

(1) RUN AND TURN

- Place cones at varying distances in a straight line
- Sprint out and around each multi-marker before turning and running back to starting marker



COACHES TIPS

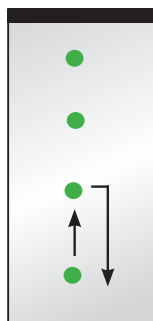
KEY POINTS:

- Start in correct stance position, i.e. knees and back slightly bent, left foot and right arm out in front, head down
- Use short strides when turning and longer strides when running in a straight line
- Swing arms to build speed
- Use your front foot as a brake to stop by driving it hard into the floor in front of you
- Lower your hips as you stop to aid balance
- Stop quickly in a 'strong' position by bending your arms at the elbows
- When stopping with your right foot forward, your left arm should be forward and vice versa

EQUIPMENT:

- Set of Multimarkers

DIAGRAM:



HARDER

1) ADD HURDLES OR LADDERS

EASIER

1) CHILDREN STOP AT THE CONE AS
OPPOSED TO TURNING AT IT

(2) FANTASTIC FOX

- One player is nominated to be the fantastic fox
- 5 other players stand in a single file, one behind the other, and are numbered 1-5
- These are the (1) Mama Goose (2) Papa Goose (3) Sister Goose (4) Brother Goose (Baby Goose)
- Fantastic Fox has to 'tag' the Baby Goose's tail to win
- The Goose family must protect the baby Goose by moving side to side
- Mama Goose can spread her wings (arms) to defend her family
- All other Goose members must hold on to each other at the waist
- If the Goose chain breaks up, then the fantastic fox wins
- Alternate the order so each pupil get a go at each position

COACHES TIPS

KEY POINTS:

- Children must work as a team and move in unison
- Keep on the balls of your feet
- Encourage lateral movement (sidestep). This is achieved by stepping your foot out from the body to the side and continue to move in this new pathway

EQUIPMENT:

- None required



DIAGRAM:

- ✗ BABY
- ✗ BROTHER
- ✗ SISTER
- ✗ DADDY
- ✗ MAMA GOOSE
- FOX

HARDER

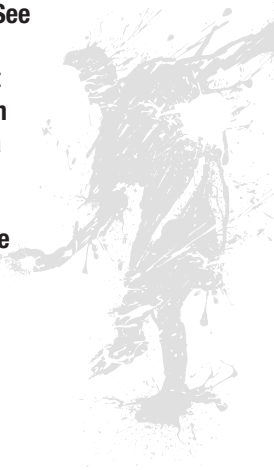
1) DECREASE THE NUMBER OF GEESE

EASIER

1) INCREASE THE NUMBER OF SWANS

(3) RUN THE GAUNTLET

- Split group evenly into two teams
- Each member of team one lines up along either side of the marked out court (See Diagram Below), with a foam ball
- Team two lines up at bottom of court
- On teacher's call, team two must 'run the gauntlet' without being hit with a foam ball below the waist thrown by team one
- The throwing team must not enter the gauntlet to retrieve a ball after it has been thrown
- Each team has a turn at running the Gauntlet, and the team with most players remaining after 10 runs wins



COACHES TIPS

KEY POINTS:

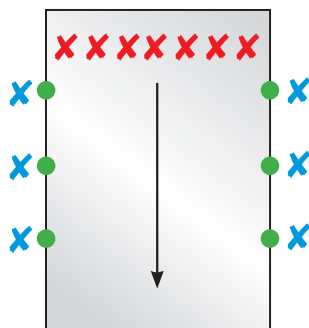
- Encourage the correct body position when throwing the underarm stroke, akin to the underarm shot in Handball, i.e. facing sideways, step into the throw and transfer weight from back foot to front foot, release ball at midline of body
- Encourage the correct starting position for running, i.e. one foot in front of the other, knees slightly bent, elbows bent with opposite hand to front foot out in front
- Push off the floor hard with the back foot when starting to generate force

