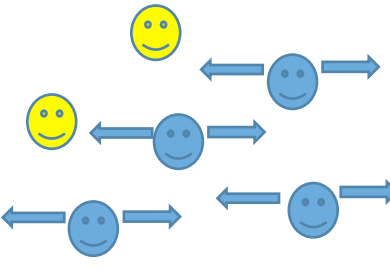
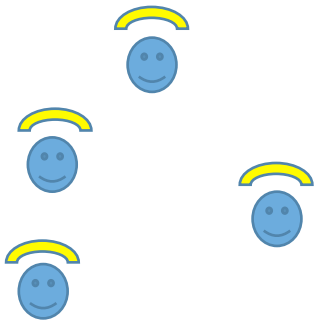



# Session Plan

**Session Theme:** Balance and Co-ordination

	Description of activity	Diagram
<p>Activity 1</p> <ul style="list-style-type: none"> <li>Flush the Toilet</li> </ul>	<p>Coach picks a few players in the group to be on. They must try and catch rest of players in the group. When caught players must balance on one leg with two hands out wide.</p>	
<p>Activity 2</p> <ul style="list-style-type: none"> <li>Statues</li> </ul>	<p>Coach gets players to move around playing area. On their signal the players must freeze like a statue and hold a balancing position.</p>	
<p>Activity 3</p> <ul style="list-style-type: none"> <li>Bridges and Rivers</li> </ul>	<p>Coach divides group into 2 teams. 'Bridges' and 'Rivers'. On the coaches signal players move around the playing area when the coach calls 'Bridges' the that team must go down on ground and make a bridge while the rivers must climb through under them. Make sure to swap teams around.</p>	
<p>Activity 4</p> <ul style="list-style-type: none"> <li>Body Parts</li> </ul>	<p>Coach divides group into pairs. On signal the players touch using different body parts.</p>	

Activity 5

- Builders and Bulldozers

Coach divides players into 2 teams. 'Builders' and 'Bulldozers'. The coach places high tall cones around the playing area half of them upside down and the other half the right way up. On the coaches signal the Bulldozers must knock the cones upside down while the Builders must put the cones back up the right way.

