



U4 & U5 Active Start 2019

Warm up Games

Soldier: Listening Game

On the Line-Demo: Star / Soldier / Squat / Jump

Call Out each

Red Light / Green Light

On the line

No Ball & then with ball

Water Break @ 20 past

Game 1

Making Friends with the Ball

Focus of the day is the sole turn

Have parent roll the ball through kids legs and when they reach it they stop it and turn and dribble back

Game 2

Indy 500

Track setup already

Child and parent run the course with no ball first

Then child alone

Then parents alone

Then add balls at feet

Water Break @ 35 past

Game 3

Nuts & Squirrels



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Kids gather as many nuts as they can bring back to their nest while parents guide and encourage them (1 nut at a time)

Game 4

Shark Attack

Parents start as the sharks

Then kids

With and without ball

Water Break @ 50 past

Free Play if Any

Sharing Ball

End with group circle and sharing ball where player receive the ball from the player beside them and say thank you!