EQUIPMENT:

- Set of Multimarkers
- Foam Balls or Beanbags



DIAGRAM:



HARDER

- 1) INCREASE LENGTH OF THE GAUNTLET
- 2) INCREASE NUMBER OF THROWERS

EASIER

- 1) BALL MUST BE ROLLED
- 2) INCREASE WIDTH OF THE GAUNTLET

(4) HANDBALL RELAY

- Set up a square running track with Hurdles positioned at each side
- Split group into 2 even teams
- First child in each team has a Handball, and must run around the course
- The second child in the team cannot run until he/she has the ball in their hands
- Each team member runs twice

COACHES TIPS

KEY POINTS:

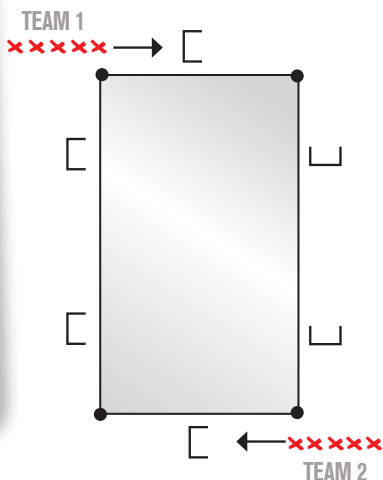
- When changing direction, plant the outside foot hard into the floor and push off to change direction
- Increase the distances between hurdles according to ability

EQUIPMENT:

- Cones
- Handballs
- Hurdles



DIAGRAM:



HARDER

1) GET CHILDREN TO DRIBBLE A HANDBALL
AROUND THE COURSE

EASIER

1) REMOVE THE HURDLES

(5) BOAT TRIP

- Split the group into even teams
- Create a large rectangular playing (lake)
- Teams are positioned at the side of the lake
- Each team will nominate one Captain
- The Captain drives the boat (hoop) across the lake taking one passenger at a time
- Both players must be inside the hoop when crossing the lake
- The team that gets each team member across the lake first wins

COACHES TIPS

KEY POINTS:

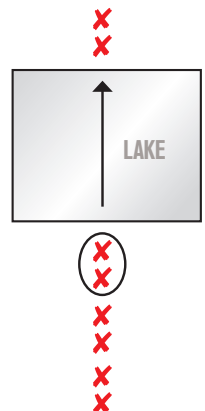
- Ensure there is enough space for the players to run safely
- Players learn to work as a team to increase their chance of success

EQUIPMENT:

- Multimarkers
- Hoops



DIAGRAM:



HARDER

- 1) ADD OBSTACLES IN THE LAKE, E.G. SLALOM
POLES, HURDLES, ETC

EASIER

- 1) PLAYERS HOLD HANDS AS OPPOSED
TO BEING INSIDE THE HOOP WHEN
CROSSING THE LAKE

(6) BOP ALONG

- Children find a space in the hall and sit down with their legs out in front of them
- Slowly swing arms in a synchronised movement as you would when you are running
- Challenge the child to increase the speed of arm swinging to aim to move their arms fast enough to lift their backside off the floor

COACHES TIPS

KEY POINTS:

- This exercise introduces the children to the proper arm technique for running – Hip to Lip
- Swing right arm forward and left leg up at the same time, and vice versa

EQUIPMENT:

- None required



(7) LIFTS AND FLICKS

- Children find a space in the hall and jog on the spot
- Whilst running on the spot, get children to (i) perform exaggerated high knees (ii) heel flicks to touch their backsides
- Children must try to synchronise their arm and leg movements

COACHES TIPS

KEY POINTS:

- When right foot is out in front, left arm should also be swinging out in front
- Maintain good posture by keeping a straight back, head up, and engaging the core muscles

EQUIPMENT:

