



Future Stars week 5

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.."



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.

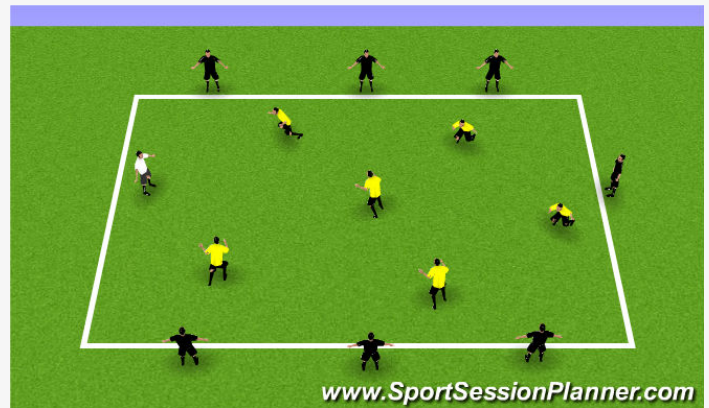


Animal Game (10 mins)

Focus: Listening and Attention

Instruction: The children will copy the facilitator in a series of animal movements. Make sure to add in the animal noises as well. Examples: Rabbit, Frog, Kangaroo, Bear, Dog, Lion, Elephant, Flamingo, Bird, etc.

Have the children come up with animals, make sure to have every child pick an animal.



Hop Scotch (10 mins)

Focus: Jumping and Landing

Instruction: Make a hop scotch course with hulla hoops. Number the hoops 1-7. Have the children hop/jump through the hoops in the correct number order. Instruct them to use both feet, and then challenge them to try it with just one foot.

Change up the course of the hop scotch to add different variations. Make the hoops closer or farther apart to add challenge.

Encourage the children to hop with one foot, two feet together, to feet apart, with their hands in the air, etc.

Coaching points: Use your arms, land with knees bent, try and touch the sky!



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.

