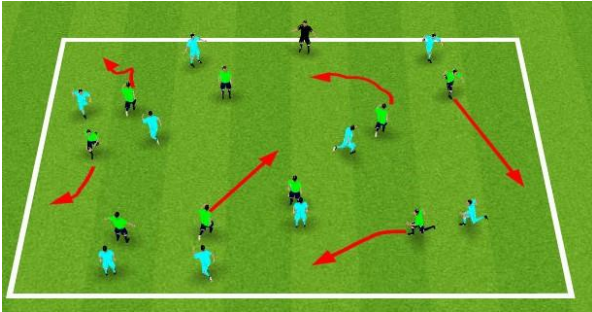




U3-U4 Kick Start Outdoor 2017

WEEK 4



Donkey Tails (6-8 mins)

Instructions:

Children place a pinnie into their pants/shorts and let it hang out like a tail

Parents chase their child and grab their tail

Reverse Roles



Nuts & Squirrels (10-12 mins)

Set Up:

Mark out 4 corners or areas (nests)

Name the 4 groups of "animals"

Instructions:

"Go!" one player from each nest comes out to grab a ball from the nest (hands/feet)

As soon as one player returns another can go

Once all nuts are gone count them up!

Options:

Send all players to grab nuts from the other nests



Knock it Off (10-12 mins)

Instructions:

Split Group in Half each with a ball

Parents on one end / players on other end about 5-10 yards apart

One end places ball on cone while other end tries to roll, pass, shoot the ball off

Option:

Player vs Player



1v1 to Goal (10-12 mins)

Instructions:

-Pair Players up with like minded players with a ball each

-Line Up 10 yards from goal

-"Go" players try to dribble then score into the empty first

Option:

Play one ball out and have them compete for it