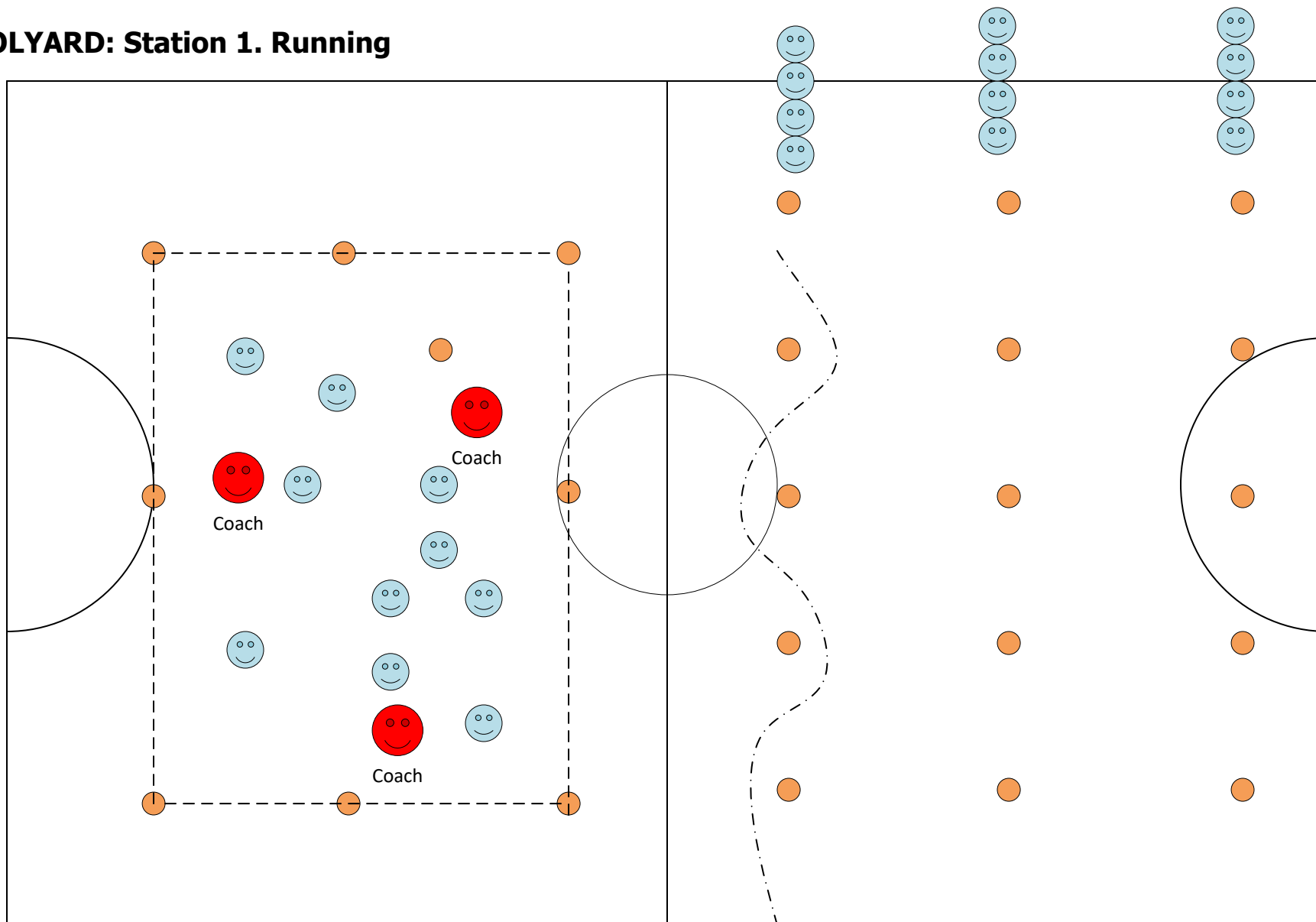


SCHOOLYARD: Station 1. Running



Game 1: Foxes & Hens (7-minutes, then switch)

Each hen (player) puts on a tail.

Foxes (coach) chase the hens and pull the tails out.

