

FUNdamentals

ABC's

Ulster GAA

Coaching & Games Development

www.ulster.gaa.ie



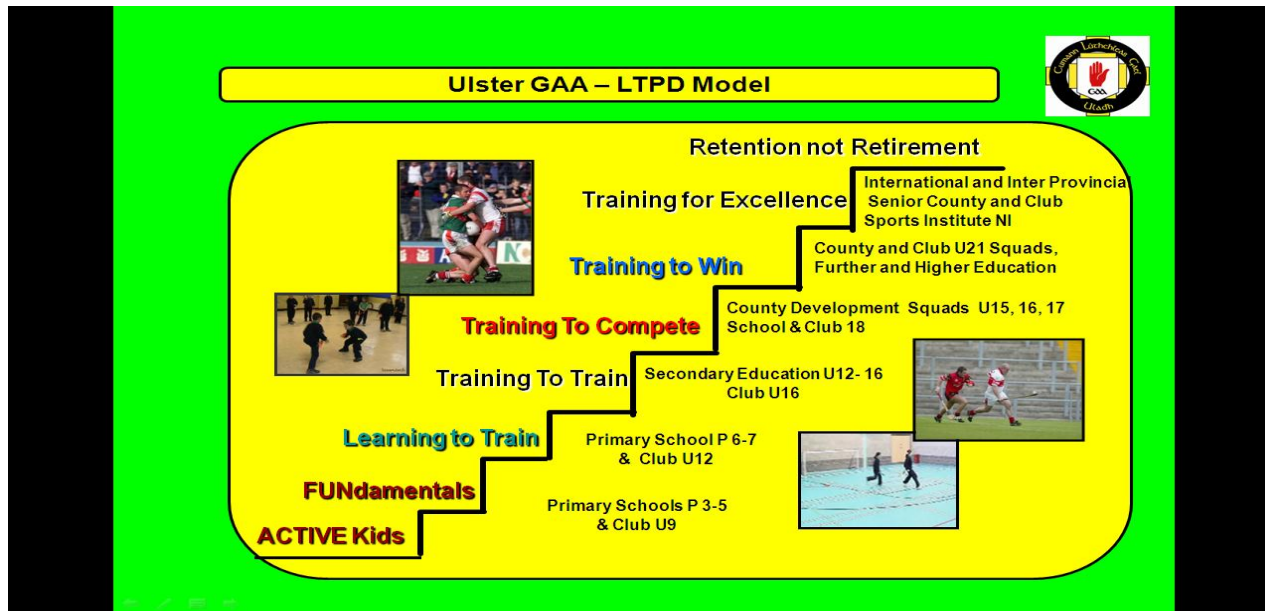
Ulster GAA Coaching Resources



Introduction:

Ulster GAA has, for many years been working at the forefront in the production of resources to develop our players as they progress along the 'Long Term Player Development Pathway' (LTPD).

Our experience has led to the original LTPD model being extended to include development of a younger age group through a Foundation, Key Stage One & Key Stage Two programme that complements the original 'Fundamentals', 'Learn to Train' and 'Train to Train' stages of the player development pathway.





As part of our on going support to teachers and coaches a series of coaching resources from our manuals can now be purchased from the Ulster GAA website www.ulster.gaa.ie to assist with the preparation of classes and coaching sessions that will challenge and improve students and players alike.

The sessions come in a structured format with progression from age 5-6 years through to adult. Rather than having to purchase an expensive manual coaches/teachers can now purchase only those sessions that will be relevant to the age group that they are coaching/teaching.

All sessions are easy to download and can be paid for using the on line Pay Pal account on the Ulster GAA home page. To download a session, simply identify the age group you are working with and the type of sessions that you would like to use to develop your class/team e.g. A teacher working with a group of Primary 3 pupils on handling skills should click on Key Stage One followed by Handling, the sessions will then be automatically downloaded to the teacher's computer following payment of the appropriate fee. Each session can be printed out or retained on the computer where a bank of resources can be built up over time.

