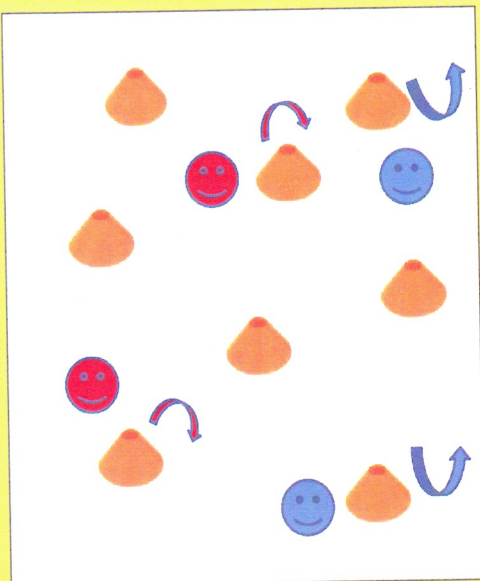
##### FEET

- Moving forward, plant the jumping foot and push upwards, driving other knee upwards quickly to gain height

#### EQUIPMENT

- Sponge ball
- First Touch Football
- Tennis ball

## Volcano's & Crater's: Week 8



#### How to Play?

- Divide children into 2 teams
- Team 1 flip the domes over to make a crater shape
- Team 2 flip craters over to make volcano's

**Under 6 Handling - Week 8**



# Volcano's & Craters

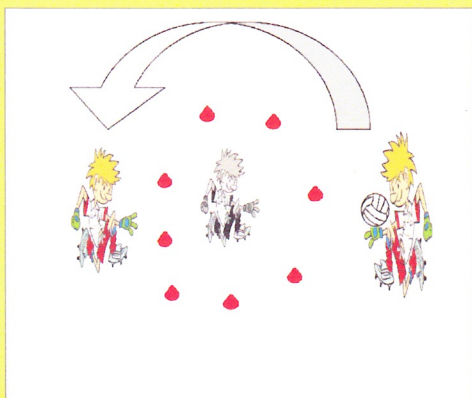
## Make it harder

- Allocate more volcano flippers than crater flippers, making game unbalanced
- Add competition by getting a child from each team to count how many volcano's and craters there are at the end of the game
- Play in a smaller area
- Challenge all players to move sideways, backwards while flipping domes

## Make it easier

- Play in a larger area leaving more space and time to flip domes
- Play while walking at first
- Put out plenty of domes in order to avoid too much competition

### HANDLING: Week 8 Game 1: Over the Middle Player



#### Focus

- To encourage overhead jump catch

#### RULES - HOW TO PLAY

- Mark out circle/grid 2/4m radius
- Two Attackers try to pass ball over Middle Man
- Defender not allowed outside the circle and forwards are not allowed inside

#### Score:

- All Overhead jump catches score 1 point
- Middle Man scores 2 Points for interception

**Under 6 Handling - Week 8**



#### HARDER

- Make circle smaller (Defender) - & bigger (Attackers)
- Add extra defenders on outside to contest high catch
- Use hand/fist, punt or striking for sending

#### EASIER

- No Defender in middle
- Attackers use Tummy Throw to lob ball over circle
- Catch overhead initially while standing before adding a jump

#### COACHING POINTS

##### HEAD

- Watch ball all the way into hands

##### HANDS

###### Receiving

- Swing hands up to catch ball overhead and then throw hands forward again while in the air to...
- Catch in front of face

##### FEET

- Get your feet behind the ball
- Bend legs initially but then...
- Jump off one foot with straight leg and a heel toe action at take off
- Swing other knee up hard at take off to help gain extra height

#### EQUIPMENT

- Sponge footballs / First Touch Footballs
- Cones & Domes

#### WEEK 8: SKILL CARD 8 Overhead Catch

Up 1

Up 2



#### KEY COACHING POINTS

##### HEAD

- Eyes fixed on the ball,
- Judge flight of the ball
- Watch the ball into hands
- Eyes open at all times

##### HANDS

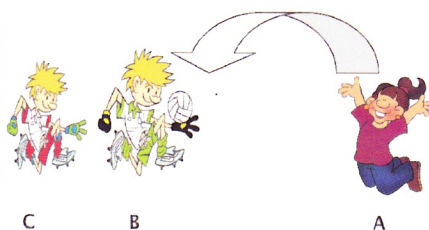
- Swing arms up at take off - Up 1
- Aim to catch ball in front of the face by driving arms towards ball - Up 2
- Big hands around the sides of the ball or...
- Hands can also be at front and back to prevent break

