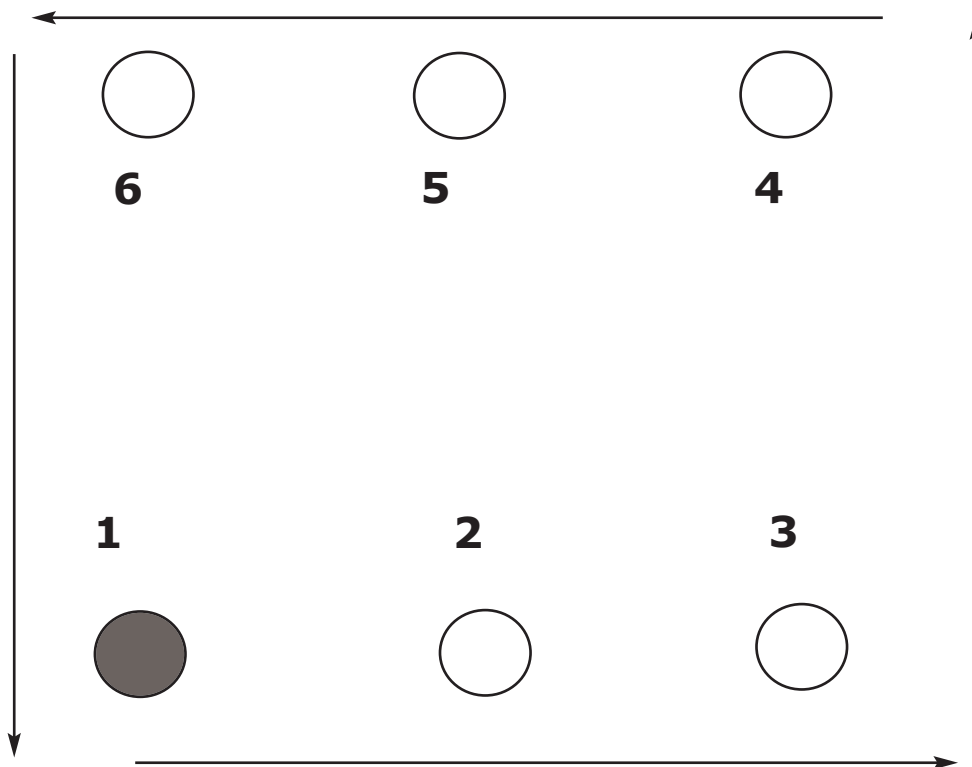


Station 1

Chase the Bug

- All kids to stand up as you explain instructions to them (1 minute)
- All kids to sit down so we know when everyone is ready to start.
- After drill all kids to sit down in group so we know when all stations are finished.



Instructions

6 Kids, one on each cone. Object is to pass ball around the square with the starting child chasing his pass and trying to get back to their cone before the ball.

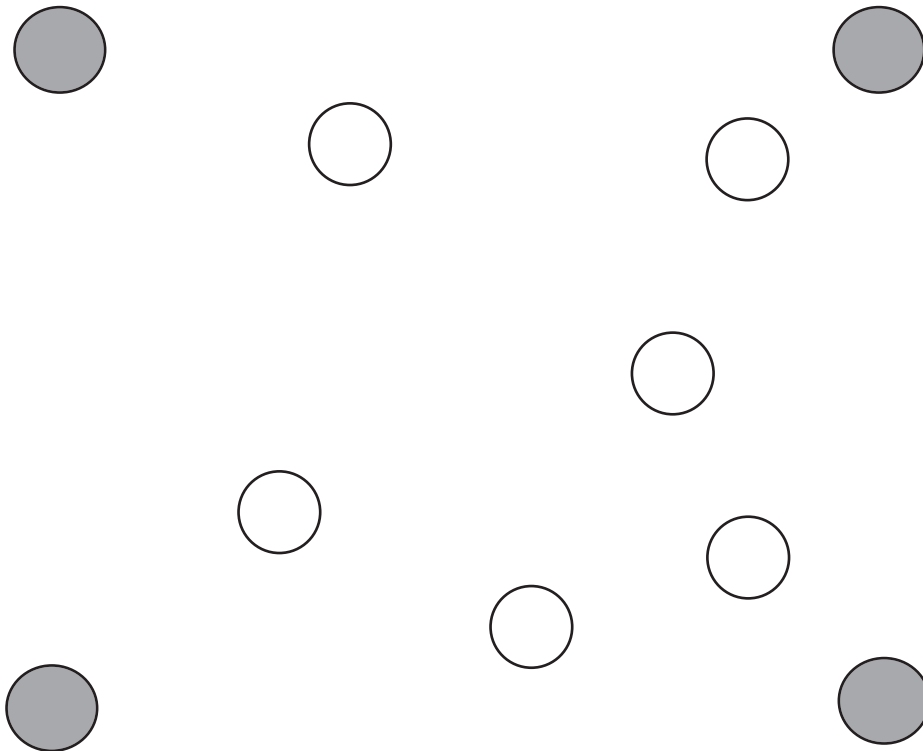
- 1) Child on cone 1 passes to his right (2) and then starts running in same direction as ball around the outside of square.
- 2) When ball and child back to starting position hand ball to child on cone 2 and repeat. Do this for all children until finished.
- 3) If enough time, reverse direction and go again