Available Resources



Key Stage One - Ages 5-8

Handling Lessons	32 Lessons + End of Stage Tests
Kicking Lessons	32 Lessons + End of Stage Tests
Striking Lessons	32 Lessons + End of Stage Tests

Key Stage Two – Ages 8-11

Football Lessons	25 Lessons + End of Stage Tests
Hurling Lessons	29 Lessons + End of Stage Tests



Gaelic Start – Ages 4-9

Free Introduction – 44 slides	Warm Up Activities - 44 cards
Stretches - 22 cards	Additional Hurling & Football Skills & Games – 30 cards
Stations - 34 cards	Activity Planner - Weekly sessions – 36 weekly sessions for U-6 & U -8
School/Home Activities - 39 cards	Family of Games - 31 cards

Fundamentals – U.6 to U.9

Free Introduction	17		
ABC's – (Agility, Balance & Co-ordination)	37	RJT – (Running, Jumping & Throwing)	45
Kicking Activities	28	Catching & Passing Activities	46
Fundamental Games	41	Striking Activities	38



Learn To Train – U.9 to U.12

Free Introduction	46		
Speed & Aerobic Training & Strength Training	44	Games for better team play & Tactical awareness	26
Nutrition, Hydration & Mental Training	16	Coaching skills & Code of conduct	18
Warm Up & Flexibility Activities	29	The Skills of Gaelic Football	52
Planning for games & Let's Go Games	24	The Skills of Hurling	49



Train To Train – U.12 to U.14

Free Introduction	13		
Conditioning & Core Strength Activities	37	Speed & Stamina Activities	32
Strength & Medicine Ball Running & Jumping	40	Principles of Play, Football Activities with a Purpose & Technical Development (Football)	56
Lifestyle Issues & Mental Skills Training	21	Principles of Play, Hurling Activities with a Purpose & Technical Development (Hurling)	43



The ABC'S OF ATHLETICISM for GAELIC GAMES

Introduction 1

- ◆ Many of today's children **lack the fundamental movement skills** necessary for future sporting success.
- ◆ This is due mainly to the **sedentary lifestyles** they now lead in front of TV screens or computers.
- ◆ These essential skills, once learnt in the back streets and fields of bygone years, are **now sadly lacking** in many of our youngsters.
- ◆ If these early skills **are not learnt at this critical time** in their development, chances are they **will be lost for ever**, no matter how much training or coaching they get later.
- ◆ This is why it will be essential for all future teachers and coaches **to be knowledgeable and confident** at imparting these fundamental motor and movement skills.



Strike onto Wall



Balance and Strike to Partner



The ABC'S OF ATHLETICISM for GAELIC GAMES

Introduction 2

- ◆ It is practicably impossible to teach sport specific skills if athletes do not have a **good basic foundation of the fundamental skills**. **Movement skills** learnt at these early years **become automatic** and can be called upon when learning sport specific skills.
- ◆ Ulster GAA has incorporated this fundamental phase into the coaching programmes, to ensure that **future stars are athletes and footballers and hurlers**.
- ◆ These fundamental skills are not just for children but all groups. They are the **basis for all complex sport skills** and act as a means of injury prevention and performance enhancement.
- ◆ They should be **incorporated into all parts of the session**.



Bean bag hop



Find a Space



The ABC'S OF ATHLETICISM for GAELIC GAMES

Introduction 3

- ◆ Start with **simple drills** in your warm up, which you hope to **use later in the session**, before building them slowly into **more sport specific movements**.
- ◆ The order of development might be:
 1. Learn the movements **with no regard for speed**.
 2. **Speed with precision**.
 3. **Change the movement** or task.
 4. **Add sport specific skill**.



Bridges & Rivers





The ABC'S OF ATHLETICISM for GAELIC GAMES

Introduction 4

The FUNdamental Stage

Age : Females : 6 to 8 years

Males : 6 to 9 years

The FUNdamental Skills have 4 main areas:

1. Basic Movement Skills – Agility :

- ◆ Learning to Move and Learning Through Movement.
- ◆ Travel using different body parts.
- ◆ Flight – take offs and landings.

2. Spatial Awareness :

- ◆ Knowing where you are i.e. personal space in relation to corporate space i.e. things around or about you.

3. Balance/Stability :

- ◆ Coordination and control
- ◆ Physical control and balance, static and in motion. The Motor skills.

4. Manipulative Skills – (Both Sides)

- ◆ Aiming – Handling - Predicting -Kicking - Estimating - Hitting

ALL ABOVE = PHYSICAL LITERACY

3 Stages of FUNdamental Movement :

- ◆ 1 - Initial (2 -3 Years)
- ◆ 2 - Elementary (4 - 5 years)
- ◆ 3 - Mature (6 – 7 years)

FUNdamentals

AGILITY

Agility Introduction



'A' Agility

INTRODUCTION 1

Age: Females 6-8yrs Males 6-9 yrs.



