

Sports Development

in Newark and Sherwood

Multi-Skills Session Plans

Detailed sessions to develop the FUNdamentals of movement



Session Overviews

Session Number	Session Overview	Focus of Session*
1	Introduce the FUNdamentals of movement – ABCS (Agility, Balance, Coordination and Speed).	A, B, C, S
2	Continue to develop the FUNdamentals of movement – ABCS (Agility, Balance, Coordination and Speed).	A, B, C, S
3	To develop and practice the fundamental agility and balance skills, through the use of floor spots, balance cushions and agility ladders.	B, A
4	To develop and practice a range of locomotion skills.	A, S
5	Practice and link basic movement techniques with spatial awareness and vision.	S, A
6	Develop hand-eye co-ordination, throwing and catching.	C
7	Develop hand-eye co-ordination, footwork and reaction times.	C, A
8	To develop passing and catching skills, movement into space and teamwork.	C, T, G
9	Multi-skill games to play when only limited space is available (i.e. a classroom).	G, T
10	Circuit session – ABCS. Recap all previously learnt skills	A, B, C, S
	* Focus of Session: A = Agility G = Games B = Balance S = Speed C = Co-ordination T = Team Work	



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Multi-Skills Session 1 – Introduction to ABCs

Session Objectives:

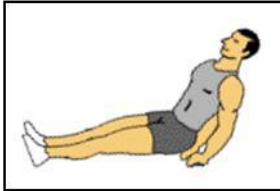
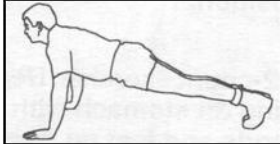
Introduce the FUNdamentals of movement – ABCS (Agility, Balance, Coordination and Speed).

Length of Session: 45 minutes

Equipment:

- Set of cones
- Set of bibs
- Bean-bags (1x student)



Warm up	Coaching Points	Equipment	Time
Movements: Moving within the square. Respond to different commands: Walk, march, skip, hop, run, lunge, jump, frog, spider crawl, side-step. <i>Progression:</i> Forwards, backwards, sideways.	<ul style="list-style-type: none"> • Reaction to commands • Distinct direction change 		5 min
Main Activities	Coaching Points	Equipment	Time
AGILITY: Truck & Trailer: Follow my leader in 2's Begin with walking/running, then progress movement (e.g. skipping, hopping etc) <i>Progression:</i> Leader chooses movement – change every 5 steps. <i>Progression:</i> Try to lose your partner. Take it in turns to be leader. <i>Progression:</i> Leader must swap roles with trailer if they bump into another person.	<ul style="list-style-type: none"> • How can we lose partner? (change of direction and/or speed). • Head-up – spatial awareness. 		10 min
Everyone 'It' Tag: Everyone is 'it'. If a player is tagged, that player must balance on one foot. After 3 seconds, that player is back 'on'. <i>Progression:</i> Perform star-jumps, bunny hops. <i>Progression:</i> Play until only one remains moving.			10 min
BALANCE & CO-ORDINATION: Demonstrate back support balance for children to practice (Hands next to bottom, fingers point towards feet, legs together, strong body, bottom off floor). <i>Progression:</i> Lift one leg. Lift one arm. Lift one leg and arm (star). Demonstrate front support balance (press up position) for children to practice. (Fingers point forwards, legs together, strong body, flat back, look up). <i>Progression:</i> Lift one leg. Lift one arm. Lift one leg and arm (opposites).	  <ul style="list-style-type: none"> • Maintain balance for set time (10 secs, 20 secs) • Core strength (still like a statue) • Straight back 	<ul style="list-style-type: none"> • Beanbags (1x student) 	10 min

<p>Practice moving from one balance to the other by shifting centre of gravity.</p> <p>In front support balance, put beanbag by right hand. Pick up and place on back. Use left hand to take beanbag off back.</p> <p><i>Progression:</i> Discover five other places to balance bean-bag whilst balancing.</p> <p><i>Progression:</i> In groups of 4 or 5 progress this into a relay by moving beanbag across backs from first person in-group to last.</p>	<ul style="list-style-type: none"> • Increase difficulty by placing beanbag higher up back or using small ball. 		
Cool Down	Coaching Points	Equipment	Time
<p>SPEED:</p> <p>Flusher Tag:</p> <p>Like 'Stuck in the Mud' except that instead of standing still with arms outstretched, when caught you crouch down with one arm held in the air and making a fist. To be released, somebody else must hold on to that fist and lower the arm.</p>	<ul style="list-style-type: none"> • Teamwork – flush your teammates. • Change taggers regularly. 	<ul style="list-style-type: none"> • Bibs 	10 min

Link to National Curriculum:	
KS1:	KS2:
<ul style="list-style-type: none"> • explore basic skills, actions and ideas with increasing understanding • explore how to choose and apply skills and actions in sequence and in combination • apply rules and conventions for different activities. • observe, describe and copy what others have done 	<ul style="list-style-type: none"> • consolidate their existing skills and gain new ones • perform actions and skills with more consistent control and quality. • apply rules and conventions for different activities. • to warm up and prepare appropriately for different activities

Coaching Checklist	Session Evaluation/Comments
<input type="checkbox"/> Safety of Area <input type="checkbox"/> Safety of Equipment <input type="checkbox"/> Location of Fire Exits <input type="checkbox"/> Injuries <input type="checkbox"/> Jewellery <input type="checkbox"/> Medication	

Multi-Skills Session 2 – FUNdamentals

Session Objectives:

Continue to develop the FUNdamentals of movement – ABCS (Agility, Balance, Coordination and Speed).

