

Lesson Title Monday – Soccer Multisports Camp		Lesson duration 3 hours	Age 4-14 years	Sports Soccer + Floor Hockey
Rationale The students will be exposed to a variety of sports, and they will develop fundamental motor-skills.		Outcomes Students will develop soccer and hockey skills.		Content There are warmup games, skill development games and matches.
Prior Knowledge. Scoring in tennis if playing in the comp.		Risk Assessment There is a risk from kids overheating and students being hit by racquets and floor hockey sticks. Students MUST keep the hockey sticks below their knees.		Resources Mini-nets, low compression balls, witches hats, flat markers, basketballs, bibs, floor hockey sticks, 12 hoops
Game & Focus	Time	Content		Organisation & Risk
<u>Kicking Skills</u> Students will improve their kicking skills.	10 min	The students aim to hit targets on the far wall. They hit drives, passes, inside and outside of the foot, and chips		All students.
<u>Crabs & Fishes</u> Students improve their turns and close control.	10 min	The students practice their turns and moves in a square. When the coach blows the whistle, they may start kicking other kids' balls out of the square.		Two groups: older kids and younger kids.
<u>Fruit Salad: soccer</u> Students will improve their ball control	10 min	The students are split up into pears, apples and bananas. They are given challenges; for example, kick the ball right foot and catch (left, thigh, header and toe-taps etc.) When the coach calls, "Pears!" all the pears have to race and touch the wall and get back into position (same for apples and bananas). When the coach calls, "Fruit salad!" all the students have to race.		All students.
<u>Bullrush: soccer</u> Students will improve their dribbling technique and defence.	10 min	Students need to dribble the balls from one end of the pitch to the other without the ball travelling out or being stolen by a defender.		Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>
<u>Soccer Numbers</u> The students will use their skills in small-sided games.	20 min	The students are divided into two equal groups, and each student has a number. The coach calls out a number or numbers, and the students called play against each other. When a goal is scored or the ball goes out, the coach calls the number(s).		All students
<u>Soccer Matches</u> The students will use their skills in matches.	30 min	If there are more than 12 kids or less there are two teams. If there are 13-18 kids, there are three teams. And if there is over 18 kids there is four teams. When there are three or four teams, the coaches should play knockout. In Knockout, the first team to score a goal stays in: the losing team is off. The next team gets to choose a player from the winning team to take off (the same player can't be taken off in consecutive matches).		Small groups of 4, 5 or 6 students.

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Hockey</u> The students improve their shooting.	10 min	The students need to try and push the tennis ball passed their opponent into the goal.	All students	6 mini-nets, 12 flat-markers, 12 witches hats, hockey sticks, 12 balls.
<u>Knockout</u> The students improve their dribbling and use of their body to maintain possession.	10 min	The students dribble their own ball around, and, simultaneously, try and knock other students' balls out of the area. Once a student's ball has been knocked out, they try to knock out other people.	Half class.	24 hockey sticks, 24 balls.
<u>2 Defenders v 1 Attacker</u> The students improve their passing, shooting, defending and creating space.	10 min	A defender passes the ball across to the attacker. The defender then works hard to get between the attacker and the goal. The attacker tries to shoot passed a goalie before the defender can hinder him/her.	Small groups.	Witches hats, hockey sticks, balls and markers
<u>Bullrush: hockey</u> Students will improve their dribbling technique and use of the body.	10 min	Students need to dribble the balls from one end of the basketball court to the other without the ball travelling out or being stolen by a defender.	Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>	24 hockey sticks, 24 balls
<u>Hockey Numbers</u>	20 min	The students are divided into two teams; each student is given a number. The coach calls a number or numbers: for example, "One and three!" the players one and three from both teams play against each other.	Half Class	24 hockey sticks, 4 tennis balls
<u>Hockey Matches</u>	30 min	3 v 3 matches	Groups of 3	

