

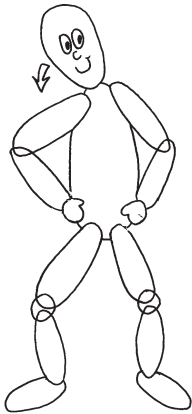
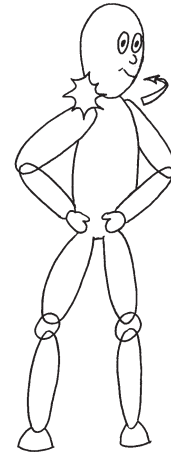
Stretches

a. Neck - Side

Look over your right shoulder.

Feel the stretch down the left hand side of the neck.

Repeat stretch looking over the left shoulder.



b. Neck - Side

Push the left ear to the left shoulder.

Feel the stretch down the right side of the neck.

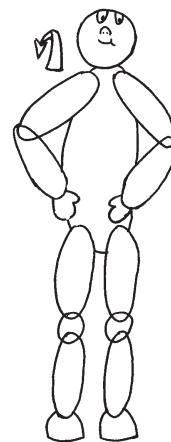
Repeat pushing the right ear to the right shoulder.

c. Neck - Front and back

Look up to the ceiling.

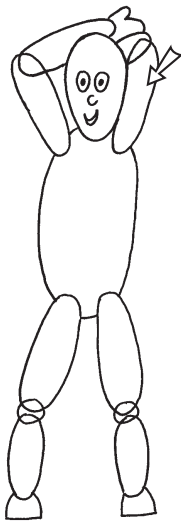
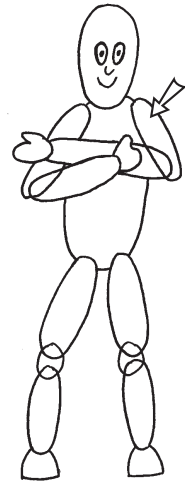
Feel the stretch under the chin.

Push chin to chest and feel the stretch at the back of the neck.



d. Arms - Top and shoulder

Hold the right arm out to the side, away from the body.
Bring the arm across the front of the body.
Hold the arm with the left hand, and pull into the chest.
Feel the stretch along the outside of the arm.
Repeat with the left arm across the body.

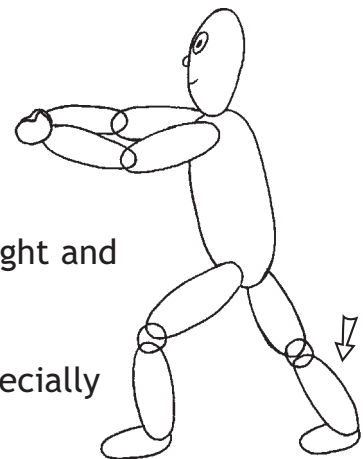


e. Arms - Under the arms

Hold the right arm above your head.
Bend at the elbow and place your hand on your back.
Hold your elbow with your left hand.
Feel the stretch underneath the arm, (Triceps).
Repeat using the left arm.

f. Legs - Lower leg (Calf)

Stand with feet shoulder width apart.
Feet face the same way in front of you.
Step the left leg forwards.
Bend the front leg (left), keep the back leg straight and both feet should remain flat on the floor.
Feel the stretch in the back of the right leg, especially the lower part (calf muscle).
Now repeat stepping the right leg forward.



B - Football

Week 1: Basic Football skills

Warm up:

Short jog and numbers game.
Stretches.

Main activity: Skills circuit

The circuit should be laid out as on the activity layout on page 77. The circuit is broken down into three main skills: heading, passing and dribbling.

Activity 1: Heading

When teaching to head a football, the main emphasis should be to keep your eyes open and use the forehead. These two factors will then minimise heading the ball causing any pain or discomfort, which most children are afraid of.

Once the correct heading technique has been demonstrated, as well as making a point that the throw needs to be decent, the children then need to be put into pairs, where one should gently throw the ball and the other 'head' the ball back.

The children take this in turns, (head about five times and then swap).

For those who are scared perhaps start throwing from a very short distance. This means the ball is literally just dropped instead of thrown, their confidence should grow as they realise it doesn't hurt. The distance is then slowly increased and eventually the child heading the ball can do so from a distance. The main part of this activity is to decrease the fear of heading.

Some children who have experience in football will find this activity easier than those with no experience. If this is the case, the children can practise aiming to head the ball directly to the thrower's hands every time.

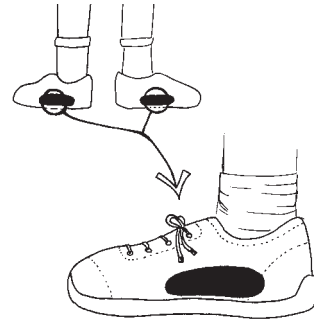
If they can complete this with ease, get them to help those who are struggling with the activity.

Activity 2: Passing

Children are again in pairs and simply pass the ball to each other.

Demonstrate the correct technique before they start. The main points to consider are; the correct part of the kicking foot, where the non-kicking foot goes, to use accuracy not power, and to look where they are kicking the ball.

The correct part of the foot should be the instep when passing. Point to the area of the foot and get the children in the group to touch their insteps with their hand. Check that all the children are holding the correct part of their foot as this will help them remember.



The non-kicking foot is just as important as the kicking foot and is placed next to the ball when kicking the ball. The toes of the non-kicking foot should point in the direction the ball is being kicked.

When the child receives the ball, emphasise the importance of first getting the ball under control before passing the ball back. Stop the ball, again using their instep, and then adjust themselves so that they are in the correct position to pass the ball back using the correct technique.

Some children find this easier than others, so for those that have difficulty, encourage them to swing their leg as though it is a golf club, but keeping their leg slightly bent. For the more advanced, explain about keeping the knee over the ball when striking it so that the ball is kept lower to the ground.

A simple development could be for children to learn the basic stop and pass using both feet, a skill that is very valuable within the game.

A development also for the more experienced and older children can be to tap the ball to one side of their body when receiving the ball ready to pass straight back to their partner, instead of stopping the ball dead.