



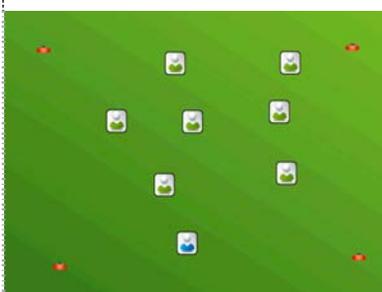
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Lesson 4 Balance and Coordination



Under-6

I can do something can you?



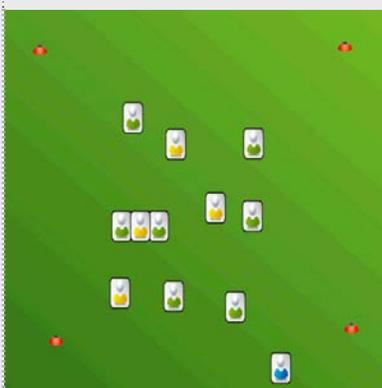
1. coach starts activity by saying" I can do something can you" and demonstrate a physical activity.
2. players should try what you are doing
3. Then the coach should ask " what can you do?".Take their suggestions
Ex: Skips, jumping Jacks, one legged bounce, start jumps, rolls, etc.

Coaching pts:

1. Working on body movement and balance
2. Let the child explore how their body moves

6 minutes

Snake in The Grass



1. Set Field up in 15 x 15 area
- 2 two players lying on the ground (face down) start as the" Snake in the grass"
3. The other players start by touching the snake
4. On the coaches Command " Snake in the grass". The snakes try to catch the other kids by slithering around on the ground
5. If player is caught you join the snake
6. Play until all the player are part of the snake.

Coaching Points:

1. Moving in different directions
2. Then when joined as a snake they are able to work as a team to get other players.

6 minutes

Everyone is It



1. Set up a 20 x 20 grid
2. Each child run around trying to tag as many players as he/she can. While at the same time try to avoid being tagged.
3. Do multiple rounds of 30 to 45 second

Variations:

- a. How many times did you get tagged
- b. How many people can you tag

Coaching pts.

1. Player aware of their surrounding
2. Make decisions about where to go and where to avoid.

6 minutes

Play the Game 3v3



- 1 Set up the field 30 X20
2. No Goalies

Coaching Points:

1. Free play
2. have Fun.

25 minutes

www.usyouthsoccer.org/docs/coaches/coachesconnection Reference

Shared by Chris Pacilio, NYSWYSA Recreation Director, cpacilio @nyswysa.org