|  |  |
| --- | --- |
| **Station 1: Astro**  Mentors: Liadan  Warm Up -Introduce Yourself   1. Circle Time   **Station Skill: Agility & Coordination**  *IDEA method: Introduce activity, Demo, Execute, Attend and give feedback*   1. **Musical Chairs**   Equipment: 12 soft balls & lots of cones for kids to run around the area | **Station 2: Astro**  Mentors: Terry & Karen  Warm Up -Introduce Yourself   1. Circle Time   **Station Skill: Kicking & Ball sense**  *IDEA Method: Introduce activity, Demo, Execute, Attend and give feedback*   1. **Start activity in walk around large playing area, then into slow jog** 2. **Encourage accuracy and control rather than speed.** 3. **Both feet** 4. **Move onto the game.**     Equipment: 30 cones, 12 balls |
| **Station 3: Astro**  Mentors: Grainne & Mike  Warm Up -Introduce Yourself   1. Circle Time   **Station Skill: Ball Sense**  *IDEA method: Introduce activity, Demo, Execute, Attend and give feedback*   1. **Toss & Clap Relay**   Equipment: 12 balls (soft on Astro, hard on grass), Cones, hurdles, ladders to create a course for kids to run around. | **Station 4: Astro**  Mentors: Eoin C & Alan  Warm Up -Introduce Yourself   1. Circle Time   **Station Skill: Catching & Passing**  *IDEA method: Introduce activity, Demo, Execute, Attend and give feedback*   1. **Catch in Ladder – run 2 groups at once with 4 ladders if you can**   Equipment: 12 BALLS & ladders |
| **Station 5: Astro (Gate End)**  Mentors: Marc L & Eoin O’R  Warm Up -Introduce Yourself   1. Circle Time   **Station Skill: Match Prep-BIBS V NON-BIBS**  ***IDEA Method: Introduce activity, Demo, Execute, Attend and Give feedback***   1. Hold the ball – possession game (no goal) 2. Possession Game with goal   Equipment: 12 Balls, 30 cones |  |