Lesson Title Tuesday – Soccer Multisports Camp		Lesson duration 3 hours	Age 4-14 years	Sports Soccer + Cricket
Rationale The students will be exposed to a variety of sports, and they will develop fundamental motor-skills.		Outcomes Students will develop their skills in soccer and cricket.		Content There are warmup games, skill development games and matches.
Prior Knowledge.		Risk Assessment There is a risk from kids overheating and students being hit by bats.		Resources Mini-nets, low compression balls, witches hats, flat markers, basketballs, bibs, cricket bats, yellow hitting tees, zip and hits
Game & Focus	Time	Content		Organisation & Risk
<u>Kicking Skills</u> Students will improve their kicking skills.	10 min	The students aim to hit targets on the far wall. They hit drives, passes, inside and outside of the foot, and chips		All students.
<u>Crabs & Fishes</u> Students improve their turns and close control.	10 min	The students practice their turns and moves in a square. When the coach blows the whistle, they may start kicking other kids' balls out of the square.		Two groups: older kids and younger kids.
<u>Fruit Salad: soccer</u> Students will improve their ball control	10 min	The students are split up into pears, apples and bananas. They are given challenges; for example, kick the ball right foot and catch (left, thigh, header and toe-taps etc.) When the coach calls, "Pears!" all the pears have to race and touch the wall and get back into position (same for apples and bananas). When the coach calls, "Fruit salad!" all the students have to race.		All students.
<u>Bullrush: soccer</u> Students will improve their dribbling technique and defence.	10 min	Students need to dribble the balls from one end of the pitch to the other without the ball travelling out or being stolen by a defender.		Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>
<u>Soccer Numbers</u> The students will use their skills in small-sided games.	20 min	The students are divided into two equal groups, and each student has a number. The coach calls out a number or numbers, and the students called play against each other. When a goal is scored or the ball goes out, the coach calls the number(s).		All students
<u>Soccer Matches</u> The students will use their skills in matches.	30 min	If there are more than 12 kids or less there are two teams. If there are 13-18 kids, there are three teams. And if there is over 18 kids there is four teams. When there are three or four teams, the coaches should play knockout. In Knockout, the first team to score a goal stays in: the losing team is off. The next team gets to choose a player from the winning team to take off (the same player can't be taken off in consecutive matches).		Small groups of 4, 5 or 6 students.

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Fruit Salad: cricket.</u> Students will improve their catching by turning their feet, which will also improve their groundstrokes and volleys.	10 min	The students are divided into pears, apples and bananas. The coaches will throw the students ball to catch: the older students will use tennis balls and the younger students will use larger soft balls. It is important that the coaches throw the balls to the side of the student and coach the students to turn their feet. When the coach calls, "Pear!" all the pears race to the fence (same with apples or bananas). If the coach calls, "fruit salad!" all students race.	Each coach has a group of students. All students.	Tennis balls, soft handballs.
<u>Muscleman & Twist, Point and Throw & Throwing Competition.</u> To improve throwing technique by being side-on and keeping the throwing elbow high.	10 min	In Muscleman, the students try and hit a target (cone) keeping their elbow as high as their shoulders (the action looks like the movement of those golden cats in Chinese restaurants). In Twist, the students add a point, step and throw. The students should focus on getting their head travelling towards the target. In the comp, the students work in pairs. One student rolls the ball out, and the other students has to pick up the ball and throw it at a target as soon as quickly as possible.	Small Groups and Pairs.	Basket of tennis balls, 11 targets (could be witches hats or cricket stumps)
<u>Bowling Competition.</u> Students will improve their bowling technique.	10 min	The students are side-on, and they look over their non-bowling shoulder. The students touch their nose with the ball, then their thigh and then step forward with their opposite foot (RH bowler left foot) as they bowl. The bowling arm needs to be straight from the moment it touches the thigh.	All students.	Tennis balls
<u>Batting Competition</u> Students will improve their ability to play with a straight bat.	10 min	One Student will aim to hit a target by hitting a stationary ball (on the ground or a tee) using a cricket bat. The focus should be on keeping the top elbow high and making a number 9 shape with their arms and the bat. The partner will collect the ball.	Pairs All students. <i>There is a risk students will hit each other if too close.</i>	11 bats, 44 balls, yellow tees, targets.
<u>Slam n' Run</u> Students will use their batting and fielding skills.	20 min	Slam n' Run – Two teams if there are 6 or more players and every man for himself if there are less than 6 players. Three nets are set up in front of the batsman like a baseball diamond. There are large gaps between the nets. The fielders have to sit behind the nets, as the batsman aims to hit the balls off 4 tees in the gaps. When the 4 th ball is hit, the fielders stand up and try and return the balls to the tees before the batsman runs around the diamond.	Two Groups Younger kids Older kids	4 yellow tees, 3 mini-nets, 4 balls, 4 flat markers
<u>4 Wicket Cricket or Continuous Cricket</u>	30 min	In 4 wicket, there are 4 sets of stumps are set up in a diamond. There are 4 batters, when a ball is hit all the batters run counter-clockwise to the next stumps. The coach stands in the middle and gently underarms the ball. If two balls are missed by the batsman a ball is placed on a yellow tee for them to hit. In Continuous, it is tip and run. A batsman has to run around a set of stumps and be ready to hit the ball before a bowler (coach) underarms the ball at the stumps. Fielders throw the ball to the bowler.	Half class <i>There is a risk students will hit each other if too close.</i>	4 sets of stumps, 4 witches hats, 1 ball, 1 yellow tee 2 sets of stumps, 1 ball, 1 bat.