Points of emphasis:

Run, change direction, avoid tail being pulled, watch where you are going

Game 2: Running & Jumping(7-minutes, then switch)

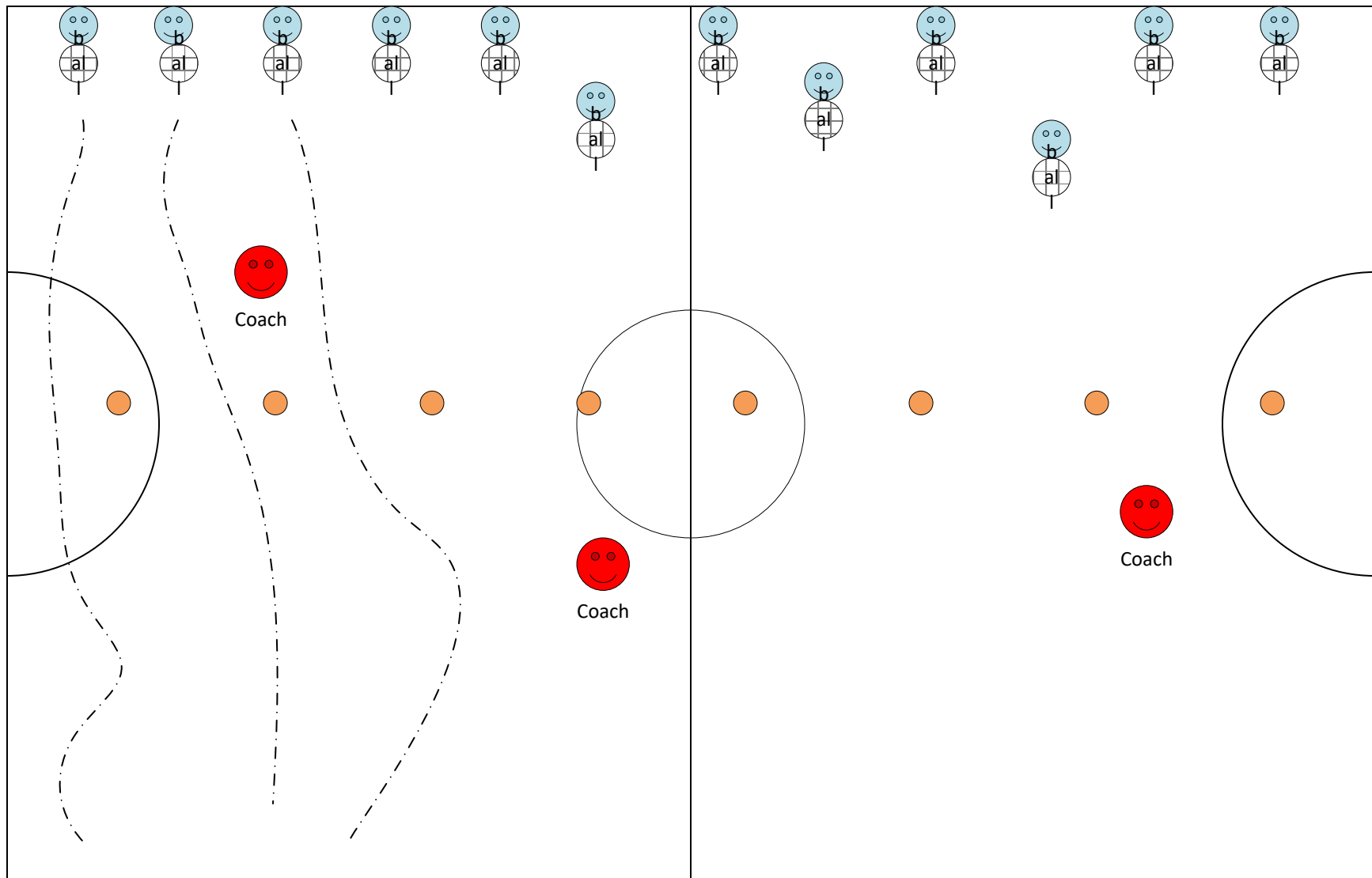
Players line up in single file (X)

One by one, each zig-zag's through cones to reach other side

Wait for all players to reach other side, before going back

Variations: jump over each cone, backwards zig-zag

SCHOOLYARD: Station 2. Dribbling



Dribbling (15-minutes continuous)

Instruction points:

Instep touches

keep ball close (lots of small touches)

both feet

no hands (oops?)

no toes (oh no! big toe!)