- None required



(1) VERTICAL JUMP

- Children stand sideways beside a wall
- Using a standing vertical jump, children aim to bend the knees, then spring up and touch as high on the wall as they can with the hand nearest the wall
- Switch sides and practice with the opposite hand nearest to the wall
- If sticky markers are available, see who can place the marker highest on the wall

COACHES TIPS

KEY POINTS:

- Land softly with bent knees, straight back and head up

EQUIPMENT:

- None required



(2) BUNNY HOP

- Children must 'bunny hop' through a ladder, placing both feet in every space
- To vary this exercise, hop 2 spaces forward and 1 space back progressing through the ladder or make players do backwards on the line



COACHES TIPS

KEY POINTS:

- Ensure the ladder is properly laid out; reset it if necessary before each player goes
- Land softly with bent knees, straight back and head up

EQUIPMENT:

- Ladders or Tape



(3) LOG CROSSING

- Each player in team lies on their back on the floor in a straight line, one metre apart
- First player jumps over every log (player), and becomes the last log in the line
- When the first player is half way up the log line, the second player can start and do the same procedure
- Work the log line the whole way to the far side of the court

COACHES TIPS

KEY POINTS:

- Only allow children to jump over the legs of the logs and not the upper body
- Bend knees slightly on landing to soften the impact
- Use the 'Balls' of your feet to jump and land on

EQUIPMENT:

- None required



HARDER

1) SPLIT INTO TWO TEAMS AND MAKE IT A RACE

EASIER

1) STEP ACROSS THE LOGS

(4) CRISS-CROSS BOUNCE

- Use cones or ropes to mark out a cross on the ground
- Challenge the children to jump around the cross in a clockwise direction, and then in an anti-clockwise direction
- Challenge them to jump in both directions

COACHES TIPS

KEY POINTS:

- Use controlled jumps; keep the centre of gravity close to the centre of the cross
- Keep head up and back straight
- Keep feet together and knees bent

EQUIPMENT:

- Set of multimarkers
- Ropes

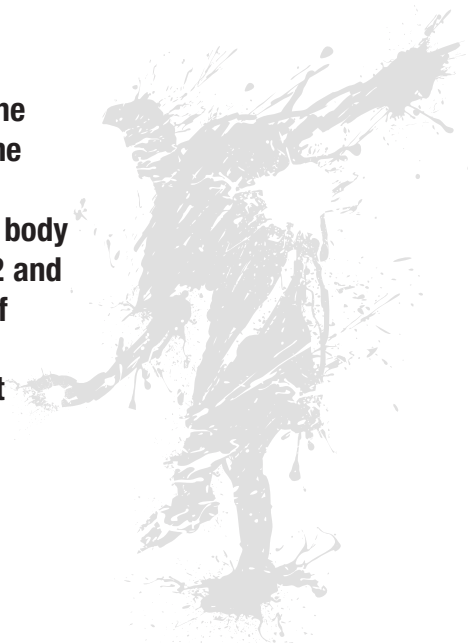


THROWING

When teaching the handball strokes, a good way to simplify the task, but still practice the skill, is to throw the ball. This allows the child to focus on getting the body into the correct position as if they are hitting a shot, but without the added complexity of striking the ball.

When throwing/striking the ball, it is important that the coach pays attention to key points of the swing to improve the mechanical movement of the body. These key points include:

- 1) Stand sideways facing the sidewall
- 2) Feet should be shoulder width apart
- 3) Knees are slightly bent
- 4) For the overarm and sidearm stroke, the arm should be bent at 90 degrees at the start of the movement
- 5) For the underhand stroke, think of the body as a clock, start the swing between 12 and 9, release the ball at 6 (at the centre of the body) and follow through to 3
- 6) Transfer the weight from the back foot to the front foot, releasing the ball in line with the midline of the body
- 7) Follow through so the arm is outstretched in front of the body in the direction of the shot



