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| **Station 1: Astro Grass**  Mentors: Liadan Mark G  Warm Up -Introduce Yourself   1. **General Mobilisation – Coach Tag (All groups)**   **Station Skill: Skills review**  *IDEA method: Introduce activity, Demo, Execute, Attend and give feedback*   1. **Skills obstacle course**   Equipment: Portion of all available equipment. 10 balls (soft on Astro, hard on grass) | **Station 2: Astro Grass**  Mentors: Paul Terry  Warm Up -Introduce Yourself   1. **General Mobilisation – Coach Tag (All groups)**   **Station Skill: Solo**  *IDEA Method: Introduce activity, Demo, Execute, Attend and give feedback*   1. **Practice solo again** 2. **Challenge kids to solo around cones- set up a solo relay** 3. **Have kids follow coach in a train, copy coach doing solo, catch, bounce – “4 steps” in between each on the grass pitch** 4. **Kids who can’t solo can bounce the ball instead or hop off their knee**     Equipment: 10 cones, 10 balls |
| **Station 3: Astro Grass**  Mentors: Susan Mike  Warm Up -Introduce Yourself   1. **General Mobilisation – Coach Tag (All groups)**   **Station Skill: Catching – body catch**  *IDEA method: Introduce activity, Demo, Execute, Attend and give feedback*   1. **Over the River**   Equipment: 10 balls (soft on Astro, hard on grass), 8 Cones | **Station 4: Astro Grass**  Mentors: Karen Grainne  Warm Up -Introduce Yourself   1. **General Mobilisation – Coach Tag (All groups)**   **Station Skill: Fun / Agility**  *IDEA method: Introduce activity, Demo, Execute, Attend and give feedback*   1. **Stuck in the Mud**     **Stuck in the Mud**    ·        One player ‘on’ for every 7 in the group. They have to chase and tag the players not 'on'.  ·        When players are tagged  they  is 'stuck in the mud'. They stand with legs and arms out and they cannot move.  ·        They are released when a player who is not stuck goes under the players legs.  ·        This continues until everybody is stuck. Use more catchers to increase the difficulty.  Equipment: 16 cones |
| **Station 5: Astro (Gate End) Grass**  Mentors: Tom & Fiona Steph & Alan  Warm Up -Introduce Yourself  **Station Skill: MATCH -BIBS V NON-BIBS**  ***IDEA Method: Introduce activity, Demo, Execute, Attend and Give feedback***  Equipment: 20 cones, 10 poles and 4 balls |  |