##### FEET

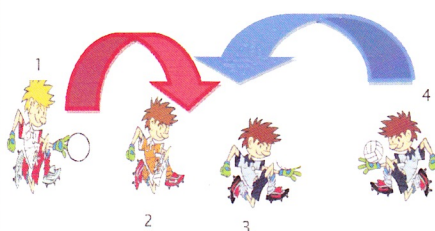
- Get feet behind the ball
- 'Jump the arc' by judging ball flight early
- Bend knee at take off
- Drive other knee up vigorously - Up 1
- Use heel to toe 'take off' as shown



### Basic Drill: Jump for the stars



### Kick and Compete



#### LESS DEMANDING

- In Pairs
- Player jumps from crouch position
- Player jumps from standing position

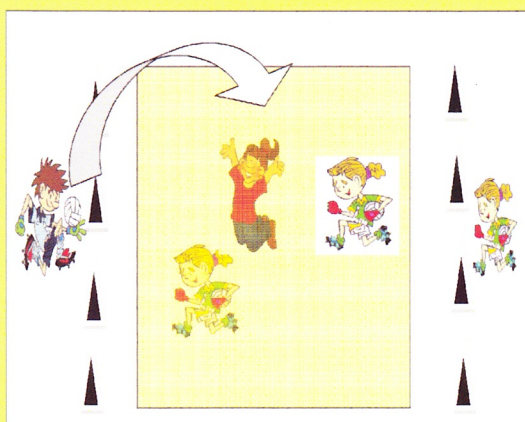
#### MORE CHALLENGING

- Player uses short run up before jump
- Allow more physical contact
- Allow one player to break rather than catch

#### HOW TO PLAY

- Jump for the Stars: Player A lobs ball up between B and C.
- Partner B uses over head catch, partner C attempts to break. Rotate after 5 go's
- Kick and Compete: 4 players 2 contesting midfielders in middle (2 & 3) two kickers at outside (1 & 4)
- No. 1 (red) lob kicks for two midfielders to contest, ball is returned by winner. No. 4 then Punt kicks. Rotate players after 1 minute

### HANDLING: Week 8 Game 2: Jump to Score



#### Focus

- To develop the jump catch under pressure

#### RULES - HOW TO PLAY

- Five players, three players inside a grid 7m x 7m, two players outside the grid
- Defender inside grid must try to intercept high lobbed balls from two attackers

#### Score

- Attackers in side grid must use overhead jump catch to score
- Change defender after set time

### Under 6 Handling - Week 8



### HARDER

- Add extra defender
- Make grid larger (harder for defenders) and use punt kick
- Make grid smaller (harder for attackers)

### EASIER

- Restrict defenders from jumping
- Add extra attackers

### COACHING POINTS

#### HEAD

- Head up, scanning on and off the ball
- Watch the ball all the way in the hands

#### HANDS

- Swing arms up to catch ball in front of face
- Use BIG HANDS to catch ball around the sides
- Bring ball quickly to chest

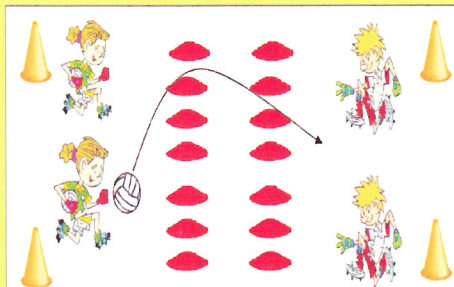
#### FEET

- Moving on the balls of feet to get behind the ball
- Jump The Arc - Time your jump by watching flight of ball and jump up the flight path (arc) of the ball
- Spring up one leg and swing other knee up vigorously

### EQUIPMENT

- Domes/Cones
- First Touch Footballs / Sponge Balls

### HANDLING: Week 9 Game 2: Across the Court



#### FOCUS

- Simple attacking and Defending
- Catch or fetch the ball at speed, pass to teammate
- Building teamwork

### RULES - HOW TO PLAY

- Mark out 3 zones as shown - 2 Big zones on either side of middle zone 10m x 8m & 10m x 4m for middle
- Players must stay in their own area
- Players must send the ball over the cones provided
- Ball cannot bounce

### SCORING SYSTEM

- Ball must hit the ground to gain a point
- First to 5 wins game
- Change sides after each game



#### HARDER

- Ball is not allowed to bounce
- Make middle area smaller or outer zones larger
- Add another ball
- Add defender to intercept passes
- Use hand/fist or punting as a means of sending

#### EASIER

- Ball can bounce before it is caught
- Increase the size of area to increase the chances of success

#### COACHING POINTS

##### HEAD

- Judge the distance of your pass to decide how hard to throw your ball
- Look up and decide where is the best chance of a score