(1) UNDERHAND THROWING CIRCUIT

- Station 1: Throw beanbag into hoops of varying distances
- Station 2: Throw beanbag to knock down cones of varying distances
- Station 3: Slide beanbag at a ball being rolled between two players
- Station 4: Throw foam ball into a basket or target placed high on the wall
- One minute per station

COACHES TIPS

KEY POINTS:

- Focus on the target when throwing the beanbag
- When throwing with right hand the left foot should be out in front of the body, and vice-versa

EQUIPMENT:

- Cones or Skittles
- Handballs or Beanbags

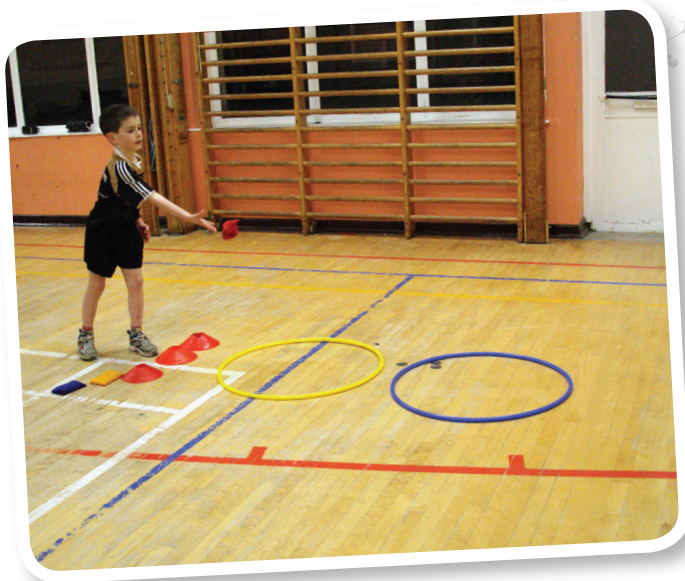
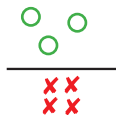


DIAGRAM:

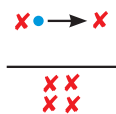
STATION 1



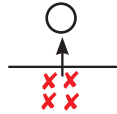
STATION 2



STATION 3



STATION 4



HARDER

- 1) INCREASE DISTANCE

EASIER

- 1) TWO HANDED THROW
- 2) DECREASE DISTANCE

(2) TARGETS - OVERHAND

- The Coach/Teacher will mark out targets on a wall such as a square/circle/cross
- Players line up, one behind another, in teams at a marker laid 5-7 metres back from the wall
- Players try to throw the handball with an overhand throw and hit the targets
- Points are assigned to each area
- The smaller the area the more points accumulated

COACHES TIPS

KEY POINTS:

- Adopt the correct throwing movement, akin to hitting a handball shot, i.e.
 - Facing sideways
 - Feet shoulder width apart
 - Knees bent
 - Transfer weight from back foot to front foot
 - Release ball at midline of body
- For the overhand stroke, the starting position of the arm should be positioned at 90°

EQUIPMENT:

- Targets
- Handballs



HARDER

- 1) MAKE THE TARGETS SMALLER
- 2) THROW WITH NON-DOMINANT HAND

EASIER

- 1) MAKE THE TARGETS BIGGER
- 2) SHORTERN THE DISTANCE

(3) TUMBLING TOWER

- 4 children attempt to tumble the tower (cone) by throwing a sponge ball at it
- One child has to defend the tower by blocking the throws
- Throwers must stay outside a perimeter circle (3m)
- Defender must stay outside a small circle (1m) formed around the tower

COACHES TIPS

KEY POINTS:

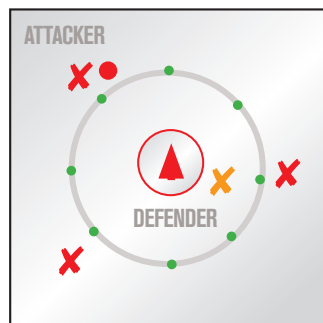
- Encourage children to work as a team by moving the ball quickly in order to create a scoring opportunity
- Teach the defender to position himself between the cone and the ball

