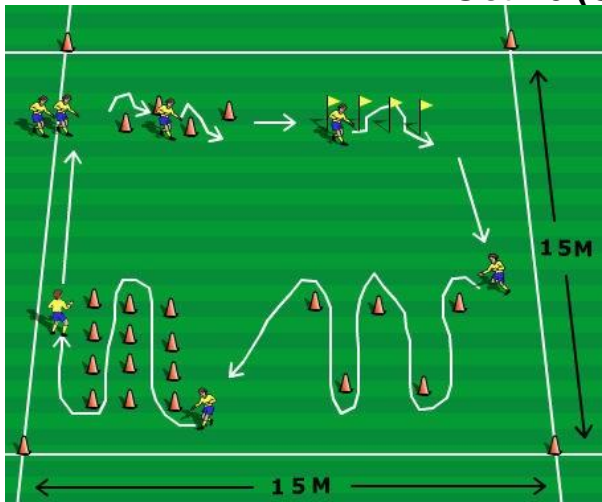


## Fundamental Stage – Oct 23(Memorial) and Oct 26 (UHILL and David Lam)



### Focus – Physical Literacy Activity Name: Obstacle Course

#### Organization

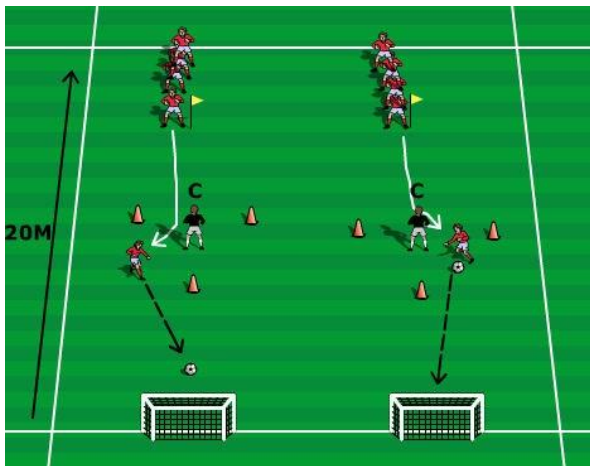
Set up an obstacle course inside a designated area. The children start at the first station and move in a clockwise direction around the course carrying out the exercises shown below.

#### Variations

1. Hops (1 footed & 2 footed)
2. Jumps
3. Running backwards
4. Sideways shuffles
5. Introduce a ball at some stations

#### Emphasis

- Basic movements
- Changing direction
- Balance, co-ordination
- Having Fun!



### Focus – Ball Literacy Activity Name: Shoot and score

#### Organization

Separate team into 2 (or more if possible) as shown. Set up a triangle. The coach stands in the centre of the triangle.

1. Player throws ball to the coach. Coach places ball to his left or right. Player strikes the ball into the empty goal.
2. Coach now places ball in front. Player takes a touch past the coach with the outside of foot past the coach and strikes the ball into the empty net.
3. Player dribbles towards the coach and takes the touch past the coach and plays into the empty net.

#### Emphasis

- Dribbling
- Preparation touch
- Shooting Technique
- Goal Celebrations!




CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER





**Focus – Small sided Game**  
**Name of Game: Chain Soccer**

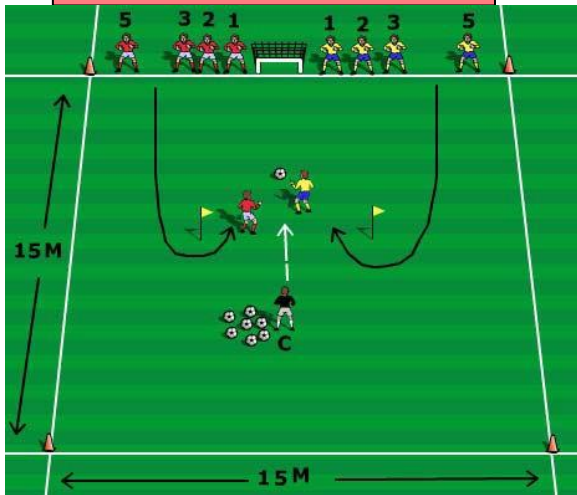


**Organization:**

Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Players not called can act as goalies on their side. Increase the # of players to 2 or 3.

**Emphasis**

- Dribbling
- 1 v 1
- Beating opponents
- Shooting
- Goal celebrations
- Teamwork



**Focus – Small Sided Game**  
**Name of Game: Numbers Games with one net**

**Organization**

Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players are trying to both defend and score on the same net. Encourage celebrations after a goal! Progress to 2 or 3 players. Add a goalkeeper