Coach to encourage 'Hands Ready' at all time. If ball dropped, a quick recovery and keep going.

Station 2

Electric Eels

- All kids to stand up as you explain instructions to them (1 minute)
- All kids to sit down so we know when everyone is ready to start.
- After drill all kids to sit down in group so we know when all stations are finished.



Instructions

- All players must run about constantly within the grid passing the ball to each other.
- The Ball is electric so can only be held for a count of 3 before being passed on. If held onto too long, ref removes a tag.
- If ball is dropped (ie good pass duff catch) ref removes a tag.
- When both tags removed player sits down at cone.
- Winner is last person standing with tag intact.

Get kids to shout each others names before passing.

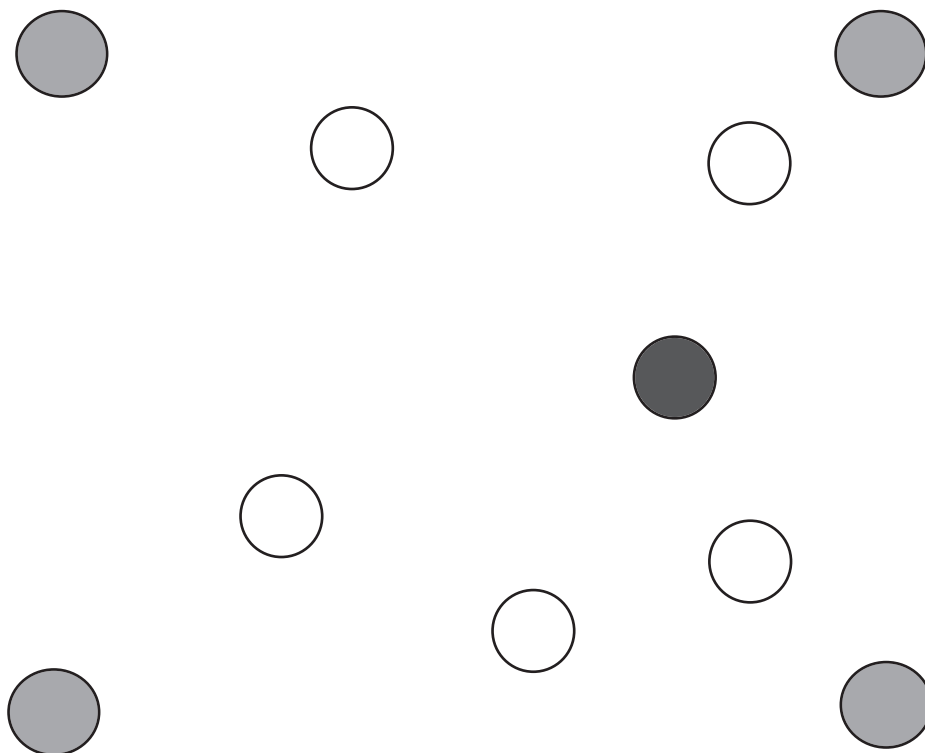
Tell them to run into the spaces in the grid and not bunch together.

Tell them to keep their hands up and ready and to use their eyes and ears.

Station 3

Cat and Mouse

- All kids to stand up as you explain instructions to them (1 minute)
- All kids to sit down so we know when everyone is ready to start.
- After drill all kids to sit down in group so we know when all stations are finished.