EQUIPMENT:

- 1 Cone
- 1 Sponge Ball
- Set of Multimarkers



DIAGRAM:



HARDER

- 1) INCREASE THE PERIMETER DISTANCE
- 2) PLAYERS MUST COMPLETE 5 PASSES BEFORE ATTEMPTING A SHOT

EASIER

- 1) INCREASE SIZE OR NUMBER OF TOWERS
- 2) DEFENDERS HAS TO HOLD HANDS BEHIND THEIR BACKS

(4) SKITTLE BALL

- Place lots of skittles along the front wall
- Split group into 2 even teams
- Using handballs, team 1 players aim to knock the skittles down by throwing the ball along the ground from 10m away
- Players must attempt to throw
 - (i) underarm swing (ii) overarm swing
 - (iii) sidearm swing
- See how long it takes team 1 to knock all the skittles down
- Team 2 then attempt to beat team 1's times

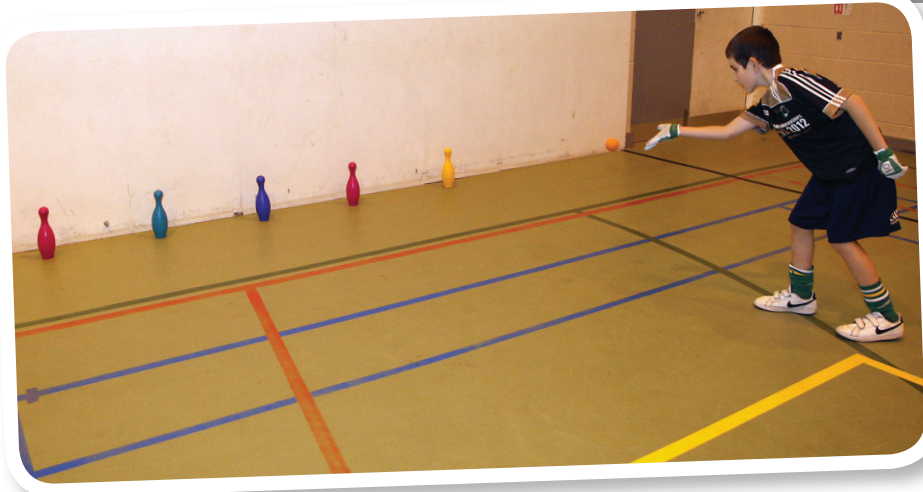
COACHES TIPS

KEY POINTS:

- Adopt the correct technique, i.e.
 - Facing sideways
 - Feet shoulder width apart
 - Knees bent
 - Transfer weight from back foot to front foot
 - Strike ball at midline of body
- Ensure no balls are hit/thrown when someone is setting back up any knocked down objects

EQUIPMENT:

- Skittles
- Handballs



HARDER

- 1) USE NON-DOMINANT HAND
- 2) THROW FURTHER FROM AWAY SKITTLES
- 3) STRIKE THE BALL

EASIER

- 1) THROW CLOSER TO SKITTLES
- 2) USE LARGER BALLS

(5) DEFENDER

- Mark out a square grid using 4 multimarkers
- Position one child each at three sides of the square, and one inside the square (the defender), as shown below
- The outside players must move along their side of the square, attempting to pass a handball using an underarm throw
- The piggy must attempt to intercept the throws
- If the ball is intercepting or bounces before it is caught, the player responsible for the poor pass/catch becomes the new defender

COACHES TIPS

KEY POINTS:

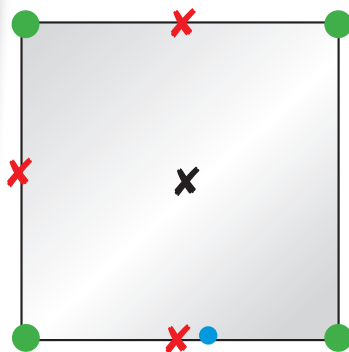
- Transfer the weight from back foot to front foot when throwing
- Focus on target and not the ball when throwing
- Encourage children to work as a team by moving the ball quickly
- Promote creativity by attempting to 'fool' the piggy by disguising the pass

EQUIPMENT:

- 1 Handball per group of 5 children
- Set of Multimarkers



DIAGRAM:



HARDER

- 1) USE THE OVERARM THROW
- 2) LARGER COURT

EASIER

- 1) HAVE TWO PIGGY'S
- 2) SMALLER COURT

(6) CATCH THE PIGEON

- Mark out a large rectangle, similar to a volleyball court, using multimarkers
- Use a high net or bench to separate the centre of the court
- 4 players per team, with one team on each side of the court
- Players must throw the ball over the net and attempt to land the ball inside their opponents court
- Team 1 scores a point when the ball bounces inside team 2's court, and vice versa
- One handball in play at a time
- Balls must be thrown underarm



COACHES TIPS

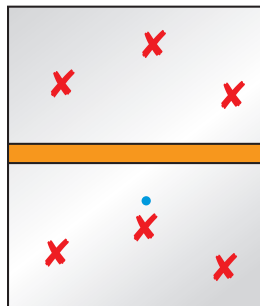
KEY POINTS:

- Keep on balls of the feet and anticipate the play
- Encourage children to work as a team by moving the ball quickly
- Transfer weight from your back foot to your front foot as you release the ball
- Watch ball all the way into hands
- Promote creativity by attempting to disguise the throws

EQUIPMENT:

- 1 Handball per group of 8 children
- Set of Multimarkers
- Bench/net

DIAGRAM:



HARDER

- 1) USE WEAK HAND THROWS
- 2) LARGER COURT
- 3) USE TWO BALLS

EASIER

- 1) SMALLER COURT
- 2) INCREASE SIZE OF THE BALL

(7) TARGET ZONE

- Mark out target zones as shown below
- Split group into pairs, or teams, depending on numbers
- Players must attempt to throw the beanbag using the underarm stoke, aiming to land it in the highest scoring zone as possible
- Player or team with highest score after 5 throws is the winner

COACHES TIPS

KEY POINTS:

- Players must keep eyes on the target when throwing the beanbag
- Game encourages the development of the underarm stroke

EQUIPMENT:

- Set of Multimarkers
- Various coloured beanbags



HARDER

- 1) PLAYERS MUST THROW THE BEANBAG WITH THEIR NON-DOMINANT HAND
- 2) DECREASE SIZE OF TARGET ZONES
- 3) THROW BEANBAGS INTO MATCHING COLOURED HOOPS

EASIER

- 1) INCREASE SIZE OF TARGET ZONES

(8) DODGEBALL

- Split the players into two even teams and split the court in half by multi-markers or a bench
- With 3 balls in play, players must attempt to throw large foam balls against their opponents, hitting them below the waist
- Players are not allowed to cross the halfway line, and must stay on their feet throughout the game
- If a player is hit with the ball below the waist, they are out of the game and go to their teams 'Den', that is positioned to the side of the court
- If a team member catches a throw from the opposition team before it bounces, then they can bring one of their players back from the Den and into the game
- A team wins when all of their opponent teams players are in the Den

COACHES TIPS

KEY POINTS:

- Transfer the weight from back foot to front foot when throwing
- Keep eyes on the target and not the ball when throwing
- When throwing with the right hand, the left foot should be positioned out in front of the body, and vice versa

EQUIPMENT:

- Foam Balls
- Multi-markers



HARDER

- 1) INCREASE SIZE OF COURT

EASIER

- 1) USE MORE BALLS
- 2) DECREASE COURT SIZE