Length of Session: 45 minutes

Equipment:

- Floor markers/spots
- Bibs



Warm up	Coaching Points	Equipment	Time
Movements: Moving within the square. Respond to different commands: Walk, march, skip, hop, run, lunge, jump, frog, spider crawl, side-step. <i>Progression:</i> Forwards, backwards, sideways.	<ul style="list-style-type: none"> Reaction to commands Distinct direction change 		5 min
Main Activities	Coaching Points	Equipment	Time
Balances: Coach specifies certain body parts – these are the only parts of the body that can touch the floor. E.g. “1 foot, 1 hand” = a balance using only one foot and one hand on the floor.	<ul style="list-style-type: none"> Hold still, like a statue. Hold balance for as long as possible. 		5 min
Islands: Give each student a floor spot/marker. Tell students that the spot is an island and the floor is the sea. To begin with, students must remain on their island (i.e. not touch the floor). Progress through a range of movements on the island: <ol style="list-style-type: none"> One leg balance 2 leg squat 1 leg squat Bottom balance Tummy balance 1 foot, 1 hand balance 	<ul style="list-style-type: none"> Control body when squatting 	<ul style="list-style-type: none"> 1x floor spot/marker per student 	5 min
Get students to stand behind their island. They must now move from one side of the island to the other without touching the spot. Progression: <ol style="list-style-type: none"> Running forwards and back Running side to side Running forward and back, side to side. 2 foot jump forwards and back 2 foot jump side to side 2 foot jump forward and back, side to side. Hop forwards and back Hop side to side Hop forward and back, side to side. Frog jump forwards and back Frog jump side to side Frog jump forward and back, side to side. 	<ul style="list-style-type: none"> Work on balls of feet. Keep balance when jumping/hopping 		10 min
Demonstrate a number of different footwork skills using the inland: <ol style="list-style-type: none"> Jump-Split-Jump Hop-Split-Jump Jump-CrissCross-Jump Hop and spin 			5 min

<p>Get students to work in pairs. One person is the leader, the other must copy the footwork of the leader.</p> <p><i>Progression:</i> Leader performs different balances.</p> <p>Musical Spots: Leaving the spots on the floor, get students to move around area using a range of specified movements (e.g. skipping, hopping). When you say “Stop”, students must stand on a spot. Those students who don’t get a spot must perform a forfeit (e.g. 5 star-jumps). Remove a 2-3 spots each time.</p>	<ul style="list-style-type: none"> Get leaders to make their movements challenging. 	<ul style="list-style-type: none"> Floor spots/markers 	<p>5 min</p> <p>5 min</p>
Cool Down	Coaching Points	Equipment	Time
<p>Flag Tag: In pairs, one player uses a bib to make a tail. Aim is to steal the tail off your partner. If you steal it, you make a tail, and your partner tries to steal it. Players cannot make contact with each other.</p> <p>Tail-Tag: Tuck a bib or band into the waistband to form a tail. The ‘it’ has no tail and must try to get one. NOTE: Players cannot hold onto tails – must use agility to avoid tail being stolen. <i>Progression:</i> All players are ‘it’, and must collect as many tails as they can.</p>	<ul style="list-style-type: none"> Partners must always face each other. 	<ul style="list-style-type: none"> Bibs 	<p>5 min</p>

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Multi-Skills Session 3 – Agility & Balance

Session Objectives:

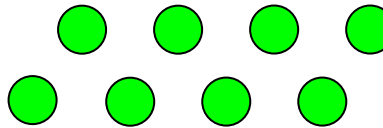

To develop and practice the fundamental agility and balance skills, through the use of floor spots, balance cushions and agility ladders.




Length of Session: 45 minutes

Equipment:

- Set of cones
- Floor markers/spots
- Bean-bags (1x student)



Warm up	Coaching Points	Equipment	Time
<p>Moving around marked out area. Respond to different commands: Walk, march, skip, hop, run, lunge, jump, frog, spider crawl, side-step.</p> <p><i>Progression:</i> Forwards, backwards, sideways.</p> <p>**If no space, perform movements around perimeter of room (around equipment).</p>	<ul style="list-style-type: none"> • Vision (Head up – spatial awareness) • Light Feet (No sound) • Response to commands 		5 min
Main Activities	Coaching Points	Equipment	Time
<p>Agility Trails:</p> <p>Divide class into 4 equal groups. Lay four trails of spots as shown.</p> <p>Children to move from spot to spot without touching the ground using various methods (Imagine the spots are stepping stones in a pond)</p> <p>Only one person allowed on the trail at a time. Progress through movements:</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: left;"> <p>Walking</p> <p>Leap</p> <p>Two footed jumps</p> </div> <div style="text-align: left;"> <p>Frog jumps</p> <p>Hop</p> <p>Two feet to one foot (Hopscotch)</p> </div> </div> <p><i>Progression:</i> Forwards, Backwards, Sideways.</p> <p>Relay races along grid lines using previously practiced locomotion skills</p>	 <ul style="list-style-type: none"> • Balls of feet (No sound) • Bend Knees • Body control (Don't overbalance) • High knees when jumping, leaping. 	<ul style="list-style-type: none"> • 32 x floor spots • 4 x cones 	10 min
<p>Balance Trails:</p>  <p>In the same groups, first person balances a quoit on his/her head and holds the beanbag in their hand. Walk to the second marker then underarm throw the beanbag into the hoop. Keeping the quoit on their head, bend down to retrieve the beanbag and stride back to re-join the queue. Pass the quoit and bean-bag on to the next in line.</p> <p><i>Progression:</i> Walk the course with the beanbag on their head. Step through the hoop and return to the line.</p> <p><i>Progression:</i> Walk the course with the quoit on their head. Stand on the balance cushion in the middle of the hoop. Step through the hoop and return to the line.</p>	<ul style="list-style-type: none"> • Head control (Keep steady and look up) • Slow deliberate movements (no bobbing/twisting) • Bend knees, not back. 	<ul style="list-style-type: none"> • 4 x floor spots • 4 x Hoops • 4 x Quoit • 4 x Beanbags • 4 x Cones • 4 x balance cushion 	15 min