Instructions

- Each child to have just 1 tag on
- Take it in turns for each child to be a Cat (30 second bursts).
- The cat tries to remove as many 'Tails' as possible in 30 seconds.
- Mouse who has Tail removed must sit at cone (just one tag necessary)
- Swap Cat ensuring each child gets a chance to chase the Mice

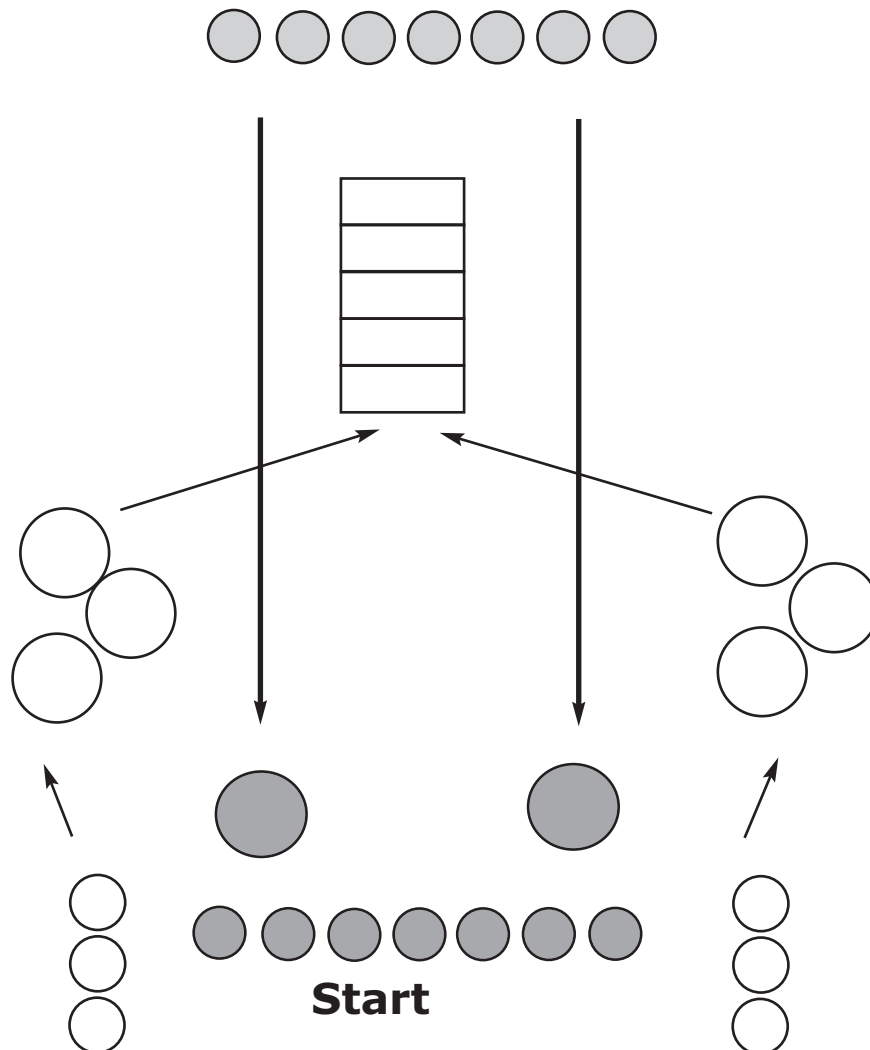
Tell kids to stay inside grid at all times

Tell them to run into the spaces in the grid and not bunch together.

Station 4

Eggs in Basket

- All kids to stand up as you explain instructions to them (1 minute)
- All kids to sit down so we know when everyone is ready to start.
- After drill all kids to sit down in group so we know when all stations are finished.