Lesson Title Wednesday – Soccer Multisports Camp	Lesson duration 3 hours	Age 4-14 years	Sports Soccer + Basketball
Rationale The students will be exposed to a variety of sports, and they will develop fundamental motor-skills.	Outcomes The students will develop soccer and basketball skills.	Content There are warmup games, skill development games and matches.	

Prior Knowledge.	Risk Assessment There is a risk from kids overheating and students being hit by racquets.	Resources Mini-nets, low compression balls, witches hats, flat markers, basketballs, bibs, small basketball goals, 12 hoops
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Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Kicking Skills</u> Students will improve their kicking skills.	10 min	The students aim to hit targets on the far wall. They hit drives, passes, inside and outside of the foot, and chips	All students.	24 soccer balls, witches hats.
<u>Crabs & Fishes</u> Students improve their turns and close control.	10 min	The students practice their turns and moves in a square. When the coach blows the whistle, they may start kicking other kids' balls out of the square.	Two groups: older kids and younger kids.	24 soccer balls, 8 markers
<u>Fruit Salad: soccer</u> Students will improve their ball control	10 min	The students are split up into pears, apples and bananas. They are given challenges; for example, kick the ball right foot and catch (left, thigh, header and toe-taps etc.) When the coach calls, "Pears!" all the pears have to race and touch the wall and get back into position (same for apples and bananas). When the coach calls, "Fruit salad!" all the students have to race.	All students.	24 soccer balls.
<u>Bullrush: soccer</u> Students will improve their dribbling technique and defence.	10 min	Students need to dribble the balls from one end of the pitch to the other without the ball travelling out or being stolen by a defender.	Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>	24 soccer balls
<u>Soccer Numbers</u> The students will use their skills in small-sided games.	20 min	The students are divided into two equal groups, and each student has a number. The coach calls out a number or numbers, and the students called play against each other. When a goal is scored or the ball goes out, the coach calls the number(s).	All students	6 mini-nets, 6 hoops, tennis balls
<u>Soccer Matches</u> The students will use their skills in matches.	30 min	If there are more than 12 kids or less there are two teams. If there are 13-18 kids, there are three teams. And if there is over 18 kids there is four teams. When there are three or four teams, the coaches should play knockout. In Knockout, the first team to score a goal stays in: the losing team is off. The next team gets to choose a player from the winning team to take off (the same player can't be taken off in consecutive matches).	Small groups of 4, 5 or 6 students.	

