



# Aodh Ruadh U6's

## Week 6

### Fundamental Movement Skills & Physical Literacy

Guided by  
Move Well Move Often

# 6 Stations

**Station 1**  
**Hopping & Skipping**

The Hoop Hop

Saucers and Domes

Mouse in the House

**Station 2**  
**Throwing & Catching**

Catch and Crouch

Tennis Ball Challenge

Hoop Rescue

**Station 6**  
**Running & Dodging**

Move Like an Animal

Build Your Army

Horses and Jockeys

**Station 3**  
**Striking With Hand**

Hand To Hand Strike

Hoop Balance

One Vs One All Stars

**Station 5**  
**Kicking**

Pinball Soccer

Statues and Dribblers

Shoot and Score

**Station 4**  
**Jumping & Landing**

Motorbike Landing

Cross the Pond

High Tide

# Overview

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

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Each group will stay at a station for 8 minutes then rotate. 1-2 coaches at each station who will stay there for the full night.

There are 3 suggested games for each station. Two will probably be enough for each group.

Games in **Yellow focus on skill development**. Games in **Red are more gamed based and suitable for 8-11 year olds**. Try do at least 1 yellow game with each group.

Games will be printed and left at each station for the night. Older groups can read the game-descriptors and organise it themselves if they like.

# Station 1 - Hopping & Skipping

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

[Hopping](#)

[Skipping](#)

**Suggested games are as follows:**

[The Hoop Hop](#)

[Saucers and Domes](#)

[Mouse in the House](#)

**Equipment Required:**

Hula Hoops

# Station 2 - Throwing & Catching

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

[Catching](#)

[Throwing](#)

**Suggested games are as follows:**

[Catch and Crouch](#)

[Tennis Ball Challenge](#)

[Hoop Rescue](#)

**Equipment Required:**

Tennis Balls

Hula Hoops

# Station 3 - Striking with Hand

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

[Striking With The Hand](#)

**Suggested games are as follows:**

[Hand To Hand Strike](#)

[Hoop Balance](#)

[One Vs One All Stars](#)

**Equipment Required:**

Footballs (Soft)

Hula Hoops

# Station 4 - Jumping & Landing

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

[Jumping](#)

[Landing](#)

Suggested games are as follows:

[Motorbike Landing](#)

[Cross the Pond](#)

[High Tide](#)

Equipment Required:

Cones

Skipping Ropes

# Station 5 - Kicking

Descriptions of correct kicking technique can be found at the following link:

[Kicking](#)

**Suggested games are as follows:**

[Pinball Soccer](#)

[Statues and Dribblers](#)

[Shoot and Score](#)

**Equipment Required:**

Footballs

Tall Cones



# Station 6 - Running

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

[Running](#)

**Suggested games are as follows:**

[Move Like an Animal](#)

[Build Your Army](#)

[Horses and Jockeys](#)

**Equipment Required:**

Bibs

Cones