



Active start week 3

Category: Physical: Agility
Difficulty: Beginner

Paul Burke, Corunna, Canada
Individual-Adult Member

Freeze tag (10 mins)

Focus- Physical Literacy

Activity Name: Freeze Tag

Introduction

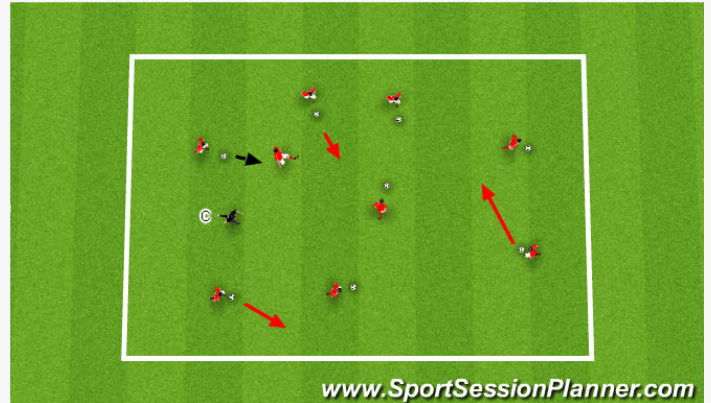
Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

Variations

Easier (U4): Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs

Harder (U6): Have players replace coach(es) as taggers.

Harder (U6): Players must perform 2 juggles to unfreeze



Topple me coconuts (10 mins)

Focus – Ball Literacy

Name of Game: Topple me Coconuts

Organization

Split players into 2 teams and have them line-up as shown below. Place balls on top of cones like coconuts. Ask players to alternate making passes/shots to try and knock the ball off of a cone. If a player is successful they can go and retrieve both balls and bring them back to their side. Encourage celebrations!

Alternatives

Easier (U4): Start with rolling the ball across a smaller distance.