<p><i>Progression:</i> With beanbag on head.</p> <p><i>Progression:</i> With beanbag on head, sit on the cushion with hands and feet in the air for 5 seconds.</p> <p><i>Progression:</i> Lie with tummy on cushion – hold feet and hands in air for 5 seconds.</p> <p>Relay race, using the second progression – If beanbag falls off head, must return to start.</p> <p>Introduction to ladder work</p> <div></div> <p>Simple progression of ladder drills:</p> <table><tr><td>March</td><td>Lateral run</td></tr><tr><td>Run</td><td>Jump</td></tr><tr><td>Double run</td><td>Hop</td></tr></table> <p>Followed by simple balances on cushion (two feet, one foot, bend and touch ground, bottom).</p>	March	Lateral run	Run	Jump	Double run	Hop	<ul style="list-style-type: none">• Balls of feet• Accuracy of foot placement• Arm drive• Opposite arm to leg movement	<ul style="list-style-type: none">• 4 x Ladders• 4 x balance cushion	10 min
March	Lateral run								
Run	Jump								
Double run	Hop								
Cool Down	Coaching Points	Equipment	Time						
<p>Game - Using beanbags balanced on head.</p> <p>Everybody has a beanbag on their head. Walk around taking care not to drop the bag. If the bag falls off then you become frozen. To be released, somebody else must pick up your bag and replace it on your head without losing their own. Continue until only one person left unfrozen or for a set period of time.</p>	<ul style="list-style-type: none">• Spatial awareness• Understanding of rules	<ul style="list-style-type: none">• 1 x Beanbag per person	5 min						

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Multi-Skills Session 4 – Agility

Session Objectives:

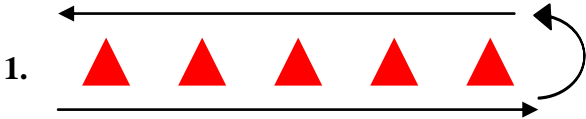
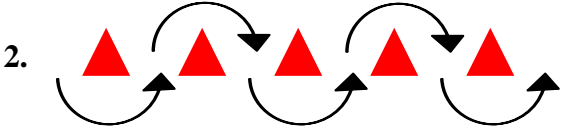
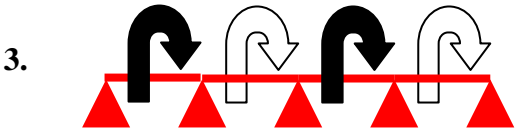
To develop and practice a range of locomotion skills.

Length of Session: 45 minutes

Equipment:

- Set of cones
- Set of poles (for hurdles)
- Bean-bags (1x student)



Warm up	Coaching Points	Equipment	Time
<p>Using beanbags balanced on head:</p> <ul style="list-style-type: none"> • Balance on R leg, balance on L leg • Touch R knee to ground, touch L knee to ground • One leg squat (R), one leg squat (L) • Sit cross-legged on ground • Balance on bottom (no feet or hands touching ground) • Stand up without use of hands 	<ul style="list-style-type: none"> • Head up • Focus on point in distance 	<ul style="list-style-type: none"> • 1x bean-bag per person 	5 min
Main Activities	Coaching Points	Equipment	Time
<p>Split the class into 5 even groups.</p> <p>Simple relay/shuttle activities using a progression of techniques.</p> <ol style="list-style-type: none"> 1. Move up one side of cones, around end cone, and back down the other side. 2. Weave between each cone on the way up and the way back 3. Cross over hurdles **Foot closest to hurdle must cross first** <p>Techniques should be progressed as appropriate to the group:</p> <p><i>Progression:</i> Incorporate movements in different directions:</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>March Running Skipping</p> </div> <div style="text-align: center;"> <p>Hopping Jumping Side-Step</p> </div> </div>	 <p>1.</p>  <p>2.</p>  <p>3.</p> <ul style="list-style-type: none"> • Balls of feet • Small, fast steps when weaving • Use of arms • No racing • Don't cross legs <p><i>Progression:</i> Introduce a basketball/football to dribble.</p>	<p>Per Group:</p> <ul style="list-style-type: none"> • 10 x Cones • 5 x poles or hurdles • 1 x Beanbag 	30 min

