



## Future Stars week 4

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

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

### Warm Up

#### 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.."



### What Time Is It Mr./Ms. Wolf?

**Focus:** Attention and Listening

**Instructions:** Line up players on one end of the field with parent.

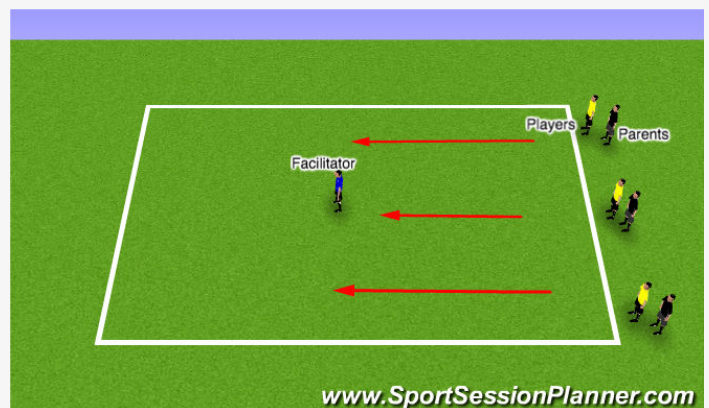
Facilitator stands in the centre and waits for players and their volunteer coaches to ask the question, "What time is it Mr./Ms. Wolf?"

Facilitator calls out a number and players walk as many steps as the facilitator has called out.

i.e. "What time is it Mr./Ms. Wolf?" "5 o'clock" Players take 5 steps. Facilitator can wait until players have come very close and choose to call out "Lunch Time" at which point all players would run back to the line without being caught.

**Progression:** Dog crawl, bear crawl, side shuffle, hop, crab walk, big step, etc.

**Coaching points:** Listening and heads up.



## Lights

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!



## Golden Egg

Focus: Listening

Instructions: Players are placed in pairs and are placed in a corner of the rectangle as above. When the facilitator calls go every player runs to the middle and picks up a ball (egg) with their hands. They run back to their area and place the egg in their nest (with parent). Once all eggs have gone from the centre all players can then go and collect eggs from other nests. When the coach calls freeze, the birds with the most eggs win the game.

*Progression:* There is now a golden egg in the middle and the birds that end up with that egg score 5 additional points.

*Progression 2:* Players now use their feet and dribble the eggs back to their nests.



## Cool Down- Bubbles

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.

