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| **Station 1: Astro** Mentors: Liadan Warm Up -Introduce Yourself1. 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 Yourself1. 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 Yourself1. 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 Yourself1. 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 Yourself1. 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  |  |