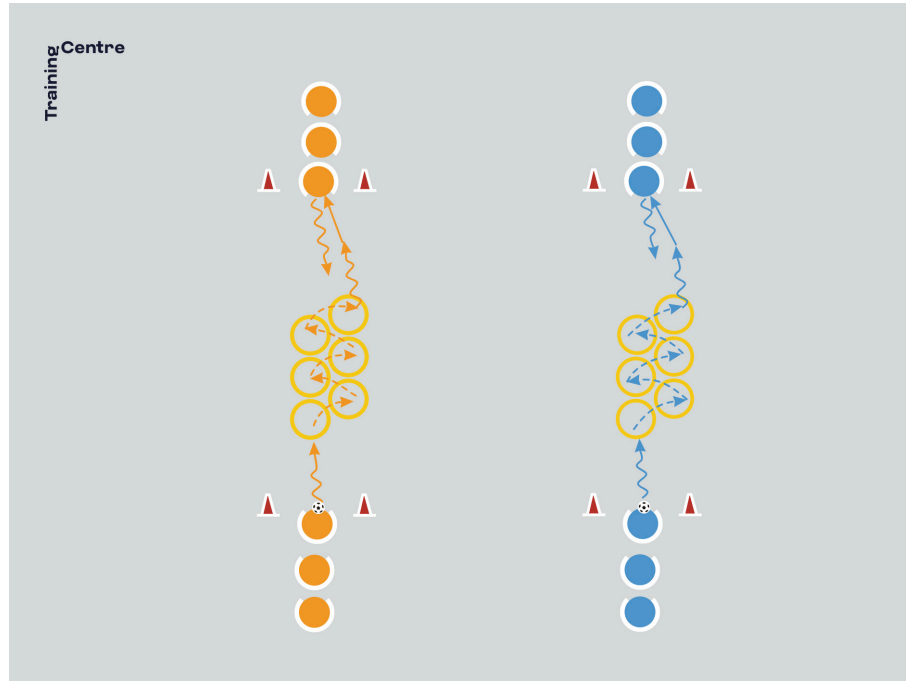


Take in your surroundings —●— *and use the space*

WARM-UP: RING GAME



Organisation

- Organise small teams of 6-8 players and make up a relay course
- The players can be in lines and you can choose different ways for them to run through hoops, cones, ladders or obstacles while balancing, carrying, walking with or dribbling a ball
- Be creative, adapt to the players' abilities and make it a race to keep it fun and exciting. Remember: children love to be challenged!

Ways to make the exercise easier

- Keep the challenges simple, like holding the ball in one hand or above the head without dropping it while moving through the course

Ways to make the exercise harder

- Increase the speed of the activity
- Increase the physical challenge by introducing different movements (e.g. hopping, jumping, skipping)
- Add extra balls or make the challenge more difficult