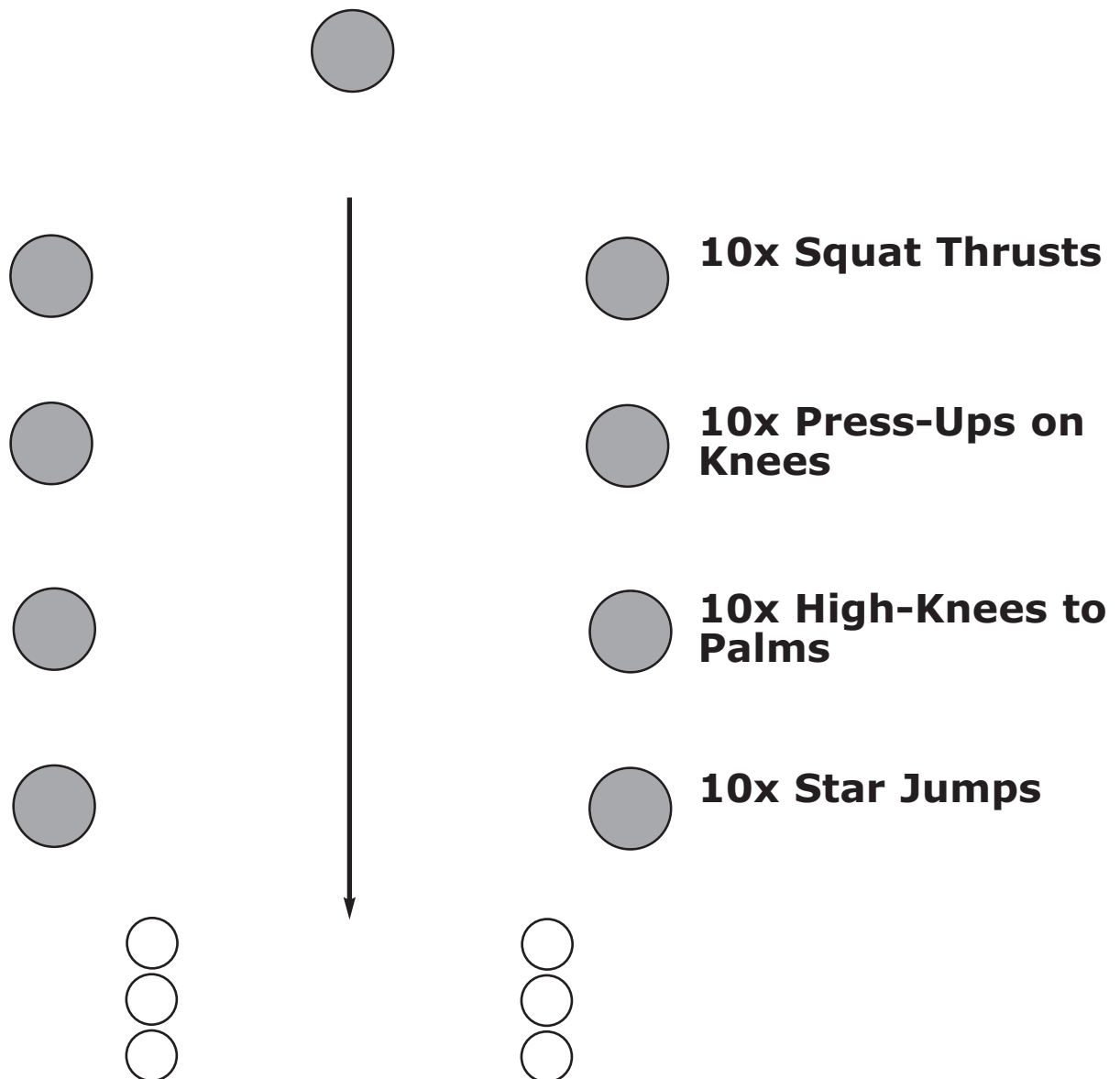
Instructions

- Two teams, winning team gets all balls into nest and then back first
- First child picks up ball and goes, high knees through hoops, then fast feet through ladder. They then place ball beside end cone and run straight back to start tagging their team mate who goes
- When last man places ball and returns, first man repeats but this time in reverse collecting ball from end cone and places back at start.
- Team to finish first sits down. Repeat if time.

Station 5

In the Army Now

- All kids to stand up as you explain instructions to them (1 minute)
- All kids to sit down so we know when everyone is ready to start.
- After drill all kids to sit down in group so we know when all stations are finished.



