



## Future Stars week 3

**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.."



### Learning About Stop/Start (5 mins)

Focus: Learning

Instruction: Gather the children in to explain what stop and starting means. Go over the words and what they mean. Ask the children if they understand different variations of the words such as start, stop, go, freeze. Explain that today we will be using colours to represent those words.

Green = Go

Red = Stop

Yellow = Slow



## Freeze Tag (10 mins)

Focus: Stopping and Starting

Instructions: The basic concept of 'tag.' Start with the coach being "it". Go over what gentle tagging looks like (light tap on the shoulder). Coach attempts to tag as many other players as possible. If a player is tagged they must freeze and stand with their legs apart and wait for another player to come crawl under their legs. **IMPORTANT:** Go over that every child must crawl through a player's legs from behind. Give them a demo so that they understand.

\*\* Parents should be standing with child to assist with freezing in place \*\*

\*\* NOTE: If crawling is too difficult have the children high five each other instead \*\*

Coaching points: Heads up, running, and FUN!



## Lights (10 mins)

Focus: Stop/Start

Instruction: Players move from one end of the field to the other. When coach calls a colour, players respond. If a player does a movement that the coach has not called they must take 5 steps back. First player to the opposite line gets a point.

Red: Stop

Green: Go

Yellow: Slow

Crash: Fall down

Coaching points: Listening, following instruction, physical literacy, having fun, and being positive!

**Additional Notes:** If you think of more movements, please feel free to do them. Try to be creative!



## Line Run (10 mins)

Focus: Stopping/Starting/Listening

Instruction: All children and their parents line up at one end of the grid. The balls are placed right in front of the net on the opposite end of the grid. Children are to walk towards the balls while listening to the coaches cues of whether to stop or go. If the child does not stop when the coach says to they must take five steps back. Object is for the child to kick the ball into the net once they get to the ball at the net. Once all children have scored the do it again.

Variations: Hop, big steps, bear crawl, etc.



## 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 (5 mins)

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.