<ul style="list-style-type: none"> • Jogging backwards • Jumping backwards or sideways. <p><i>Progression:</i> Perform the heel/Toe walk whilst carrying a beanbag on the head to develop awareness of balance.</p> <p><i>Progression:</i> Relay race – Select a movement technique and perform relay races.</p>	<ul style="list-style-type: none"> • Head up • Use of arms for speed 		
Cool Down	Coaching Points	Equipment	Time
<p>Individual Challenge – ‘No Elephants Allowed’ (Elephants are the only mammal that can’t jump). Individuals try to cover the distance between two lines/cones with a minimum number of jumps.</p> <p><i>Progression:</i> Hopping.</p> <p><i>Progression:</i> Bound/Leap.</p>	<ul style="list-style-type: none"> • Use arms to propel body. 		10 min

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Coaching Checklist	Session Evaluation/Comments
<input type="checkbox"/> Safety of Area <input type="checkbox"/> Safety of Equipment <input type="checkbox"/> Location of Fire Exits <input type="checkbox"/> Injuries <input type="checkbox"/> Jewellery <input type="checkbox"/> Medication	

Multi-Skills Session 5 – Speed

Session Objectives:

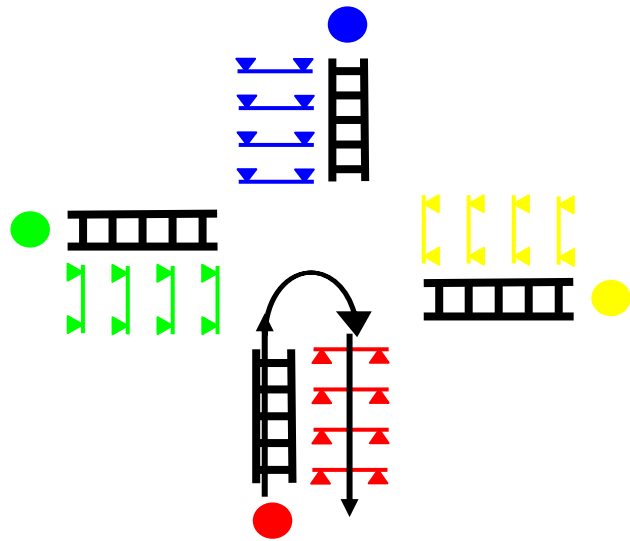
Practice and link basic movement techniques with spatial awareness and vision.

Length of Session: 45 minutes

Equipment:

- 1x set of cones
- 4 x ladders
- 14 x hurdles
- 4 x different coloured spots
- 32 x coloured cones (6 of each spot colour)



Warm up	Coaching Points	Equipment	Time
<p>Moving around marked out area (or outside of equipment). Respond to different commands: Walk, march, skip, hop, run, lunge, jump, frog, spider crawl, side-step.</p> <p><i>Progression:</i> Forwards, backwards, sideways, stopping and starting on command.</p> <p>Beanbag balance: Walk around the outside of equipment area with beanbag on head. If the beanbag falls off your head, the whole class must balance on one leg for 10 seconds before replacing the bag and continuing.</p> <p><i>Progression:</i> Different movements (e.g. lunge).</p>	<ul style="list-style-type: none"> • Vision (Head up – Spatial Awareness) • Balls of feet • Body control • Head up 	<ul style="list-style-type: none"> • Enough cones to form a suitable square area 	10 min
Main Activities	Coaching Points	Equipment	Time
<p>Ladder/Hurdle Grid 1 (see right):</p> <ul style="list-style-type: none"> • Equipment laid out as shown and colour coded (use coloured cones around the legs of the hurdles). • Four groups each start on a coloured spot and work within their own section of equipment – along the ladder and back over the hurdles. Progress through a basic level of movements: <ul style="list-style-type: none"> ○ March ○ Single run (1 step in every ‘box’) ○ Double-run (2 steps in every ‘box’) ○ Lateral run (run sideways) ○ Jump ○ Hop ○ Hop-scotch ○ Frog Leap 	<ul style="list-style-type: none"> • Balls of feet • Arm drive • Opposite arm/leg • Head up, trying to look forwards rather than at feet. • Lift knees 	<ul style="list-style-type: none"> • 4 x ladders • 4 x different coloured spots • 32 x coloured cones (8 of each spot colour) • 16 x hurdles (4 of each colour) 	10 min
<p>Ladder/Hurdle Grid 2:</p> <ul style="list-style-type: none"> • Opposite corners work together e.g. Red group move along their own ladder then over Blue group’s hurdles to join the Blue line and vice versa. 	<p>IMPORTANT – Stress the importance of vision in the central area to avoid collisions.</p>		5 min

<p>Ladder/Hurdle Grid 3 (see right):</p> <ul style="list-style-type: none">Develop the use of vision by using the colour co-ordination between the starting spots and the cones. i.e. the colour of the starting spot will be the same as the colour of the hurdles you move to. <p><i>Progression:</i> Movement to hurdles on Left.</p> <ul style="list-style-type: none">Again, use progression of basic techniques in the ladders and hurdles.		<ul style="list-style-type: none">Maintain speed over hurdlesDodge in the central areaUse correct techniques throughout (as last exercise).		10 min
<p>Cool Down</p> <p>Game: ‘Raid’ – participants complete Grid 1 whilst trying to gain as many bean bags for their team as possible from a central pile.</p> <ul style="list-style-type: none">One participant on their course at a time.Next participant starts once beanbag is placed in hoop (behind hurdles).Once all central beanbags are gone, stop and count team piles.	<p>Coaching Points</p> <ul style="list-style-type: none">Use of arms for speedControl of speed	<p>Equipment</p> <ul style="list-style-type: none">4x hoopsapprox. 30 bean-bags		10 min

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Multi-Skills Session 6 – Co-ordination

Session Objectives:


Develop hand-eye co-ordination, throwing and catching.