Agility shares with **coordination** the need for **precision, speed, rhythm, fluency and economy of energy** but differs from **coordination** in that coordination involves **linear movements** While **agility** requires **explosive changes in direction**. It is not Easily defined as it is the culmination of nearly all the physical abilities the athlete possesses.

There are three different types:

1. **Rapid movements of body parts** that control movements of implements in sports e.g. hurling, tennis etc.
2. **Whole body horizontal changes in direction** e.g. evasive techniques e.g. sidestep.
3. **Whole body vertical changes of direction** e.g. jumping.



Dodgeballs



Shapes

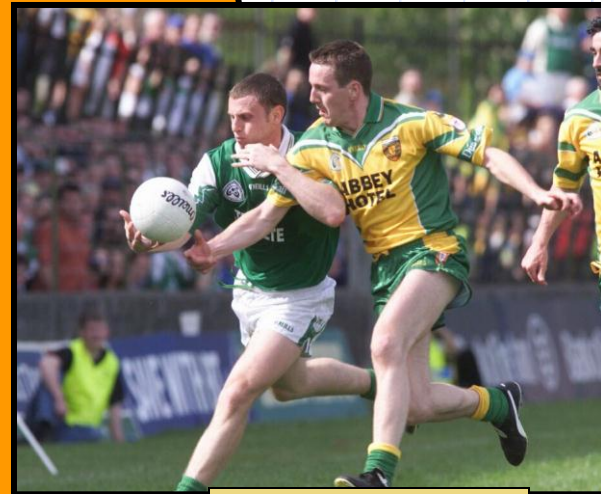
'A' Agility

INTRODUCTION 2

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ What **agility activities** would you include in your session for a group of 6/7 year old pupils?
- ❖ As stopping is a fundamental games skill, how would you **teach them to stop safely**?
- ❖ How might you **add fun and variety to challenge** their agility skills, using various pieces of equipment to go over, under, around or through?
- ❖ Include **partner work** to further challenge their agility skills.
- ❖ What type of **unusual tasks** could you include to prepare your athletes for future competition?



Side Tackle

'A' Agility

INTRODUCTION 3

Age: Females 6-8yrs Males 6-9 yrs.



❖ **STEP** - Be prepared to change – **Space, Task, Equipment and Ppils as you go through your session.**

❖ **Spaced Out** - Spaced out domes make it much easier for very young children to **dodge in and out** off.

❖ **Warm up** – Walk in and out of markers e.g spaced out soft plastic domes, hoops etc.

- ❖ Keep head up and be aware of others around you – spatial awareness
- ❖ You cannot follow anyone or touch anyone

❖ **Getting About** - Use walking as your initial mode of travel before challenging your pupils to **explore other ways of travelling**, e.g. skip, gallop, jump, hop etc.



Spaced Out



Side Step

'A' Agility TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Snow Paths - Allow them to move forwards while changing pathways i.e. **an imaginary path left behind** them as they move.
- ❖ Colour Recognition - Touch **four different colours**?
- ❖ Safety – if working with big numbers allow **half the group to work** at any one time.
- ❖ Different Destination - When your group have mastered this task challenge them to **change direction as they travel** i.e. their body position dictates what direction they move in.
- ❖ Travel Sideways - their **shoulder leads**, when going **backwards** their **back leads** the movement etc.



Snow Paths



Travel Sideways

'A' Agility TASKS

Age: Females 6-8yrs Males 6-9 yrs.



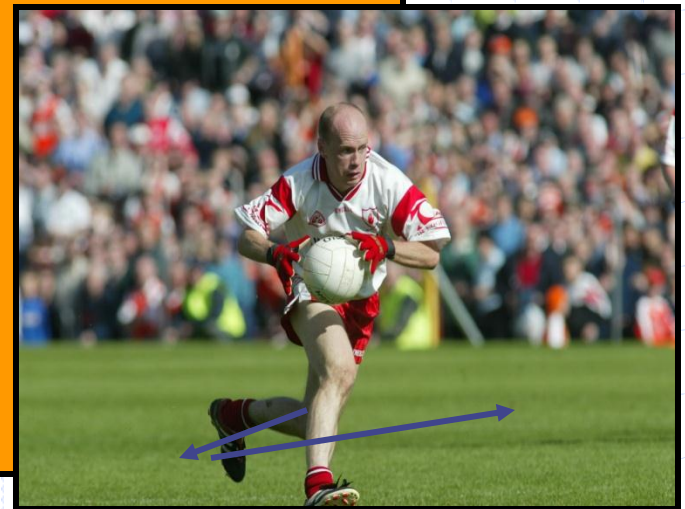
❖ Dodging - Each pupil goes to a dome and **attempts various evasive techniques** to dodge past it e.g. sidestep, feint and sidestep, swerve and roll.

