

<b>Group:</b> GAA Nursery	<b>Venue:</b> Hall (LESSON PLAN 4)
<b>Age:</b> 5-6 Boys and Girls	<b>No. Of Participants:</b> Varies
<b>Coaches:</b> Emma and Louise Byrne	<b>Safety Points:</b> Laces to be tied Beware of surrounding eg. Walls. Spread out cones to avoid children bumping into each other.
<b>Date:</b> 29/04/2016	<b>Focus of session:</b> ABC's, Recap Ball Control/Dribbling, Intro to Pick up, Intro to throwing
<b>Equipment:</b> Cones, Shapes, Balls, Bean Bags, Hoops, Bibs	



### Parent/Child Task 1:

**Name:** Don't let the ball stop!

**Duration:** 5 mins

**Equipment:** Balls

**Description:**

- Child faces adult.
- They must pass the ball back and forth to one another using any body part (head, hands, feet).
- Try not to let ball stop.

### Parent/Child Task 2:

**Name:** Body Balance

**Duration:** 5 mins

**Equipment:** NA

**Description:**

- Child and adult pair up.
- Coach to call out a body part. Everyone must balance on that body part for 10 secs.
- Whatever position the child decides to balance the adult must copy.

### Activity 1: Shark Attack

**Name:** Shark Attack

**Duration:** 5 mins

**Equipment:** Cones, Bibs

**Description:**

- Line up group on one side of area.
- Give two children bibs who are the "Sharks".
- On your call the 'fishes' try to get to the other end of the grid without getting caught.
- If they get caught they go into the fishbowl where they have to do 5 star jumps and they are back into the game.

### Activity 2-

### Recap Skill of Dribbling (IDEA)

**Name:** Dribble Relay

**Duration:** 5 mins

**Equipment:** Cones, balls

**Description:**

- Set up 3 cones in a line about 4 steps apart from each other.
- Separate children into equal teams.
- Each group has a ball.
- On whistle, first child in each group dribbles the ball in and out through their set of cones and back and passes the ball to next person.

### Activity 3-Foxes and Hens

**Name:** Foxes and Hens

**Duration:** 5 mins

**Equipment:** Cones

**Description:**

- Give one child a cone to place on their head. This person is the "FOX"
- "FOX" tries to run around and catch the hens.
- If a "HEN" gets caught they have to pick up a cone from the ground and they now become a "FOX"
- Continue until all hens are caught.

### Activity 4: Intro Pick up (IDEA)

**Name:** Pick up the Rubbish!

**Duration:** 5 mins

**Equipment:** Balls

**Description:**

- Give each child a ball.
- Encourage children to place ball on ground 2-3 steps in front of them.
- Challenge children to walk up beside the ball and scoop the ball up with both hands and hug the ball. Repeat.

**Activity 5-Trash Can****Name:** Trash Can**Duration:** 5 mins**Equipment:** Balls, Cones**Description:**

- Give each child a ball.
- Children to pick up the trash and place it in “TRASH CAN” marked out with cones.
- The coach is really messy and rolls balls back out.

**Activity 6-Walk like an animal****Name:** Walk like an animal**Duration:** 5 mins**Equipment:** NA**Description:**

- Challenge children to walk around like different animals.
- Jump like a frog
- Walk like a giraffe
- Run like a cheetah etc.

**Activity 7-Blast Off****Name:** Blast Off**Duration:** 5 mins**Equipment:** Balls, Cones**Description:**

- Give each child a ball and get them to place their ball on their cone.
- On whistle, children to stand beside ball and kick ball “BLAST OFF” and retrieve ball.
- Adults to help children set ball onto cone.

**Activity 8-Bulls Eye****Name:** Bulls Eye**Duration:** 5 mins**Equipment:** Bean bags/balls, Cones, Hoop**Description:**

- Give each child a bean bag/ball and get child to stand on one shape.
- On whistle, children to aim at cone in middle of circle and try to hit it.
- Children to retrieve bean bag and repeat on whistle.

**Cool Down-Through the legs****Name:** Through the legs**Duration:** 5 mins**Equipment:** Balls**Description:**

- Get all children to line up behind one another with legs open
- Get all adults to line up behind one another with legs open
- Give each group a ball, ball starts with the first person in the group.
- On whistle, first person rolls the ball through their legs the whole way back to the last person who retrieves ball and runs up to the front and repeats by rolling the ball through their legs.
- First team out to a marker wins.

**Notes:**

Please see Power Point slides for detailed description and diagrams of all activities.

Also view video clips for further clarification of games/activities.