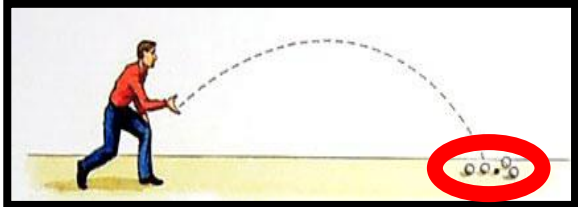
Length of Session: 45 minutes

Equipment:

- 1x set of cones
- Floor markers/spots
- Hoops
- Beanbags (1 x student)
- Large sponge balls



Warm up	Coaching Points	Equipment	Time
<p>Traffic Lights: Experiment with different forms of movement around the area:</p> <p>Green = GO (Walk, Jog, Skip, Hop, March, Jump, Run).</p> <p>Yellow = Backwards (Look over shoulder – spatial awareness).</p> <p>Red = Stop (‘Ready Position’: Balls of feet, feet shoulder width apart (train tracks), knees slightly bent, fingers spread like a bowl, point fingers at ground).</p>	<ul style="list-style-type: none">• Spatial awareness• Following instructions/signals	<ul style="list-style-type: none">• Red, Green, Yellow & Blue cones/spots	5 min
Main Activities	Coaching Points	Equipment	Time
<p>Dishes & Domes: 2 teams.</p> <p>One team tries to turn all the cones into dishes (upside-down), whilst the other side turn the cones into domes (correct way up). Progression: Specify a colour for each team (colour recognition).</p> <p>Cone Grab: In pairs.</p> <p>Each pair has a line of different colour cones between them. Player 1 calls a colour, Player 2 must touch correct cone. Call the colours faster to increase reaction speed.</p> <p>Progression:</p> <div><div><div>1. Specify hand</div><div>2. Call two colours</div><div>3. Stand up and step on the cones instead.</div></div><div></div></div> <p>Progression: Coach/teacher calls the colour – players compete to pick up cone.</p> <div><div><div>1. Hands on head</div><div>2. Hands behind back</div><div>3. Sit on hands</div></div><div><div>4. Clap before pick up</div><div>5. Sit with back to cones</div></div></div> <p>Self Throwing and Catching:</p> <p>Individually, students throw the beanbag/ball and catch it.</p> <div><div><div>Bean-bag:</div><div><div>2 Hands</div><div>2 hands (increasing height of throw)</div><div>1 hand (juggle)</div></div><div><div>Clap 2 hands</div><div>Clap 1 Hand</div><div>Clap (Behind) 2 Hands</div></div></div><div><div>Progression: Increase number of claps before catch.</div></div></div>	<ul style="list-style-type: none">• Stay low to ground• Head up• Reaction to commands• Use of both hands• ‘Soft’ hands• Controlled throw	<ul style="list-style-type: none">• Cones• Red, Blue, Yellow & Green cone per pair.• Bean-Bags	<div>10 min</div> <div>10 min</div> <div>10 min</div>

<p>Boccia Throws :</p> <p>Throw Bean-Bag into Hoop:</p> <ul style="list-style-type: none">• Correct colour – specify one colour at a time. <p>Progression: Use other hand.</p> <p>Progression: Throw higher (loop beanbag into hoop).</p> <p>Bean-Bag into Hoop – Clear ball:</p> <ul style="list-style-type: none">• Place large ball into hoop. Try to clear ball from hoop.• Specify colour to throw – players target their colour hoop. <p>Bean-Bag into Hoop – Clear ball:</p> <ul style="list-style-type: none">• Place large ball into hoop. Try to clear ball from hoop, with bean-bag staying in hoop. <p>Bean-Bag into Hoop – Ball in hoop:</p> <ul style="list-style-type: none">• Place large ball into hoop. Land bean-bag in hoop without ball leaving hoop. <p>Bean-Bag onto Spots:</p> <ul style="list-style-type: none">• Team with most number of bean-bags on correct coloured spots wins.		<ul style="list-style-type: none">• Step towards target with opposite foot• Follow through with throwing hand towards target.• Colour recognition <
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Link to National Curriculum:	
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Coaching Checklist	Session Evaluation/Comments
<ul style="list-style-type: none"> <input type="checkbox"/> Safety of Area <input type="checkbox"/> Safety of Equipment <input type="checkbox"/> Location of Fire Exits <input type="checkbox"/> Injuries <input type="checkbox"/> Jewellery <input type="checkbox"/> Medication 	

Multi-Skills Session 7 – Catching & Throwing

Session Objectives:


Develop hand-eye co-ordination, footwork and reaction times.