❖ The Side Step – use spaced out domes or partners to execute the side-step.

- ❖ For a side-step to the right **walk up to the marker** and when about a meter away **step your right foot out to your right** to move onto a different pathway and **continue to move off** in this new pathway.
- ❖ Repeat a few times and then try **side-stepping to your left**. When comfortable walking attempt to do the side-step jogging.



Side Step



'A' Agility TASKS

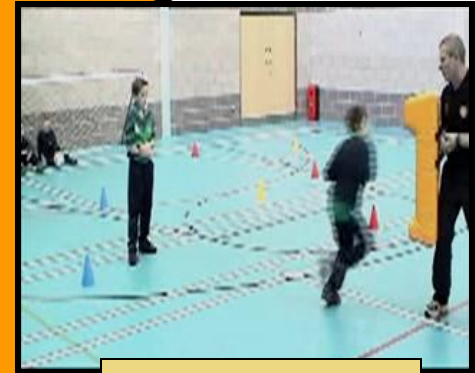
Age: Females 6-8yrs Males 6-9 yrs.



❖ Pairs Side-Step - Repeat with a partner. Here two players stand about five or six strides from each other. On a signal they walk/jog/run **towards each other and use the side-step** to the right when a couple of strides from each other.

❖ The Roll - use spaced out domes or partners to execute the roll. When working well allow them to **use a ball**. This should be their **first evasive technique** because of its simplicity.

❖ Stopping - Run and stop quickly on command.
❖ Stopping quickly is a **key fundamental skill** and must be taught like any skill.



The Roll



Pairs Side Step

'A' Agility TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ **Shadow Run** – Here pairs come together and **number each other** one and two. **No. 1 is the leader** and moves about while being **followed by No. 2** i.e. the 'shadow'.
 - ❖ For safety reasons stress the importance of stopping quickly and correctly i.e. a good strong position with one leg in front of the other and both arms bent at the elbow.
- ❖ **Mine-Field** – Place lots of 'mines' i.e. domes about the floor. Nominate a set number of pupils to **stand along side each of the sides**.
 - ❖ Select two opposite sides to **dodge across the 'mine field'** without touching the 'mines' or bumping into anyone. Challenge further by **having all the players coming across the 'mine field' at the same time**.



The Shadow



Minefield

'A' Agility TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ **Mine Blast** - A scoring system can be introduced by giving each pupil five points to start with, they **lose a point if they touch a 'mine field'** or bump into anyone.
- ❖ **Dodgems** - Place domes or poles about 1m apart in a straight line and ask pupils to **run in and out** off them, use dodging skills.
- ❖ **Slalom** - Now place them **zigzag pattern** about 3m apart and see if they can dodge in and out of them.
 - ❖ Rule – they must use **outside foot to drive off** with bent knees.
- ❖ **Reverse Slalom** - Challenge them to go **sideways and back ways** through the slalom. Make up individual, pair and team races.



Mine Blast



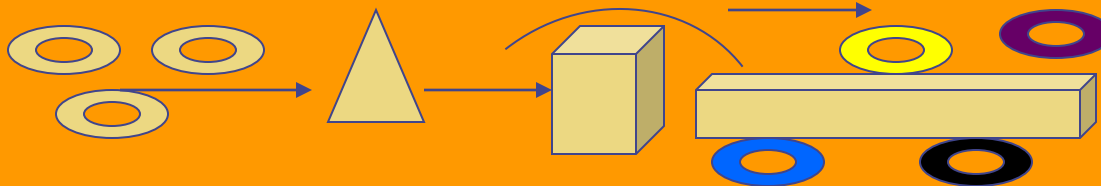
Slalom

'A' Agility TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Over the Mountain through the Tunnel - Use under, along and over relay, small group races, using various pieces of equipment e.g. hurdles, hoops, benches etc.



Making Shapes

- ❖ Numbers – The group run about until a number is called e.g. 'Two', when the players pair off etc.
- ❖ Shapes - The teacher/coach could also call out a shape where the class would have to form the shape called e.g. 'triangle'.



'A' Agility TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ **Beep - beep** – each child holds a dome like a steering wheel and 'drives' about avoiding the rest of the 'cars'. If one car comes close to another 'car' or near a wall etc. they go 'beep-beep' and change their pathway in order to move off into a free space.

