**Dunshaughlin Nursery Programme 2021**

**Session Plan Week 11 Date: 13/08/2021**

 **WARM UP- All Stations**

**\*Introduce yourselves to group\***

1. **Warm up**

**The Atom Game**

·        Players run around a fixed area in all sorts of directions.

·        The coach calls out "Atom\_\_\_" and a number. Which ever number is called, the children have to get into groups of that number.

For example, the teacher calls "Atom 6!" and children get into groups of 6.

**Shapes**

Repeat above but call out shape to be formed by players e.g. Triangle –

Get into groups of 3

**Category game**

·        Select category for calling out to the pupils.

·        Examples of categories – those who are boys, those who are 9/10/11 years old, those who are wearing watches.

·        Those pupils who belong to the category will walk/jog/hop/run to a specified target and come back quickly.

**Station 1 Astro & Grass Pitch**

**Station Skill:** **Skills Obstacle Course**

Set up an obstacle course with ladders, hoops, poles/cones, hurdles etc.

Set kids in pairs and run them through the course together.

Have areas for handpass, kick pass, ground pass, throw, catch -chest catch, overhead catch etc.

Focus on kids moving and working together, focus on skill technique also.

On grass pitch – build in area for solo also.

**Station 2 Astro & Grass Pitch**

**Station Skill: Kicking**

**Activity 1: Foot Solo**



Adaptation-Make it easier: (Astro) – Start with Thigh Solo – Drop the ball from hand to tap it with thigh before catching

Progression-Make it harder: (Grass) - Perform while walking and then jogging

Loads of motivation in both groups

**Station 3 Astro & Grass Pitch**

**Station Skill:** **Catching – Body catch**



ACTIVITY PLANNER

BODY CATCH - OVER THE RIVER

FOOTBALL — FUN ROUTINE

  

Top of Form

**This is a court game to develop the body catch technique**

***Organisation***

* Mark out a grid or ‘court’ using cones
* Divide the players into two teams of 4
* The objective of the game is to throw the ball into the opposition team’s ‘court’ making it difficult for them to catch
* The opposition team must use the Body Catch technique
* 1 point is awarded if the opposition fail to catch the ball using the body catch, or if the ball is dropped
* Award 1 point to the opposition is if the ball is thrown outside the court

***STEP Variation***

Players at beginning - Reduce the number of players on each team to provide more touches on the ball

Have players kick the ball and make it more challenging for other team to catch.



**Station 4 Astro & Grass Pitch**

**Station Skill: Fun / Agility**

**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.

On grass pitch – add in a ball. Only those with a ball can free the others.

**Station 5 Astro & Grass Pitch**

**Station Skill:** **INTRODUCTION TO MATCHES AND MATCH RULES**

***\*Slightly different approach between Astro and the Grass Pitch\****

**Astro Match:**

* Split group and play small sided matches: 2 V 2 or 3 v 3 at most
* Priority is time on the ball and touches of the ball for all kids
* Teach direction of the play
* Teach about team work and looking to pass to team mate
* Let them run with the ball until they get these basics
* Then progress to remind them to bounce the ball once when they run with it
* Kicking will come later if they are ready

**Grass Pitch Match:**

* Split the group into 2 and play small sides games: 2 V 2 or 3 V 3 at most
* Priority is time on the ball and touches of the ball for all kids
* They should know direction of play-but check
* Teach rules of the game: 4 steps, bounce, kick, handpass, score
* Team teamwork and passing to a team mate