

Quins Minis Under 5's 16th February 2011

Layout out main pitch cones (Pic 1). Place another 20 drill cones nearby for later use.

1) Welcome Huddle.

Get kids and coaches to introduce themselves to each other.

2) Warm-up fun; 5 mins of star jumps, high knees, heel to bum, in the air-on the ground etc

3) Setup Cones for shuttle runs whilst warm-up run is happening (Pic 2)

4) Split kids into equal teams (approx 4 teams of 6) and hand-out red and yellow bibs, belts and tags.

5) **Shuttle Runs** (*Everything always done with a ball in hand*)

Split kids into their teams behind first cone. 1st kid runs to 1st cone and back and places ball in arms of 2nd kid. Relay until team finishes.

See how this goes and repeat over next 4 cones increasing distance of run. Get kids to vary this by placing ball next to cone (Squash those Worms)

Split kids in team between 1st and last cone going up pitch. 1st kid passes and then runs to end of line winning team is first to get all kids to end of pitch.

6) 2 Minute Water Break (Layout cones for work on Square))

7) **Action Jacks** on the cones.

This is all about their passing, spacial awareness and footwork.

Game 1; Straight across to opposite kid placing ball in their hand

Game 2; Placing ball at feet

Game 3; Passing 1 metre out

Game 4; Passing from the middle

8) 2 Minute Water Break

9) Whilst in mini teams set up NEW game for tagging - GIVE EVERYONE TAGS

Shadow Buster - Keep kids in teams 1st chases 2nd and tries to retrieve tags, use whole pitch

You shall not Pass! - Reds V Yellows teams of 4 Reds try to pass into scoring zone if they do they stand in Scoring Square, If they don't they stand in the dungeon. Add up players in scoring zone and reverse game.

Split and use **James's game** for retrieving balls in the scoring zone

10) **Dodgeball** rolling rugby balls at opposition feet; split into 4 teams 2v2.

Use two squares approx 5m x 5m, switch winner v winner etc

11) 2 Minute Water Break

12) **Turned to stone**

Depending on No.s, give 2-4 kids a ball and they have to touch others until everyone is 'made of stone'.

If going on too long, increase balls in play. When touched, kid stands with legs wide apart and can only be freed when another kid crawls through their legs.

13) 2 Minute Water Break

14) **Zombie Chiefs**

3 Chiefs tagging others as they try to get from one side of the pitch to another.

Chiefs can run anywhere but when kid is touched and becomes a Zombie they must stand still and tag those running past until 1 kid left running

15) **Rollerball** on the kids using full/half pitch