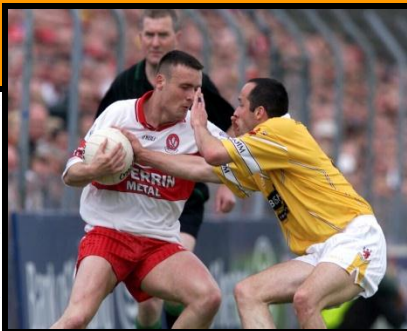


Beep Beep

- ❖ **Evasion belts** - The evasive belt, a durable nylon belt, attached between two players, is an excellent tool for agility to develop evasive and defending skills.



Evasion



'A' Agility TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Toe-Touch – Pairs stand facing each other and **attempt to touch each others toes** while moving their feet and attempting to touch their partners toes on the ground.

- ❖ Who can score five 'touches' first. Do not stamp on your friends' toes.



Toe Touch

- ❖ Tag Tail - Use partner **tag activities** to further challenge their previously acquired **dodging skills** e.g. tail-tag, here pairs place a braid/band etc. at the back of their shorts.

Aim: **dodge behind your partner and grab his/her 'tail'**.

- ❖ Who ever grabs three 'tails' first is the winner.



Tag Tail / Hold

- ❖ Tail Hold - Allow the whole group to run about - **grab any 'tail'** they wish. The winner here is the player who is **holding the most 'tails'** when the time is up e.g. ten seconds.



'A' Agility TASKS

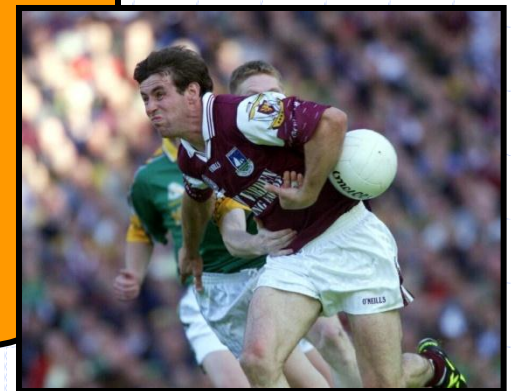
Age: Females 6-8yrs Males 6-9 yrs.



- ❖ **Bridge and Rivers** – The group **pair off** and number each other one and two. **Nos. 1's are the 'bridges'** and balance on their hands and feet. The **'rivers' are Nos. 2's** and lie on their tummies.
- ❖ **Under the bridge** - On signal all move about until they **hear 'bridges'** where the Nos. 1's make a 'bridge' while the **Nos. 2's crawl under** before moving on and making a 'river'.
- ❖ **Over the River** - The 'bridges' then get up and **jump the 'rivers'** before moving on and repeating the activity. Which pair can complete the most 'bridges' and 'rivers' in a set time e.g. ten seconds?



Bridges and Rivers



'A' Agility KEY POINTS

Age: Females 6-8yrs Males 6-9 yrs.

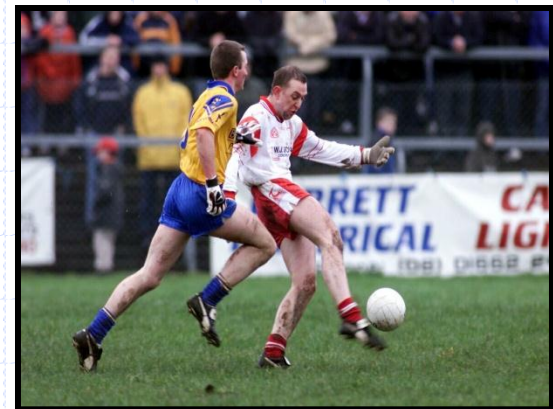


Key Points

- ❖ When moving sideways, **don't cross your legs** -one leg should lead
- ❖ When travelling backwards **look over your shoulder** and move **on the 'balls' of your feet** i.e. the front part of your feet.
- ❖ Always use your eyes to **look for the free pieces** of floor to move into.
- ❖ Stop with **bent knees**, one foot in front of the other. Arms should be **bent at the elbows**, in opposition to the legs i.e. right leg forward, left arm forward.
- ❖ **Stop quickly** on command. Progress from **stopping quickly to changing pathway and moving off in this new pathway.**
- ❖ **Change pathway** every fourth stride (the four step rule).



