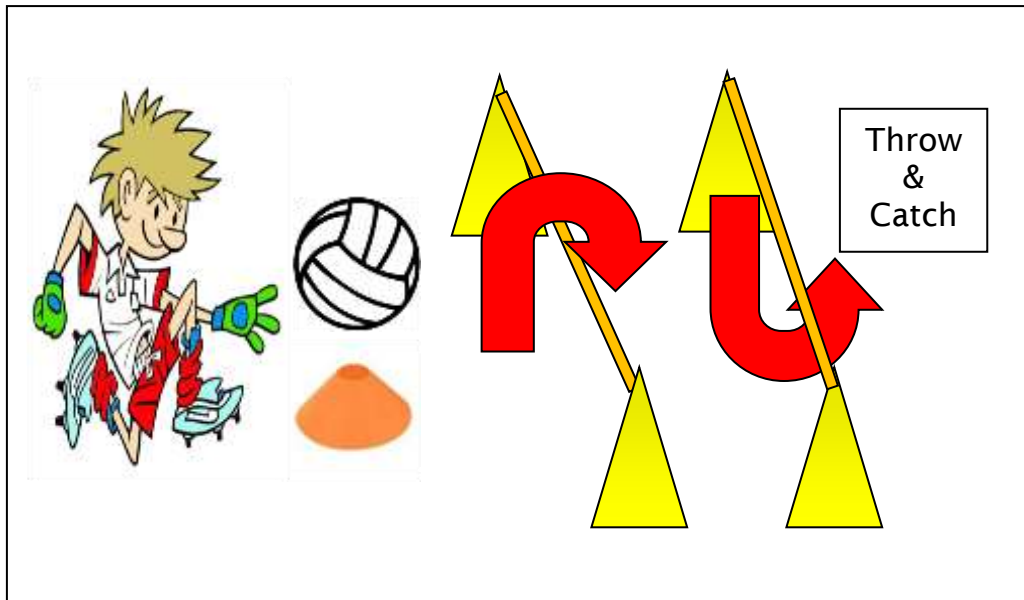


STATION 1: AGILITY

Activity: Over and Under the Bridges



FOCUS:

- Child can experience the concept of 'over' and 'under' as well as developing the body catch.

RULES – HOW TO PLAY

- Collect Ball off cone
- Jump over first hurdle
- Slide under second hurdle
- Throw ball into air and complete body catch
- Return back over and under the hurdles
- 1 point for every complete go without knocking poles off cones
- Bonus point for successful catch



HARDER

- Add in extra hurdles
- Reduce space between hurdles

EASIER

- Remove ball, just focus on hurdle activities

COACHING POINTS

HEAD

- Keep eyes on the ball until it is secured safely in chest

HANDS

- Make hands bigger by spreading fingers when catching ball

FEET

- Run on balls of your feet (front part)

EQUIPMENT:

- Large Cones
- Poles
- Ball
- Dome