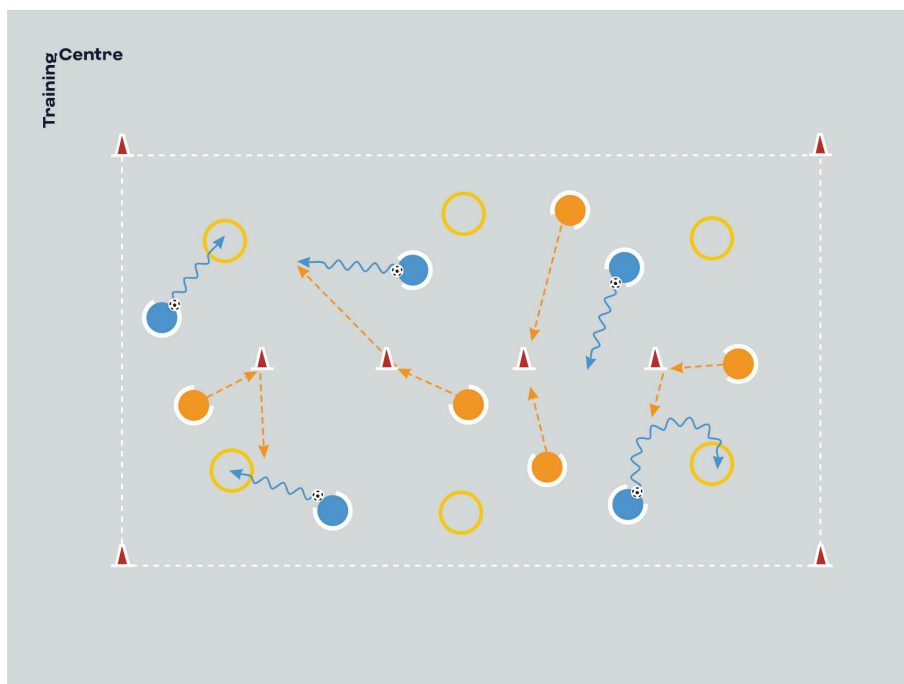
Great questions to ask the players

- Can you support and cheer on each other as a team?
- Can you take great care not to lose the ball?
- Can you race the other teams and make lots of noise when you finish?

Safety Points

- Create a safe space to play

SKILL DEVELOPMENT: 5V5, SAFE RINGS



Organisation

- 5v5 – one team are taggers
- Players receive a point every time they successfully run to a safety hoop. If they are tagged, they lose a point. The first player to get five points is the winner
- Players then try to do the same while dribbling a ball and taggers have to run to the centre cone before they can try to tag
- Players have to try to pick the right time to move from one hoop to another

Ways to make the exercise easier

- Only have one or two taggers

Ways to make the exercise harder

- Reduce the number of safety hoops

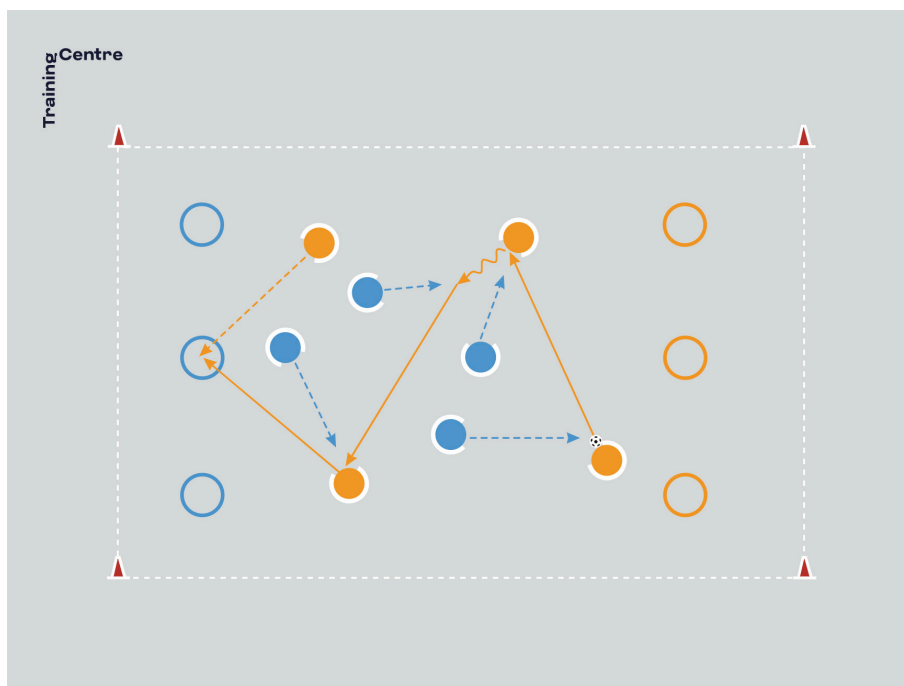
Great questions to ask the children

- Can you keep looking all around you so you know where the taggers are?
- Can you move quickly between hoops?
- Can you keep your ball under control as you dribble and stop it in the hoop?

Safety Points

- The players should keep their heads up at all times so they see others who are moving around
- Create a safe space to play

GAME APPLICATION: 4V4, NO GOALS, TARGET RINGS



Organisation

- Two teams of 4v4 play against each other and try to score by receiving the ball in a hoop
- You can move the hoops into different positions or have a different number of points for certain hoops
- Every time a pass is received in the hoop, a point is scored and the first team to five points are the winners; then, rotate teams if you have multiple games or teams

Ways to make the exercise easier

- Start the game by playing throw and catch
- A team can have extra players to make it easier

Ways to make the exercise harder

- Only allow the players to use their feet
- A strong team can have fewer players to make it harder for them

Great questions to ask the children

- Can you try to find players on your own team when you make the pass?
- Can you run into a hoop ready to receive a pass?
- Can you call your team-mate when you are in a position to receive the ball?

Safety Points

- Create a safe space to play