



Description

Frog Catcher

Set Up

Place a circle of cones in the middle of the playing area.

Place balls in the ring.

The balls are now frogs.

Instructions:

Coach will throw the balls out willy nilly and the kids must retrieve the balls before the "frogs" dry out.

Players can run back using hands to carry balls.

Variations.

Players act like frogs bringing balls back

Players must sound like frogs

No hands - frogs are really sticky and the frog sticks to your foot. coach shows how sticky and does a pirouette with ball stuck to his /her foot.(Continuous inside turn.)

Have players try to do it. Have players try Continuous outside turn with sticky frog.



Pirates/ Blackbeards Treasure

Set Up

Divide playing area into 3 horizontal zones

Place treasure into each zone. Treasure will be different in each zone.

Have kids place treasure into different areas and participate in game.

Instructions:

Players /Pirates will try and rob Blackbeards treasure.

Treasure in the first zone farthest away from Captain Blackbeard will be worth the least amount.

Treasure closest to blackbeard is worth the most.

See how brave the pirates are in collecting treasure.

Be careful not to disturb Blackbeard or he might fire his canon at you.

PROGRESSION

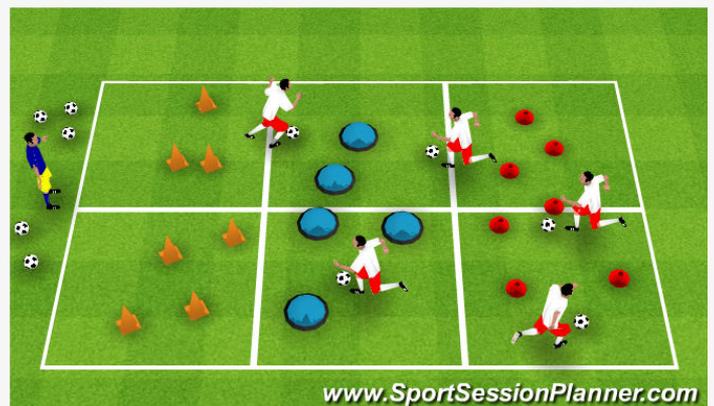
At first pirates can swim without their ship

Pirates must now sail their ship.

Ask how they can turn their ship quickly to sail away.

Demonstrate a turn for pirates to turn quicker. eg dragback /inside cut.

Have players with ball/ship



Crabs on the Beach

Session Area

20x30 playing area or same as previous area

Set Up

Players stand on one end of grid and are surfers with a ball(surfboard) and must try and get across the sea to the other side of the bay without getting bitten by crabs on the way across.

Crab is crawling on his back using hands and legs to support himself getting around.

Once across they remain there until they find out how many surfers were bitten by crabs who now join first crab in the water.

If ball is tagged they leave the ball on the side and go and join the crabs.

Key Points

Awareness of ,crabs and surfers.

Changes of directions Feints and fakes.(just like Tag)

Change of pace.

Head up to see the area ahead.



Winners are the last two crabs to be tagged. They can choose to be crabs or nominate.

3v3 Game

SET UP:

Play 3v3 to small Pugg Goals or to small Cone goals if no puggs available

Let kids play and enjoy themselves with little to no coaching. Be a facilitator rather than a coach.

Observe players to notice positives and also to make observations for areas that may be improved.

At this stage of their development players are looking to keep the ball and impress not to look to find a partner or teammate.

Other players are asking for the ballpass pass however this is usually not because they are in a better position but because they too want the ball. At times this game is swamy and can look more like 5 v 1 rather than 3v3, hence reason for smaller sided games.