Kick against Wall



'A' Agility

KEY POINTS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Use **questioning** with the children to challenge them.
- ❖ Use **numbers** to integrate counting and **numeracy skills**
- ❖ Use **colour** recognition to integrate **art**
- ❖ Use **directional** commands to integrate **mathematics, geography**
- ❖ Use **partner work** to introduce **co-operation** and team work
- ❖ **Challenge** to introduce **decision making**
- ❖ **Create options** to improve **decision making**
- ❖ Use **variety** in activities to stimulate
- ❖ Change **activities** regularly to **create FUN**
- ❖ Provide **opportunities to explore** child's creativity
- ❖ Provide a **Safe, Challenging and FUN** Environment



Running through woods



Clockwise Bounce



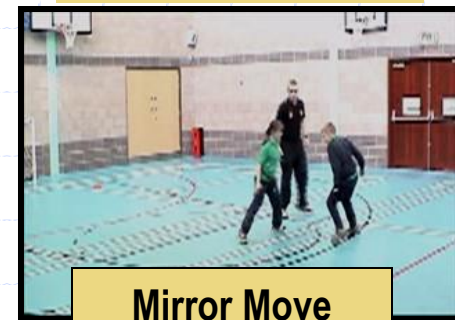
Off the Wall



Shuttle Ball



Wall Tig



Mirror Move

FUNdamentals

BALANCE & CO-ORDINATION

Balance & Co-ordination Introduction





'B' Balance & Co-ordination

INTRODUCTION 1

Age: Females 6-8yrs Males 6-9 yrs.

Balance is the most important component of athletic ability because it **under lines all movement**.

It does not work in isolation, as **agility and coordination depend on** a well developed sense of balance.

As balance is more than static, our aim should be to develop **good balance in motion**.

You find your new group of young athletes very poorly balanced

- ❖ What **sort of balancing activities** might you include in your programme to rectify this problem?
- ❖ How would you **use their bodies** initially to help develop balance?



Balance



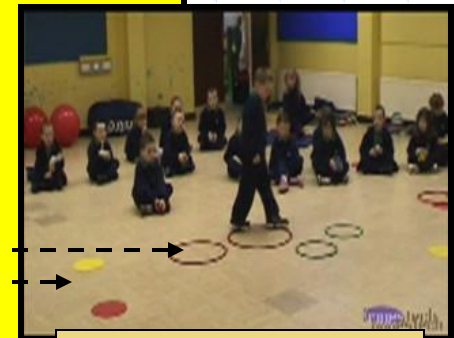
'B' Balance & Co-ordination

INTRODUCTION 2

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Challenge their balancing techniques by asking your pupils to **walk, jog, jump, hop etc. along lines, ropes, benches** etc.
- ❖ Can you challenge them further by giving them **additional tasks to do as they move?**
- ❖ Use more **unstable surfaces** like wobble boards, Swiss/fit balls and the new innovative equipment now on the market.
- ❖ Can you use **partner activities?**
- ❖ Can you use **lines** to challenge their balance?
- ❖ Can you use **ropes** to challenge their balance?
- ❖ Can you use **other equipment** to challenge them?
- ❖ Are you keeping the **activities safe** at all times?



Hoops and Pads

'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Doggies Walk - two hands and one foot only etc. Begin with a bilateral stance. Close your eyes and find your centre of gravity by swaying from side to side and back and forward.
- ❖ Three legged dog - lift one foot up in this balance?
- ❖ Body balance - Balance using different parts of your body e.g. hands and feet.
- ❖ Limping dog - Can you move about using two hands and one foot only?
- ❖ Crab Walk - 'Crab' i.e. (hands and feet, facing up), to a set line, before changing
- ❖ Rabbit Hop
- ❖ Composite 'Animal' races - where children travel like a named 'animal' to a cone and change animal e.g. 'Dog' to a 'Rabbit', bunny jumps (two hands forward followed by two feet forward) to a 'Crab' to a 'Duck' etc.



Doggie Walk



Crab Walk

'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Animal Relay - Include 'Animal' relay type races.
- ❖ Line Walk – walk the line on the floor without falling off – turn 360 in middle
- ❖ Tight Rope – walk the rope without falling off - challenge their balancing skills.
- ❖ Walk the Walk - sideways and backwards across lines?
- ❖ Walk the Toes – balance on the toes and use the arms
- ❖ Walk the heels - balance on the heels using the arms
- ❖ Walk the Insides and outsides of your feet.
- ❖ Hurdle Walk, walk about pretending to step over hurdles, but hold hurdle position for a few seconds before moving on.



Rope Walk



Stone Walk



'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.