Length of Session: 45 minutes

Equipment:

- 1x set of cones
- Soft sponge balls
- Coloured floor spots
- Z-Balls



Warm up	Coaching Points	Equipment	Time
<p>Traffic Lights: Experiment with different forms of movement around the area:</p> <p>Green = GO (Walk, Jog, Skip, Hop, March, Jump, Run).</p> <p>Yellow = Backwards (Look over shoulder – spatial awareness).</p> <p>Red = Stop ('Ready Position'): Balls of feet, feet shoulder width apart (train tracks), knees slightly bent, fingers spread like a bowl, point fingers at ground).</p> <p>Blue = Balance (choose a different balance to do each time, e.g. 1 hand & 1 foot)</p>	 <ul style="list-style-type: none"> • Spatial awareness • Following instructions/signals 	<ul style="list-style-type: none"> • Red, Green & Yellow cones/spots 	5 min
Main Activities	Coaching Points	Equipment	Time
<p>Introduction to Co-ordination:</p> <p>Individually, students perform the following actions:</p> <ul style="list-style-type: none"> • Finger to nose, other finger across face to ear – Swap. • Puppet knees – when hand above knee is raised, knee raises too. • Right knee up, left hand to knee – Swap. • Right heel flick, left hand to heel – Swap <p>Combine the two.</p> <p>Remind: 'ready position' – balls of feet, feet shoulder-width apart, knees slightly bent, head up, hands ready to catch (fingers pointing down).</p> <p>In pairs: Catching technique – demonstrate using fist as a ball. Soft hands, like catching an egg. Draw hands into body.</p> <p>Drop the Spot: In pairs.</p> <ul style="list-style-type: none"> • One player holds a spot with two hands. • Partner places hands over the other hands. Player 1 drops the spot – Player 2 must react to catch spot before it hits the ground. <p><i>Progression:</i> Move hands away from spot – reaction based purely on sight, not touch.</p> <p>Drop the Ball: In pairs.</p> <ul style="list-style-type: none"> • Partners stand 2 metres apart. Player 1 holds a ball above head height. Player 2, in ready position, must move to catch the ball before it bounces twice (ball <u>must</u> bounce once). <p><i>Progression:</i> Receiver stands facing away from the thrower – must turn when name is called.</p>	<ul style="list-style-type: none"> • Core stability • No wobbling • Cushioning • Ready position • Knee bend to reach spot • Direct movement to ball 	<ul style="list-style-type: none"> • Coloured spots • Soft, bouncy balls 	<p>2 min</p> <p>2 min</p> <p>5 min</p> <p>10 min</p>

<p><i>Progression:</i> Receiver must catch ball with hand specified by Player 1, e.g. “Left”.</p> <p>Tennis:</p> <ul style="list-style-type: none"> 2 participants stand facing each other approximately 5 metres apart. Ball is thrown between the pair with one bounce – ball must be caught before it bounces again. <p><i>Progression:</i> Adjust the distance between players – closer/further apart.</p> <p><i>Progression:</i> Select a hand to only use, or player calls hand to use.</p> <p><i>Progression:</i> Clap before you catch.</p> <p><i>Progression:</i> Use Z-Ball (direction-ball)</p> <p>SuperSaver:</p> <ul style="list-style-type: none"> 2 cones placed 3 metres apart to form a goal. One participant in goal, the other 3-4 metres away. Player with the Z-Ball roll/underarm throw the ball to attempt to score. The keeper tries to save the ball, preferably with their hands. 2 points for a catch, 1 point for a save, 0 points if a goal. 	<ul style="list-style-type: none"> Ready position Direct movement to ball Tracking of correct ball 	<ul style="list-style-type: none"> Soft, bouncy balls 	10 min
	<ul style="list-style-type: none"> Movement of body towards ball (definite step). Cushioning 	<ul style="list-style-type: none"> Z-Balls Cones 	5 min
Cool Down			
<p>Knock the Pins: 2 teams. Teams stand 5-10 metres away from a line of cones. Players roll/throw balls to knock the cones over. Progression: Specify type of throw/hand</p>	<ul style="list-style-type: none"> Step with opposite foot towards target. 	<ul style="list-style-type: none"> Soft balls Cones 	10 min

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Coaching Checklist	Session Evaluation/Comments
<input type="checkbox"/> Safety of Area <input type="checkbox"/> Safety of Equipment <input type="checkbox"/> Location of Fire Exits <input type="checkbox"/> Injuries <input type="checkbox"/> Jewellery <input type="checkbox"/> Medication	

Multi-Skills Session 8 – Passing Games

Session Objectives:

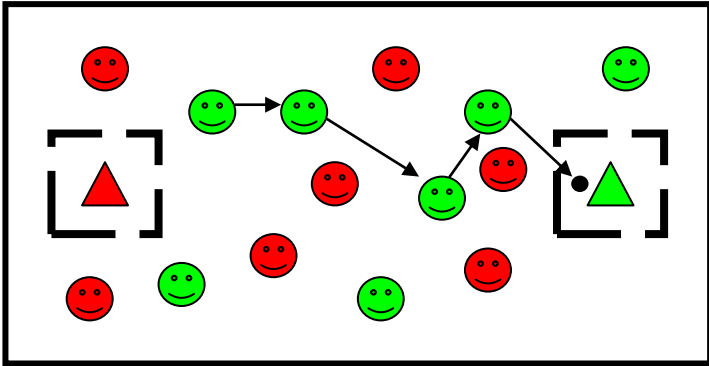
To develop passing and catching skills, movement into space and teamwork.