##### HANDS

- Don't throw too high or too low
- Allow ball to fall into cupped hands

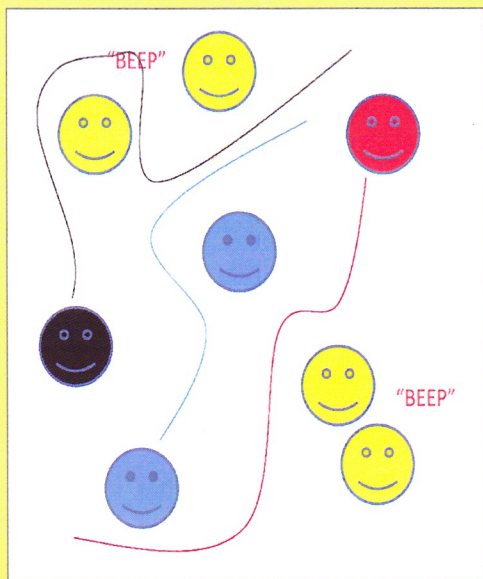
##### FEET

- Keep on toes
- Stand one foot in front of the other for passing and receiving

#### EQUIPMENT

- 1 Ball Per 4 Players
- Dome x 14

## Dodgems: Week 9



#### How to Play?

- Each child holds a dome like a steering wheel and runs about while pretending to steer their car
- Use dodging skills to avoid bumping into the rest of the children

Under 6 Handling - Week 9



# Dodgems

## Make it harder

- Make the play area smaller
- Introduce gears, 1-5 and reverse
- Challenge children to stop correctly 'BEEP' their horn and move off again

## Make it easier

- Start with a few children initially before introducing more as skill improves
- Increase the size of the play area
- Reduce the number of players in the area.
- Introduce walking before running

### HANDLING: Week 9 Game 1: Piggy in the Middle



#### Focus

- Quality of passes i.e. angle of pass

### RULES - HOW TO PLAY

- Mark out grid 7m x 7m bigger for kicking
- 3/4 players try to keep possession by passing to each other using hand pass
- Player in middle must try to gain possession by intercepting ball
- If player in middle gains possession then he/she must swap places with one of the other players

Under 6 Handling - Week 9



### Less Demanding

- Increase space in grid (Easier for Attackers but harder for Defender)
- Allow for any type of pass
- Introduce more attackers on outside, easier for attackers
- Introduce more players on inside, easier for defenders (piggy)

### More challenging

- Bigger grid area - easier for attackers
- Create a 5 v 1 attacking ratio

### COACHING POINTS

#### HEAD

- Turn body to face passer at all times

#### HANDS

- Passer: Pace/Weight - estimate the distance of the pass
- Angle - Wait until receivers come well to the sides for passes

#### FEET

- Feet should be shoulder width apart, with knees bend ready to receive the ball and disposes the outside players if you are the piggy

### EQUIPMENT

- 3 cones/ domes (players may use as markers to stay at) or use 4 cones in a grid format
- Ball

### WEEK 9: SKILL 9: Quality of a Pass (Height and Weight)



Pass to high   Pass slightly high   Pass too low



Perfect height

### KEY COACHING POINTS

#### HEAD

- Sending: Look at target you are sending to
- Receiving: Keep eye on ball, and watch all way into hands

#### HANDS

##### Sending:

- As you would wish to receive i.e. to the hands at the right pace
- If passing to a moving receiver pass to the out stretched hand

##### Receiving:

- Ball should be coming towards the out stretched hands
- If receiving while moving the outside hand should be forward as the target to aim for

#### FEET

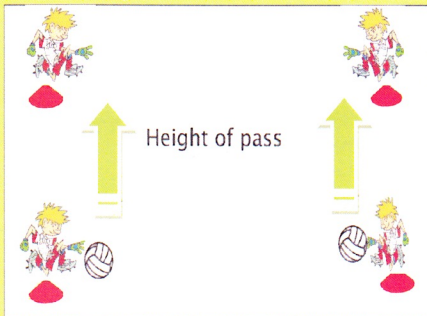
##### Sending:

- Keep one foot in front for balance

##### Receiving:

- Always attack ball don't wait on it coming to you, anticipate your run onto the ball





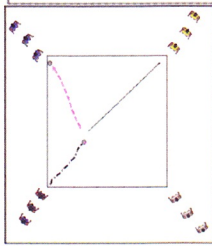
#### LESS DEMANDING

- Static – Passer & Receiver both stationary
- Walking to pass and receive
- Pass & Move – Passer passes and moves to a free space

#### MORE CHALLENGING

- Solo/Bounce away to a free space, stop and pass back
- Pass to a moving receiver
- Running to pass and receive
- Use kick pass

#### 4 Corner Pass



#### HOW TO PLAY

- Set out a square with 4 cones about 15/20m apart
- 2/3 Players go to each cone
- Use one ball at one of the cones to start the drill
- Players pass to front player at cone to their left with their right hand
- They then join line opposite
- The drill continues with the player on the ball passing to the next player at the cone to their left
- Change and pass to the player on the right using the left hand