

Group: GAA Nursery	Venue: Hall (LESSON PLAN 3)
Age: 5-6 Boys and Girls	No. Of Participants: Varies
Coaches: Emma and Louise Byrne	Safety Points: Laces to be tied Beware of surrounding eg. Walls. Spread out cones to avoid children bumping into each other.
Date: 22/04/2016	Focus of session: ABC's, Recap Bouncing, Intro to Dribbling/Ball Control
Equipment: Cones, Shapes, Balls, Balloons, Bean Bags	



<p style="text-align: center;"><u>Parent/Child Task 1:</u></p> <p>Name: Balloon Volleyball Duration: 5 mins Equipment: Balloons Description:</p> <ul style="list-style-type: none"> • Child faces adult. • They must pass the balloon back and forth to one another. • Try not to let balloon touch the ground. 	<p style="text-align: center;"><u>Parent/Child Task 2:</u></p> <p>Name: Reaction Time Duration: 5 mins Equipment: Balloons Description:</p> <ul style="list-style-type: none"> • Child faces adult. • Adult holds a balloon out in front of child. • Child must react and catch balloon before it hits the ground.
<p style="text-align: center;"><u>Activity 1: Bridges and Rivers</u></p> <p>Name: Bridges and Rivers Duration: 5 mins Equipment: 4 Cones Description:</p> <ul style="list-style-type: none"> • Divide children into 2 groups. • One group are "Bridges" and one group are "Rivers". • "Bridges" balance on their hands and feet, while the "Rivers" crawl under the bridges. • Change over roles. 	<p style="text-align: center;"><u>Activity 2- Recap Skill of Bouncing (IDEA)</u></p> <ul style="list-style-type: none"> • Name: Colour Bounce Relay • Duration: 5 mins • Equipment: Shapes, balls • Description: • Set up area marked out with shapes about 4 steps between each shape. • Separate children into equal teams. • Each group has a ball. • On whistle, first child in each group bounces ball on each shape and back and hands the ball to next person in the group.
<p style="text-align: center;"><u>Activity 3-Crazy Cars</u></p> <p>Name: Crazy Cars Duration: 5 mins Equipment: Cones Description:</p> <ul style="list-style-type: none"> • Give each child a cone and tell them that they are all "driving a car". • Put on their seatbelts. • Go through the traffic light colours. • Red light-STOP • Yellow light-WALK • Green light-RUN 	<p style="text-align: center;"><u>Activity 4: Intro Ball Control (IDEA)</u></p> <p>Name: Body Parts on the Ball Duration: 5 mins Equipment: 4 cones, balls Description:</p> <ul style="list-style-type: none"> • Give each child a ball. • Encourage children to move the ball around the area using various body parts. • Coach to call out a body part and children must touch the body off the ball. E.g., Knee, toe, head etc.

Activity 5-Traffic Lights**Name:** Traffic Lights**Duration:** 5 mins**Equipment:** Balls, Cones**Description:**

- Give each child a ball.
- Children to dribble and move ball around the area keeping ball close to themselves and using both feet.
- Go through the traffic light colours.
- Red light-STOP AND TRAP BALL
- Yellow light-WALK WHILE DRIBBLING
- Green light-RUN WHILE DRIBBLING

Activity 6-Dishes and Domes**Name:** Dishes and Domes**Duration:** 5 mins**Equipment:** Cones**Description:**

- Split group into two teams. Get them to name their team.
- Then give one group the task of turning all cones up and the other team the task of turning them down.
- They must stop and put their hands in the air when you blow the whistle at the end.
- You must then count to see which team is the winner.

Activity 7-Keep Ball**Name:** Keep Ball**Duration:** 5 mins**Equipment:** Balls, Cones**Description:**

- Give each child a ball.
- Children to dribble and move ball around the area keeping ball close to themselves and using both feet.
- Adults to try to get ball off their child.

Cool Down-Dishes and Domes v Adults**Name:** Dishes and Domes v Adults**Duration:** 5 mins**Equipment:** Cones**Description:**

- All adults are “Domes”
- All children are “Dishes”
- Everyone must stop and put their hands in the air when you blow the whistle at the end.
- You must then count to see which team is the winner. *ALWAYS THE CHILDREN!*

Notes:

- Please see Power Point slides for detailed description and diagrams of all activities.
- Also view video clips for further clarification of games/activities.

