



## Future Stars week 7

**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.."



### Hungry Hippo

#### Physical Literacy

##### Organization:

Players find a partner and spread out inside the 20 x 16 yard area.

##### Procedure:

Players will hand the facilitator their ball and the facilitator will throw the ball into a space. Go over what it looks like to hand the ball to a facilitator. The player runs after the ball, picks it up and runs back to the facilitator and hands the facilitator the ball. The facilitator continues to throw the ball in different directions.

*Progression: As the players what different parts of their body can they bring the ball back with? Allow the players to decide now.*

*Have a few players show you a different way to bring the ball back.*

*Final Progression: Have the players dribble the ball back to the coach using their feet.*

Movement variations would include: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, etc.

Emphasis: 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!



## Hulla Hoops Throwing

Focus: Attention

Instructions: Each child is given a hulla hoop and a ball. Instruct parents and children to spread out around the field. Each child will then begin to throw the ball into the hoop using different types of throws. (Under hand, over hand, one arm, both arms). Instruct the parents to attempt different heights as well as lengths that the hoop can be.

Progression: Children can attempt to hulla the hoop around themselves

Coaching Points: Heads up, keep running, wiggle hips.



## Topple Me Coconuts

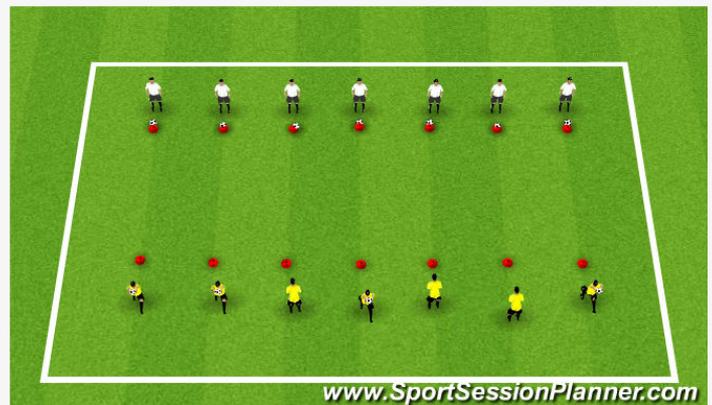
### Organization:

Players pair up with a parent.

### Procedure:

Player line up at a cone with their parents across from them. In front of each parent is a cone with a ball on top of it. The ball is a "coconut." The players are to try and hit the coconut off the cone by throwing the ball. If they do so successfully the parent places the coconut back on top of the cone and rolls the players ball back to the player at their cone.

Progression: Players can move farther back.



## 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.