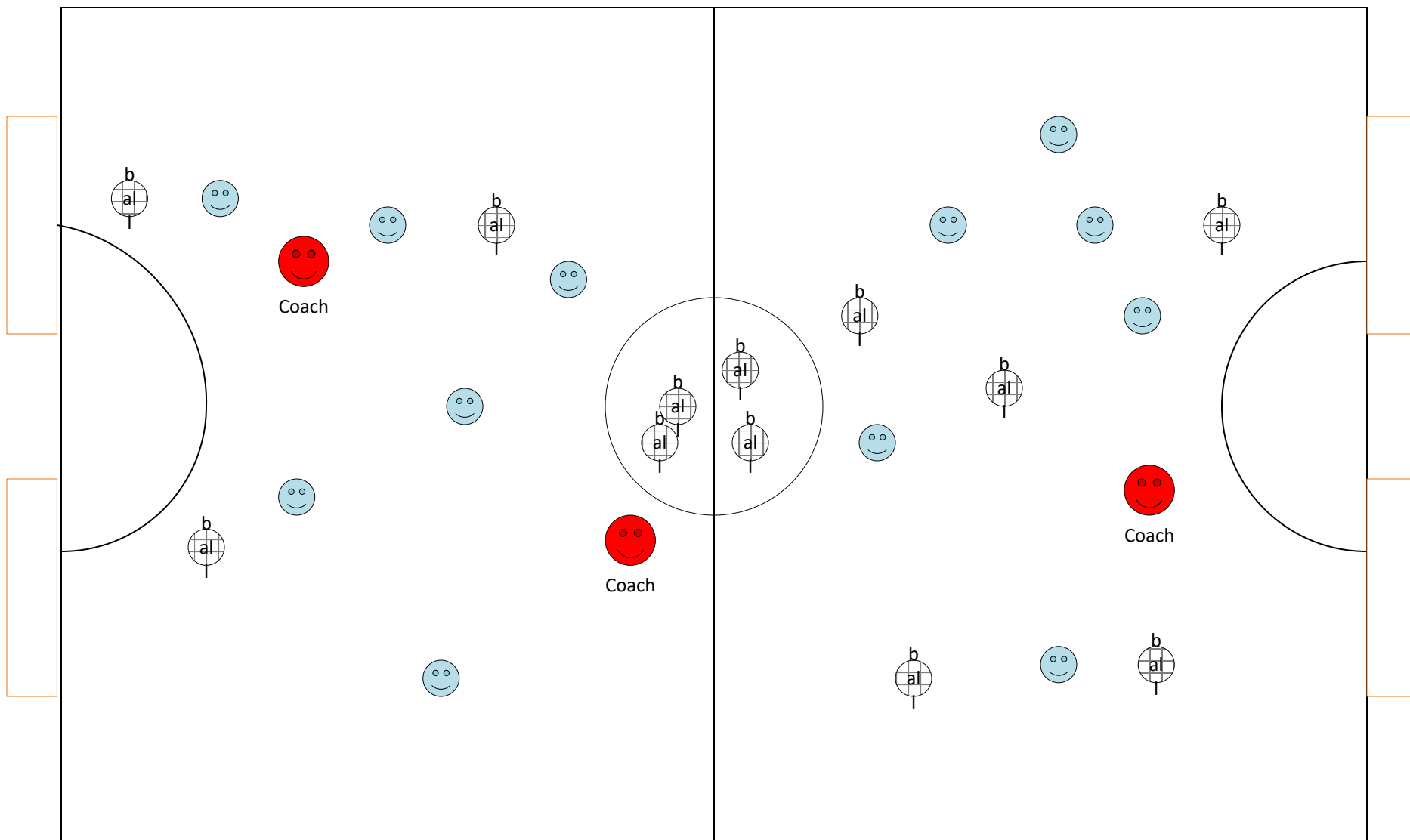
Variations:

(1) walking, several repetitions before advancing

(2) jogging, several repetitions before advancing

(3) running

SCHOOLYARD: Station 3. Score on Any Goal



Score on Any Goal (15-minutes continuous)

Instruction points:

“Sharing is caring”

Find a ball

Dribble using insteps, both feet, keep close, etc

Score a goal

Find another ball and repeat