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| **Station 1: Astro Grass**Mentors: Liadan Mark GWarm Up -Introduce Yourself1. **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 TerryWarm Up -Introduce Yourself1. **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 MikeWarm Up -Introduce Yourself1. **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 GrainneWarm Up -Introduce Yourself1. **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 & AlanWarm 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 |  |