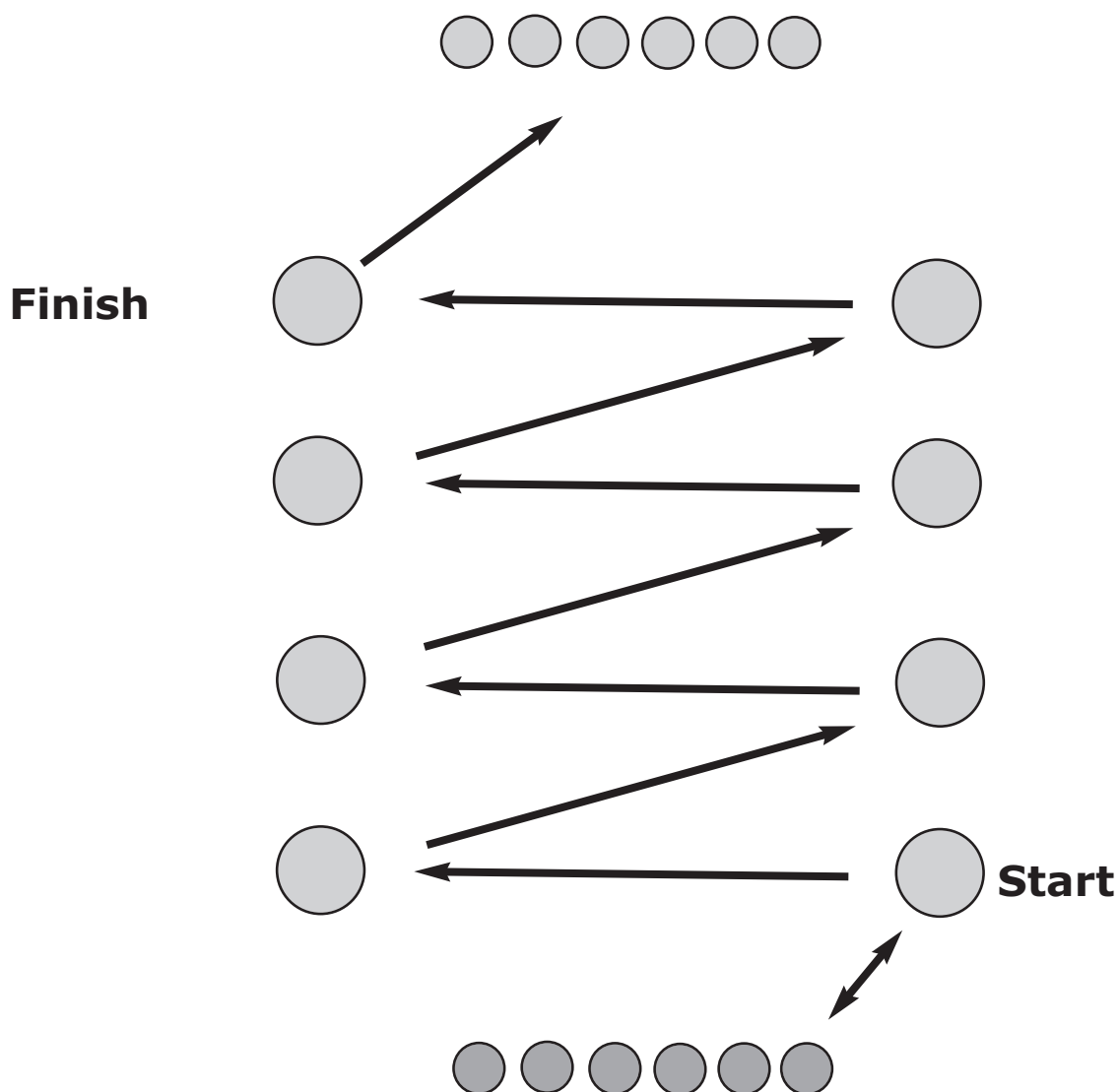
Instructions

- Drill Sergeant, get your recruits fit!
- It's a shuttle race with exercises at each cone and then a sprint back to the finish.
- As many times as you can before all other groups are finished

Station 6

Home to Roost

- All kids to stand up as you explain instructions to them (1 minute)
- All kids to sit down so we know when everyone is ready to start.
- After drill all kids to sit down in group so we know when all stations are finished.



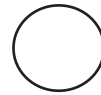
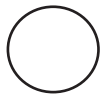
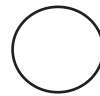
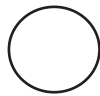
Instructions

- Get the eggs from one nest to the other without dropping them
- Child on each cone. First child picks up egg and passes on. Passing all the way to last child who places it in nest. When placed, first child picks up 2nd egg and so on.
- When all eggs at the finish, reverse and come back the other way.
- Tell kids they need to do this 4 times without dropping the egg. If it is dropped it goes back to the start.

Station 7

Up and Down, Around and About...

- All kids to stand up as you explain instructions to them (1 minute)
- All kids to sit down so we know when everyone is ready to start.
- After drill all kids to sit down in group so we know when all stations are finished.



Instructions

6 Kids in square jogging around. Coach introduces one ball and shouts various commands for kids to perform whilst jogging around.

- 1) High Ball - Children to throw ball to one another by throwing above head height. Make sure it is a controlled through with the children communicating to one another so the catcher/thrower know where the ball is going.
- 2) Low Ball - Throw below waist height
- 3) Roll Ball - Roll along ground
- 4) Rip Ball - Child moves into ball carrier and Rips ball from them

Encourage all children to use all space and not bunch together. Tell them to keep eyes on ball carrier and make the decision to call for ball if they are in the best position to do so.

If going well, Coach to introduce a second ball.