- ❖ **Balance Hold** - Jog, gallop, skip, jump or hop across lines **stopping quickly on signal to hold a balance** position called by coach e.g. all 'fours' i.e. balance on hands and feet.
- ❖ **Jump and Land 1** - Run and jump 90 degrees in the air, **land and jump 90 degrees** to land facing the same way.
- ❖ **Jump and Land 2** - Repeat above with **eyes closed**. Attempt initially on the spot and then with a short run up.
- ❖ **Balance Jump and Land** - Repeat above while **balancing various objects** on different parts of the body e.g. head, back etc.
- ❖ **High Balance Jump and Land** - Repeat above **using benches**, especially beams with numbers, letters and colours, which help cross - curricular development. •••••



Balance Hold



Disc Balance

'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Statues - Make them **stop on signal** to hold a still position for a few seconds before moving on.
- ❖ Swivel Move - Travel and then **turn on bench** or rope before continuing.
- ❖ Swivel and Jump Move - Repeat above **with a jump**.
- ❖ Swivel, jump and Bounce - Add a ball to challenge further.
- ❖ High Obstacle Walk - Place obstacles over or across the bench for the pupil to negotiate, e.g. hoops, canes etc.
- ❖ Balance Over & Under - Bench with various **objects for going under and over**.
- ❖ Bench Target Bounce - Place hoops alongside the bench for children to bounce a ball into.



Balance on Hurl



Bench Bounce



Balance Target Bounce

'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ High Catch - Coach throws balls for player to **catch as s/he balances on the wobble board or moves** along the bench.
- ❖ High Solo - Use **sport specific techniques** to further challenge their balancing skills e.g. solo or tip the ball on a stick as you balance on the disc or cross the bench.
- ❖ Partner balance challenge 1 - Use partner work to further challenge their balancing skills e.g. both holding a rope in one hand, stand on one leg only and **attempt to pull other onto the other leg**.
- ❖ Partner balance challenge 2 - Stand side by side, lock arms and attempt to **pull your partner** over onto the other foot.
- ❖ Walk Tall - Stand tall, with **both hands straight out** in front of the head and begin walking.
- ❖ Skip Tall - Repeat above while **skipping and running**.



Balance on Wobble



High Solo



Balance & Catch



'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.

- ❖ **Support your Partner** - In pairs show me how you might **support your partner**? What to look for - One partner might be laying on the ground supporting their partner's body weight in some way. As they gain strength they could be asked to support on knees and then on feet.
- ❖ **Bridges** – here pairs are asked to explore as many ways as possible of travelling either **over or under their partner's** bridge.
- ❖ **Passing under the Bridge** - In pairs use a ball to **pass under your partner's** bridge.
 - ❖ Who can pass the ball under the most times in a set time?
 - ❖ Use hands, feet or sticks to send the ball.
- ❖ **Passing through the Gap** – In pairs pass the ball between **the outstretched arms** held above the partners head.
 - ❖ Use hands, feet to pass the ball
- ❖ **The Wrestle** - Partner **pushing and pulling** as well as wrestling are excellent for developing strength through balance.



Bridges



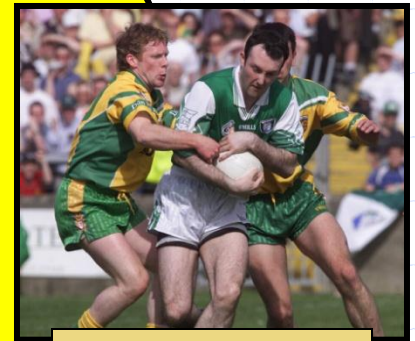
Bat on Bench

'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ **Pull the Donkey** - in pairs stand one foot in froth of the other, place each others **hands on your partner's shoulder** and attempt to push your partner back.
- ❖ **Push the Donkey** – grab your partners' arms at the elbows and **attempt to pull your partner backwards**.
- ❖ **'Stubborn Donkey'**, here one pupil kneels down and pretends to be a donkey. The other pupil attempts to **move the donkey by pushing and pulling** various parts of the 'donkey's' body.
- ❖ **The 'Stamp'** here one child lies down on the ground with arms and legs spread out. The other child attempts **to lift parts of the 'stamp'** off the ground.
- ❖ **The 'Parcel'**, one player tucks up into a tight 'parcel'. The other player attempts to **unwrap the 'parcel'** by pulling at the arms and legs. Safety – no rough handling.



Upper Body
Strength





'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.

The Swiss/Fit Ball can be used in numerous ways to provide fun and challenging balance activities to improve core stability.

Lying on the ball for support can you lift various parts off your body e.g. arms, legs etc.

