



# Future Stars Session 1

**Category:** Physical: Agility  
**Difficulty:** Beginner

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

## Description

### 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.."



### Parent vs Child Tag

**Focus:** Running

**Instruction:** Child and parent are set up in a grid and are to play tag. It will be 1v1 (child vs parent) in a game of tag. First the parents are it and try to tag their child. If they do so the child then becomes "it" and attempts to tag their parent.

**Coaching points:** Heads up, pick up feet, learning about grid boundaries.

**Additional Notes:** The idea of this game is to get the children comfortable with listening to instruction, listening to a coach, and running around with lots of playmates around.



## 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.



## Octopus (10 mins)

Focus: Attention and Running

Instructions: Have all the children and their parents line up with their toes on the white line. Explain that they are all fishies, and the coaches are octopus. The children must run from one end of the half to the other without being tagged by the octopus. If they do, they become a seaweed and must stand with their parent and attempt to tag other fish. \*\* Note \*\* Since children are so young they do not have to become seaweed, a coach can also come and release them as fish again.

Coaching Points: Heads up. Keep running.



## Hulla Hoops (10 mins)

Focus: Attention

Instructions: Each child is given a hulla hoop. With their parents instruct the children to roll and chase after their hulla hoop. A coach can also stand in a central spot and roll hulla hoops for children.

Progression: Children can attempt to hulla the hoop around themselves

Coaching Points: Heads up. Keep running. Wiggle hips.



## 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.

