



Mini Football **Warm Up**

Introduce yourself to the children at their level. Make them comfortable in your care.

PRIOR TO THE WARM UP, ENSURE THE AREA IS CLEAR OF HAZARDS, PARENTS ARE AWARE OF TOILET LOCATIONS.

PARENTS CAN PARTICPATE IF REQUIRED.

Warm Up - Without Ball

- Running Forward
- Skipping (with and without arms up)
- Side stepping (2 left, 2 right)
- Running backwards
- Hopping
- Jumping
- Stretching (Head to toe – head, shoulders, hips, legs, feet – includes balance)

Plane Game without ball

- One – slow jog
- Two – faster run (on the runway)
- Three – flying like planes in the sky

Ask the kids where they are flying, be enthusiastic and join in.

Plane Game with ball

- One – dribble with ball, close control
- Two – add a turn
- Three – score a goal and celebrate by flying a plane until everyone has scored

Give the kids a high 5 and encourage interaction with parents after a goal is scored.

Traffic Game without ball (using colours of traffic lights)

- Green – running forward
- Amber – running on the spot
- Red – stop
- Speed Bump – jump
- Roundabout – turn 360 degrees
- Reverse – run backwards (beeping noise)
- Add beep/honk the horn

Traffic Game with ball (using colours of traffic lights)

- Green – dribbling forward
- Amber – toe taps on the spot
- Red – stop
- Speed Bump – jump over the ball
- Roundabout – turn 360 degrees with the ball
- Reverse – drag the ball backward using the sole of the foot (beeping noise)

THE WARMS UP DICTATES HOW THE REST OF YOUR SESSION WILL GO. ENSURE THAT IT'S FUN AND THAT YOU ARE INVOLVED YOURSELF. THERE'S NO BETTER WAY TO DEMONSTRATE WHAT YOU WANT BY BEING INVOLVED YOURSELF.

HAVE A SHORT WATER BREAK AFTER THE WARM UP.