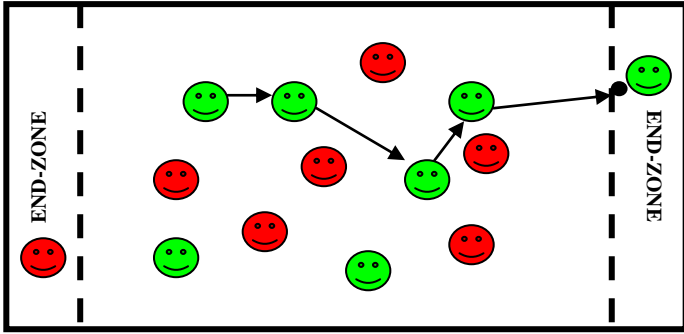
Length of Session: 45 minutes

Equipment:

- Bibs
- Cones
- Hoops
- Large sponge balls
- Beanbags



Warm up	Coaching Points	Equipment	Time
<p>Over-Under: In equal teams, players line up (one behind the other), with the player at the front holding a ball. The ball is passed over the first player's head, then through the second player's legs. Alternate sequence continues. Once ball reaches end player, they run to the front of the line and start again.</p> <p>Tunnel Ball: As in 'Over-Under', however ball is rolled/passed through each players' legs.</p> <p>Captain ball: In equal teams, players stand in a line (one behind the other) facing one team-mate who is holding a ball (the 'captain'). The 'captain' passes the ball to the player at the front of the line, who return the pass, the crouches down. Sequence continues. When player at end of line receives ball, they run and become the captain (previous captain joins front of line).</p> <p>Zig-Zag: As in 'Captain Ball', however lead player stands to side of line and ball is passed in a zig-zag fashion down the line.</p>	<ul style="list-style-type: none"> • Ready Position • Fingers pointing down ('M') or Fingers point up ('W') depending on height of ball. 	<ul style="list-style-type: none"> • Balls • Cones 	15 min
Main Activities	Coaching Points	Equipment	Time
<p>STUMP TO STUMP Players pass the ball and try to hit their target cone/stump. No players allowed in area around target. Minimum of 3 passes (at least 1 pass to girl). Passes below waist. No contact from defenders. Turn-over ball if: Intercept, Fumble, Pass too high.</p> <p>Progression: Below knee. Progression: Roll on ground. Progression: Introduce second target. Progression: Second/Third ball.</p> <p>END-ZONE Players try to pass the ball to their team-mate in the 'end-zone'. Only one player allowed in 'end-zone'. Minimum of 4 passes (at least 1 pass to girl).</p>	 <ul style="list-style-type: none"> • Communication • Correct receiving technique • Movement into space. 	<ul style="list-style-type: none"> • Balls • Cones • Bibs 	10 min

<p>You cannot run with the ball once you have caught it.</p> <p>You must pass the ball after 3 seconds.</p> <p>You cannot take the ball off someone once they have caught it.</p> <p>No contact from defenders. Turn-over ball if intercept.</p> <p><i>Progressions:</i></p> <ul style="list-style-type: none">- Increase number of required passes- Receiver cannot pass back to the passer.- Roll instead of pass- Specify passing technique – e.g. chest, bounce- Use smaller ball- Add in an extra ball.- Turnover ball if dropped.		<ul style="list-style-type: none">• Communication• Correct receiving/pass technique• Movement into space.	<ul style="list-style-type: none">• Balls• Cones• Bibs• Balancing Cushions	10 min
<p>Cool Down</p> <p>Raid: One at a time participants collect a bean-bag/ball from a central pile. The team with the most at the end wins.</p> <p>Rob the Nest: Four teams in each corner of a square. The aim is to gain a set number of beanbags/balls in your ‘nest’. One at a time, players initially steal from a pile of bean-bags/balls in the middle of the square. Once this pile has gone, players can steal from other groups’ nests.</p>	<p>Coaching Points</p> <ul style="list-style-type: none">• Use of arms = speed• Players cannot prevent beanbags being stolen.•	<p>Equipment</p> <ul style="list-style-type: none">• Bean-Bags• Hoops		10 min

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Coaching Checklist	Session Evaluation/Comments
<ul style="list-style-type: none"> <input type="checkbox"/> Safety of Area <input type="checkbox"/> Safety of Equipment <input type="checkbox"/> Location of Fire Exits <input type="checkbox"/> Injuries <input type="checkbox"/> Jewellery <input type="checkbox"/> Medication 	

Multi-Skills Session 9 – Classroom Games

Session Objectives:

Multi-skill games to play when only limited space is available (i.e. a classroom).

Length of Session: 45 minutes

Equipment:

- Floor spots
- Beanbags
- Hoops
- Mats



Warm up	Coaching Points	Equipment	Time
Head, Shoulders, Knees, Toes: Ask students if they know where their 'Head', 'Shoulders', 'Knees' and 'Toes' are. Repeat the sequence, singing if necessary.			2 min
Copy Cat: Students take turns to perform an action in the middle of the circle for other students to copy.	Concentration		5 min
Main Activities	Coaching Points	Equipment	Time
Balances: Students perform individual balances using only the body part specified by teacher/coach. e.g. one knee, one hand only.	Stability – no wobbling	1x marker per student	5 min
Balance with beanbag: Balance bean-bag on head. Stand on each leg, touch each knee to ground, sit cross-legged, walk around area.	Head up, controlled movements.	1x bean-bag per student	2 min
Balance Tag (with beanbag): **Walking only** Can only tag another player if bean-bag is on head.	Head up Controlled movements.	1x bean-bag per student	2 min
Fruit Salad: In a circle, name each student with a type of fruit – Apple, Orange, Pineapple, Strawberry. When their fruit is called, players must run around the circle back to their space. Last one to sit down does star jumps.	Concentration. Use of arms.	1x marker per student	5 min
Duck, Duck, Goose: In a circle, one player walk around tapping players on the head saying "Duck". When they say "Goose", player must run around the circle back to the space without being caught by the 'goose'.	Concentration. Use of arms.	1x marker per student	5 min
Pass the Hoop: Players stand in a circle holding hands. Place a hoop between two players. Players have to move the hoop around the circle without breaking hands. <i>Progression:</i> Add second hoop and catch first/compete against second group.	Communication Teamwork	1x marker per student 2-4 hoops	5 min
Coloured Hoops: Scatter hoops on the ground. Players move around the area specify movement). When music stops, players have 3 seconds to choose a hoop to stand in. Teacher/coach calls a colour – players in this coloured hoop must perform star-jumps.	Reaction time.	4-8 hoops Music	5 min

