

Description

Kickstart - Warm Ups - Fun - Games - Play

Kickstart - Tig (10 mins)

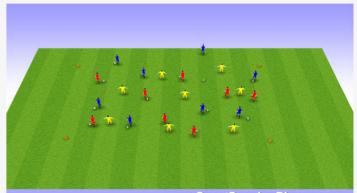
SET UP: split into 2,3,4 teams with bibs (Red tig Blues - Blues tig Yellow- Yellow tig Red) If caught stand with legs open can be freeded with own team crawling under the legs

PROGRESSIONS:

1. Add Ball

COACHING POINTS:

1. LET THEM PLAY - HAVE FUN



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Kickstart - Tiger Tails (10 mins)

SET UP: Every player tucks there Bib into the back of there shorts all players look to steal the other players bib & give to the coach - Option to split into 2 groups-

PROGRESSIONS:

1. Add Balls 2 Coach can give the Bibbs back

COACHING POINTS: 1. FUN / LET THEM PLAY



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Kickstarter (Knee Game) (10 mins)

SET UP: box 25 x 20 dependant on numbers -player pair up The game is Knee Tig - facing each other looking to tap knee with nand , can protrct with hand.

PROGRESSIONS: 1.Add Balls

COACHING POINTS: 1. LET THEM PLAY - HAVE FUN



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Kickstart - Dodge Ball (10 mins)

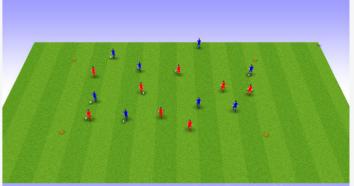
SET UP: 2 Catchers with ball each - they look hit other players UNDER ARM UNDER WAIST HEIGHT - If players get hit with ball , they stand like scare crow get freed by going under legs

PROGRESSIONS:

1. Add Balls

COACHING POINTS:

1. LET THEM PLAY - FUN



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Kickstarter - Hide it / Bounce it (10 mins)

SET UP: 2 Teams Catchers & Dribblers Catchers have ball in hand & must bouce it, they get a point by touching the dribblers team ball or player - Dribblers hide the ball (Coach can decide how many catchers)

PROGRESSIONS:

COACHING POINTS: 1. LET THEM PLAY - HAVE FUN



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Kickstart - Hand Hide It. (10 mins)

SET UP: Hand Hide It - all players have a ball each &must holdthe ball in 1 hand at shoulder height - Aim is tio try knock other players out the players hand -while hiding there own ball

PROGRESSIONS:

1. Coach can give the ball back 2. split into 2,3 or 4 teams

COACHING POINTS:

LET THEM PLAY - HAVE FUN



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Kickstarter (10 mins)

SET UP: box 25 x 20 dependant on numbers -player pair up The game is Knee Tig - facing each other looking to tap knee with nand , can protrct with hand.

PROGRESSIONS: 1.Add Balls

COACHING POINTS: 1. LET THEM PLAY - HAVE FUN

