

# **NEWCASTLE COMMUNITY FOOTBALL - FUNDAMENTALS OF MOVEMENT SYLLABUS**



## **WEEK 1 - SAQ (SPEED, AGILITY & QUICKNESS)**

Based on a class of 30, the children will be divided into 6 groups. There will be 2 sets of SAQ Ladders, 2 Sets of 6 hurdles as well as 2 sets of diagonal discs.

Ladders exercises - 1 foot in each square/bunny hops.

Hurdle exercises - jumps & hops (both with a bounce between)

Diagonal discs - side steps around outsides & opposite side to hand touches.

May decide to add a football at the top of each activity incorporating toe-taps, mini-dribble, drags and heading.

### **CP's**

Good posture

Light feet

Quick feet

Technique leads to speed not the other way round

## **WEEK 2 - AGILITY RUNS**

Children divided into 5/6 teams. Each team stood behind a disc with a disc every 3 to 4 yards up to a length of 25 yards. Each exercise will be practiced and then after each has been practiced we will add an aspect of competition by having races with the winning team of each race gaining a point.

Run in & out of discs.

Backward running in & out of discs.

Left to right side-steps through the discs

Sideways side-steps through discs

### **CP's**

Balance

Posture

Position of back in relation to movement

Heels off the floor through each movement

### **WEEK 3 - BEAN BAG THROWING**

Children divided into 5 teams. Each Team has a set of 3 hoops in front of them with a 5 yard gap between each hoop. Next to the start disc there are 9 bean bags, 3 of which match the colour of each hoop.

Aim to get all 9 bean bags into first (closest) hoop.

Aim to get all 9 bean bags into second (middle) hoop.

Aim to get all 9 bean bags into third (Furthest) hoop.

Colour match bean bags to hoop (3 in each hoop)

Create competition between teams. Each player takes there 9 throws trying to match the colours up. 1 Point for each bean bag in the first hoop, 2 points for each in the middle hoop and 3 for each the furthest hoop.

#### **CP's**

Firm grip of bean bag.

Straight line from the arm when throwing.

Eyes on the target object.

Trial & Error approach when throwing (too hard/too soft).

Controlled swing of the arm.

### **WEEK 4 - THROWING & CATCHING IN PAIRS**

Children in pairs with one tennis ball between them. Split with a disc each 8 to 10 yards apart.

Ask children to throw the ball back and forth however they think is appropriate.

Progress to show children the chest line which is the guide for which technique to use. Start with throws under arm below the chest line. Technique to use is little fingers together, fingers pointed down, rest of fingers spread to make the cup bigger. Bend knees and bring into chest to secure.

Move onto throws above the chest line. Technique now changes to thumbs together, fingers pointed up, rest spread wide making a bigger cup. Again bend knees and bring into chest.

Mix type of throws up.

Building blocks game. How many can each team do without dropping the ball. 2 minute games, if you drop the ball you start from 0 again keeping your high score. Encourage children to beat their targets.

Last Man standing game. All pairs start at the same time, as soon as one team drop the ball they sit down and wait to see who the last pair left are.

#### **CP's**

Correct catching techniques.

Legs shoulder width apart, slightly bent.

Good throws.

Encouragement to beat previous best scores.

Eyes always on the ball from partners hand into your own hands.

## **WEEK 5 - 1V1 FOXES & HOUNDS**

Set up 3 areas of roughly 25x12yards. In each area there will be 5 children (foxes) with bibs tucked down their shorts as a tail and 5 children without a tail (Hounds) at the other end.

On the hounds command of "GO" the fox has to try and run past the hound and get to the opposite line without having their tail pulled out.

Switch roles after an amount of time you feel is appropriate.

Switch teams around for new challenges.

Award a point for each time you stop the fox or you get past the hound for a sense of competition if necessary.

### **CP's**

Agility

Light Feet

Enjoyment

Variation of speed (fast to slow/slow to fast)

Be positive

## **WEEK 6 - FUNDAMENTAL'S OBSTACLE COURSE RACE**

Divide children up into teams appropriate to the amount of equipment available to the session set up. In each team line there will be an activity followed by a 10 yard run. This session is a fun, relaxed race which incorporates aspects of week 1, 2,3 & 5 sessions.

Equipment set up as follows: Ladders, 10 yard run, hurdles, 10 yard run, agility run through the discs, 10 yard run, 3 bean bag throws into colour matched hoop, 10 yard run to finish line.

First team finished gets a point.

Change activities in ladders/hurdles/agility runs.

### **CP'S**

Use techniques that have been coached previously.

Ensure technique is maintained and speed is reduced if you spot mistakes from children. (Possible 2 second 'STOP/GO' penalty)

Ask children at the end where they had seen these before to ensure they understood what you have shown them over the 6 weeks.

