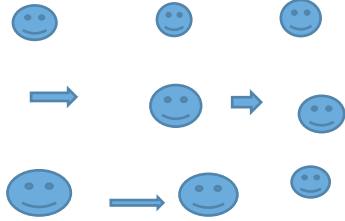
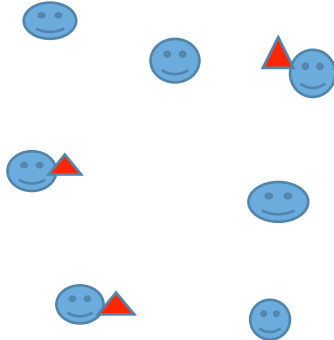
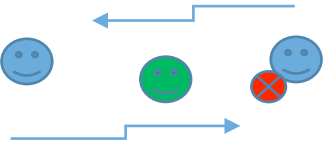


# Session Plan

**Session Theme:** AGILITY AND FUNDAMENTAL MOVEMENTS **Date:** 15/10/19

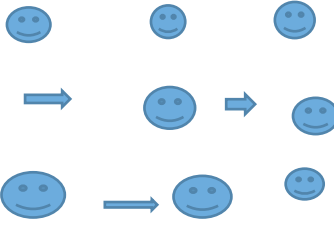
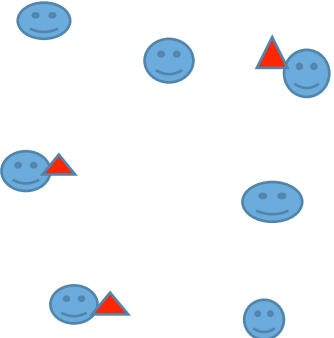
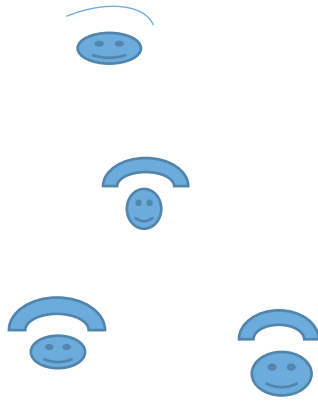
SECOND CLASS + THIRD CLASS

	Description of activity	Diagram
<p>Warm Up (5 MINS)</p> <ul style="list-style-type: none"> <li>MULTI-DIRECTIONAL MOVEMENTS</li> </ul>	<p>Players run/hop/walk forwards/backwards/jump/sideways etc</p>	
<p>Game 1 (7mins)</p> <ul style="list-style-type: none"> <li>Cone Tag</li> </ul>	<p>Coach gives cone to about 1/3 of group. Whoever has a cone is 'ON' once player with cone tags other player they are now 'ON' and the other player is free. Progression: Get players to do different movements eg players can only hop on one leg or move side to side etc.</p>	
<p>Game 2 (7mins)</p> <ul style="list-style-type: none"> <li>Piggy in the middle</li> </ul>	<p>Players work in groups of 3. One player stands in the middle while the other throw the bean bag back and over while the other player tries to intercept it. Encourage players to try and catch with one hand. Progression: Players try to get as many catches as possible within a minute.</p>	

# Session Plan

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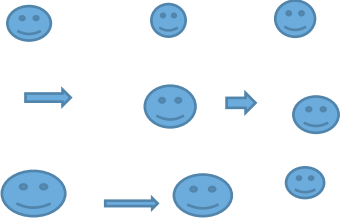
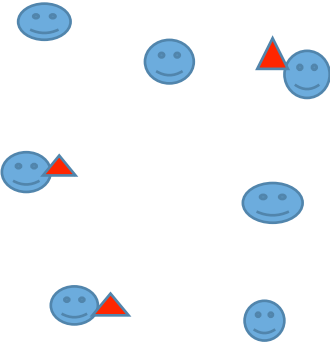
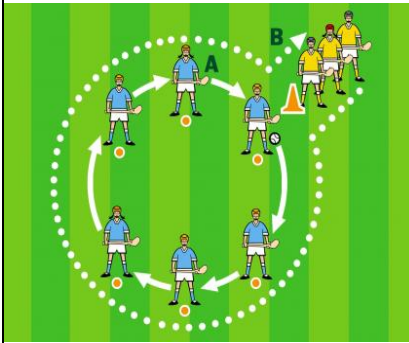
JUNIOR INFANTS + SENIOR INFANTS

	Description of activity	Diagram
<p>Warm Up (5 MINS)</p> <ul style="list-style-type: none"> <li>MULTI-DIRECTIONAL MOVEMENTS</li> </ul>	<p>Players run/hop/walk forwards/backwards/jump/sideways etc</p>	
<p>Game 1 (7mins)</p> <ul style="list-style-type: none"> <li>Cone TAG</li> </ul>	<p>Coach gives cone to about 1/3 of group. Whoever has a cone is 'ON' once player with cone tags other player they are now 'ON' and the other player is free. Progression: Get players to do different movements eg players can only hop on one leg or move side to side etc.</p>	
<p>Game 2 (7mins)</p> <ul style="list-style-type: none"> <li>Bridges and Rivers</li> </ul>	<p>Coach divides groups into 2 teams 'BRIDGES' and 'RIVERS'. Players run around the area when coach blows whistle the 'bridges' go to the ground and make a bridge while the 'rivers' must climb under them/ Progression: Get rivers to climb through 2 different bridges.</p>	

# Session Plan

**Session Theme:** AGILITY AND FUNDAMENTAL MOVEVEMENTS **Date:** 15/10/19

FOURTH CLASS + FIFTH CLASS + SIXTH CLASS

	Description of activity	Diagram
<p>Warm Up (5 MINS)</p> <ul style="list-style-type: none"> <li>MULTI-DIRECTIONAL MOVEMENTS</li> </ul>	<p>Players run/hop/walk forwards/backwards/jump/sideways etc</p>	
<p>Game 1 (7mins)</p> <ul style="list-style-type: none"> <li>Cone TAG</li> </ul>	<p>Coach gives cone to about 1/3 of group. Whoever has a cone is 'ON' once player with cone tags other player they are now 'ON' and the other player is free. Progression: Get players to do different movements eg players can only hop on one leg or move side to side etc.</p>	
<p>Game 2 (15mins)</p> <ul style="list-style-type: none"> <li>Beat the circle game</li> </ul>	<p>Coach divides players into 2 teams. Team A forms a circle with a distance of 3m between each player. Team B lines up behind a cone outside the circle. In turn the players in team B run around the circle while team A throw the ball around the circle from one to another. Team A gets a point for every successful body catch completed before the last player in team B finishes their run. Reverse the roles the team with most body catches wins. Progression: Get players to use different such as reverse around the square.</p>	
<p>Game 2 (7mins)</p> <ul style="list-style-type: none"> <li>BULLDOG</li> </ul>	<p>One player starts as 'ON'. The rest of the group must try to get to the other side of set out area without being caught. If a player is Caught they are on</p>	