<p>Number in a Hoop: Scatter hoops on the ground. Players move around the area specify movement). Teacher/coach calls a number – this number of students must be in each hoop.</p> <p>Musical Hoops: Scatter hoops on the ground. Players move around the area specify movement). When the music stops, players must stand in a hoop. Remove a hoop each round, forcing players to work together to fit into the hoops.</p> <p>Goodies & Baddies: Scatter hoops on the ground. Half of class are ‘goodies’, half are ‘baddies’. Goodies start to put the bean-bags in the correct coloured hoops. Baddies then try to put the bean-bags in the wrong coloured hoops.</p>	Communication. Teamwork.	4-8 hoops	5 min
	Reaction time. Teamwork.	4-8 hoops Music	5 min
	Teamwork. Speed.	4-8 hoops Bean-bags	5 min
Cool Down	Coaching Points	Equipment	Time
<p>Farmyard: Players stand in circle with eyes closed. Assign each player a farm animal – Sheep, Cow, Pig, Duck. Tell players to open their eyes – they must get into a group with their fellow animals, but may only make the sound of that animal. <i>Progression:</i> No sounds, only action of the animal.</p>		1x marker per student.	5 min
Alternate Activity	Coaching Points	Equipment	Time
<p>Raft: Split class into 4 groups. Groups must get from one end of the area to the other without touching the floor (only the mat). The only rule – No Throwing.</p> <p>Knot: Students stand in circle and put left hand in. Players hold another player’s hand. Repeat with right hand (cannot hold hand of same player).</p>	Communication Teamwork	4x mats	15 min
	Communication Teamwork	N/A	10 min

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Multi-Skills Session 10 - Circuit

Session Objectives:






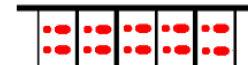



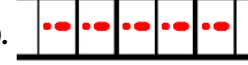
Circuit session – ABCS. Recap all previously learnt skills

Length of Session: 45 minutes

Equipment:

- Cones
- 4 x Ladders
- 10 x Hurdles
- 6 x Stability cushions
- 6 x Beanbags
- 2 x Mats
- 1 bib or tag per person



Warm up	Coaching Points	Equipment	Time
<p>Knee Tag: In pairs. Each person tries to touch the inside/back of the knee of their partner without being touched themselves. NO BLOCKING with hands.</p> <p>Toe Tapper: In pairs. Put each hand on the opposite shoulder of partner. The aim is to tap the toe of their partner with their feet. SAFETY: Only use toes to tap partner.</p> <p>Chin Poke: In pairs. Players each hold one of their partner's wrists. Players try to poke their partner on the chin, without being poked themselves.</p> <p>Fake & Push: In pairs. Players stand facing their partner, feet together, palms touching at chest height. Players try to get their partner to step with their feet, through pushing or faking a push. SAFETY: Feet must remain together.</p>	<ul style="list-style-type: none"> • 'Ready' position 		5 min
Main Activities	Coaching Points	Equipment	Time
<p>In small groups (2-4) move around the stations practicing individual techniques. Activities can be adapted and progressed depending on the ability of the group.</p> <p>Groups should spend 2 – 3 minutes at each station. Allow 1 minute change over to include recovery time.</p> <p>Correct techniques to be used at each station</p> <p>NB: Circuit Instructions/Cards can be downloaded at: www.newark-sherwooddc.gov.uk/multiskills</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> <div style="width: 50%;">  </div> </div>	<ol style="list-style-type: none"> 1. Double-foot ladder technique 2. Stepping and jumping over hurdles 3. Lateral ladder technique 4. Zig-zag run with outside leg step over 5. From mat to mat – Lay down, get up, sprint, lay down 6. Move beanbags from cone to cone 7. Beanbag throw and catch whilst on stability cushions 8. Jumping ladder technique 9. Balancing cushion, ball bounce and catch person 10. Hopping ladder technique 	<ul style="list-style-type: none"> • 26x Cones • 4 x Ladders • 10x Hurdles • 6x Stability cushions • 6x Beanbags • 2x Mats • 1x soft ball 	30 min

Cool Down	Coaching Points	Equipment	Time
<p>Copy-Cat - Balances: Each student performs a balance in the centre of the area. Rest of class must copy the balance.</p> <p>Beanbag balance: Start with a beanbag on your head and arms by your side. Walk around the area maintaining space. If the bag falls off your head, you must balance on one leg for 10 seconds before replacing the bag and continuing. **If no space** Work around the outside of equipment – if one beanbag falls off, all balance. Progression: Different movements.</p>	<ul style="list-style-type: none"> • Head up • Spatial awareness. 	<ul style="list-style-type: none"> • Beanbags 	10 min

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