- ❖ **'Superman'** – lie over the ball, on signal lift your **right hand and left leg**. Keep your arm, back and leg as straight as possible. Hold this position as long as possible before changing to use opposite arm and leg.
- ❖ **Advanced Superman** - Above, but **roll forward onto your arms**, feet resting on the ball. Keep your body as straight as possible, lift one foot of the ball.



Swiss Ball





'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.

- ❖ **Belly up Superman 1** - Repeat above while facing the other way i.e. your tummy should be facing up. Can you rest your heels on the ball and lift your hips as high as possible.
- ❖ **Belly up Superman 2** - Repeat above while **resting elbows** on top of the ball and your feet on the floor.
- ❖ **Ball Balance**: Can you balance on the ball using 4/3/2/ parts?
- ❖ **The Sit Balance**: Try sitting on the ball, with all **your parts off** the floor then trying the **Kneel Balance**. Have safety mats around the ball.
- ❖ **Gladiators**: Two pupils sit on ball and attempt **to unbalance** each other.
- ❖ **Tugging Gladiators** - Repeat above but each hold a **length of thera - band** (thick elastic tubing) and try and dislodge each other.



Superman



Ball Balance

'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.



❖ **Chest Pass** -Both players sit on the ball and attempt to **pass a football between each other, keeping their feet off the ground.** Use chest/shoulder passes initially before challenging them to use hand or fist passes.

❖ **Mirror the Leader** -Two pupils face each other with ball supported by **pushing both hands against the ball.** The aim is for one pupil to lead the movement by moving the ball to different levels; the other pupil must mirror leader's movements.

❖ **Wrestle Ball** - Both grip ball with both hands and **attempt to wrestle ball** from each other.

❖ **Partner Squat 1** - In pairs stand **back to back with the ball** supported between each others back. Can you squat up and down with the ball between your back, stay down for a short time before standing up again.



Kick Hard Foot



Mirror Leader

'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Partner Squat 2 - Repeat above using one leg only. on Inflatable Stability Disc
- ❖ Use unstable surfaces like wobble boards to challenge their balance skills further. These activities help to strengthen core stability, which are essential for generating forces in the arms and legs.
- ❖ Balance on the disc by standing still as long as possible. Stand up onto your toes, heels, insides and outsides of your feet.
- ❖ Can you circle your knees, hips etc. while remaining balanced.
- ❖ Partner Squat 3 - Repeat above with eyes closed.
- ❖ Partner Squat 4 - Repeat above while bending your knees i.e. squatting.



Wobble & Receive



Wobble & Strike



Wobble & Kick

'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Partner Squat 5 - Repeat above using **one leg** only. Can you swing the other leg as if you were kicking a ball? Keep your **toe pointing down with heel up (hard foot)**. This is a fundamental skill for kicking a ball with power.
- ❖ Balance Bounce - Bounce a ball **while balancing**, pat-bounce your ball, keep a small ball up using a stick or attempt to solo a ball.
- ❖ Passing Game - Pairs – throw, hand pass, fist or kick a **ball between you and your partner**. Keep your head down over the ball after kicking. Tip, count, one-two after kicking.
- ❖ Tug of War - Above while holding a rope between you and your partner attempt to **dislodge each other from the disc**.



Ball Bounce



Passing Game



'B' Balance & Co-ordination TASKS

Age: Females 6-8yrs Males 6-9 yrs.

- ❖ **Alternative Balance** - Balance on the disc **using other parts** of your body e.g. bottom, attempt to do sit-ups without your feet touching the ground.
- ❖ **Standing Two disc balance** - Use **two discs to balance** on while throwing ball.
- ❖ **Kneeling Two Disc Balance** – Kneeling on discs interchange passes
- ❖ **One up one down balance** - Your **knee must be on the back disc** while your **foot must be on the front disc.**
- ❖ **Bench balance** - Challenge further by asking pupils to **balancing on the bench.**



Partner Wobble



Bench Balance

'B' Balance & Co-ordination

KEY POINTS

Age: Females 6-8yrs Males 6-9 yrs.



- ❖ Ensure balancing activities are **safe**
- ❖ Ensure landing surface is **suitable**
- ❖ Moving about on soft ground, using different parts of the body helps **strengthen the limbs**.
- ❖ **Gradually increase the difficulty** of the tasks.
- ❖ Go **back a step** when the children struggle.
- ❖ Engage the children and **ask them how to** make it more difficult or easier.
- ❖ **Do not** let them experiment using **dangerous exercises**
- ❖ Supervise **Swiss ball activities carefully**

Balance & Co-ordination using ladders

