



Aodh Ruadh U6's

Week 1

Fundamental Movement Skills & Physical Literacy

Guided by
Move Well Move Often

6 Stations

Station 1 Throwing & Catching

Catch It If You Can!

Roll and React

Tennis Ball Drop

Circle In - Circle Out

Station 2 Jumping & Landing

Island Jumping

Bunny Chase

Catching Frogs

Memory Jumping

Station 6 Hopping & Skipping

Find Someone Who

Hopping Tag

Saucers and Domes

Sharks and Survivors

Station 3 Running

Cari on Running

Move Like an Animal

Rock, Paper, Scissors Tag

Tails

Station 5 Kicking & Balancing

Follow the Leader

Roly Poly

Beanbag Shadow

Pinball Soccer

Station 4 Striking (Hand Only)

Up and In

Bouncing Wall Strike

Dribble Dribble

Wish Upon A Star

Overview

Participants are divided into groups of 6-10 based on class/age.

Each group will stay at a station for 8-10 minutes then rotate.

There will be 1-2 coaches at each station who will stay there for the full night.

There are 4 suggested games for each station. Two will probably be enough for each group.

The games get progressively harder/more advanced as you go from top to bottom of each station.

Top 2 games more appropriate for infants while bottom 2 more appropriate for 4th/5th class

Station 1 - Throwing & Catching

Descriptions of correct throwing & catching technique can be found at the following links:

[Catching](#)

[Throwing](#)

Suggested games are as follows:

[Catch It If You Can!](#)

[Roll and React](#)

[Tennis Ball Drop](#)

[Circle In - Circle Out](#)

Equipment Required:

Hula Hoops

Bean Bags

Tennis Balls

Station 2 - Jumping & Landing

Descriptions of correct jumping & landing technique can be found at the following links:

[Jumping](#)

[Landing](#)

Suggested games are as follows:

[Island Jumping](#)

[Bunny Chase](#)

[Catching Frogs](#)

[Memory Jumping](#)

Equipment Required:

Hula Hoops

Tennis Balls or Footballs

Station 3 - Running

Descriptions of correct running technique can be found at [the following link](#):

[Running](#)

Suggested games are as follows:

[Cari on Running](#)

[Move Like an Animal](#)

[Rock, Paper, Scissors Tag](#)

[Tails](#)

Equipment Required:

Bibs

Station 4 - Striking With Hand

Descriptions of correct striking with hand technique can be found at the following link:

[Striking With Hand](#)

Suggested games are as follows:

[Up and In](#)

[Bouncing Wall Strike](#)

[Dribble Dribble](#)

[Wish Upon A Star](#)

Equipment Required:

Tennis Balls

Bibs/Jumpers

Soft Footballs

Station 5 - Kicking & Balancing

Descriptions of correct kicking & balancing technique can be found at the following links:

[Kicking](#)

[Balancing](#)

Suggested games are as follows:

[Follow the Leader](#)

[Roly Poly](#)

[Beanbag Shadow](#)

[Pinball Soccer](#)

Equipment Required:

Tennis Balls

Soft Footballs

Station 6 - Hopping & Skipping

Descriptions of correct hopping & skipping technique can be found at the following links:

[Hopping](#)

[Skipping](#)

Suggested games are as follows:

[Find Someone Who](#)

[Hopping Tag](#)

[Saucers and Domes](#)

[Sharks and Survivors](#)

Equipment Required:

Cones

Hula Hoops