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Bullrush: basketball</u> Students will improve their dribbling technique, arm guard, defence and drawing of charges.	10 min	Students need to dribble the balls from one end of the basketball court to the other without the ball travelling out or being stolen by a defender.	Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>	24 basketballs
<u>Tag Ball: basketball</u> Students will improve their passing technique and their awareness of space.	10 min	There should be two games, one game with the older kids and the other with the younger kids Using a basketball, two coaches (one coach + one older student) pass a ball to each other and attempt to tag the students who are trying to use their footwork skills to evade them. Speed of passing, pass and move, and identifying space should all be emphasised.	Half Class <i>Students being knocked over by other students or by coaches demonstrating.</i>	2 basketballs
<u>Fruit Salad: basketball</u> Students will improve their skills: dribbling, triple threat and passing.	10 min	See Monday.	Small Groups.	24 basketballs
<u>Round the World: basketball</u> Students will improve their shooting technique.	10 min	There are 5 shooting stations. The students need to shoot the ball in to progress to the next station. The students should get the ball in the Triple Threat position by “Top, Side, Snap” and focus on locking out their shooting arms and “Reaching into the cookie jar”.	Small Groups	24 basketballs
<u>Golden Child</u> Basketball – older kids group and younger kids group	20 min	Two teams, as one student shoots from one team a student from the other team attempts to run dribbling a basketball around the court. When/if the ball goes in the runner has to freeze.	Half Class	2 bags of basketballs 2 small goals
<u>Basketball Matches</u>	30 min	If a group needs to sit off, as soon as a goal is scored the losing team is replaced. It is also possible to play Basketball Numbers for the younger kids.	Groups of 3, 4 or 5	2 basketballs

Lesson Title Thursday – Soccer Multisports Camp		Lesson duration 3 hours		Age 4-14 years		Sports Soccer + European Handball		
Rationale The students will learn and have fun through social interactions.			Outcomes Students will develop their serving skills in tennis and their overarm throwing skills in European Handball.			Content There are warmup games, skill development games and matches.		
Prior Knowledge.			Risk Assessment There is a risk from kids overheating and students being hit by racquets or hurting their fingers catching hard balls.			Resources Mini-nets, low compression tennis balls, witches hats, flat markers, European Handballs, bibs, 18 hoops, socks		
Game & Focus		Time	Content				Organisation & Risk	Resources
<u>Kicking Skills</u> Students will improve their kicking skills.		10 min	The students aim to hit targets on the far wall. They hit drives, passes, inside and outside of the foot, and chips				All students.	24 soccer balls, witches hats.
<u>Crabs & Fishes</u> Students improve their turns and close control.		10 min	The students practice their turns and moves in a square. When the coach blows the whistle, they may start kicking other kids' balls out of the square.				Two groups: older kids and younger kids.	24 soccer balls, 8 markers
<u>Fruit Salad: soccer</u> Students will improve their ball control		10 min	The students are split up into pears, apples and bananas. They are given challenges; for example, kick the ball right foot and catch (left, thigh, header and toe-taps etc.) When the coach calls, "Pears!" all the pears have to race and touch the wall and get back into position (same for apples and bananas). When the coach calls, "Fruit salad!" all the students have to race.				All students.	24 soccer balls.
<u>Bullrush: soccer</u> Students will improve their dribbling technique and defence.		10 min	Students need to dribble the balls from one end of the pitch to the other without the ball travelling out or being stolen by a defender.				Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>	24 soccer balls
<u>Soccer Numbers</u> The students will use their skills in small-sided games.		20 min	The students are divided into two equal groups, and each student has a number. The coach calls out a number or numbers, and the students called play against each other. When a goal is scored or the ball goes out, the coach calls the number(s).				All students	6 mini-nets, 6 hoops, tennis balls

Game & Focus	Time	Content	Organisation & Risk	Resources
Muscleman & Twist, Point and Throw & Throwing Competition. To improve throwing technique by being side-on and keeping the throwing elbow high.	10 min	In Muscleman, the students try and hit a target (cone) keeping their elbow as high as their shoulders (the action looks like the movement of those golden cats in Chinese restaurants). In Twist, the students add a point, step and throw. The students should focus on getting their head travelling towards the target. In the comp, the students work in pairs. One student passes the ball out, and the other students has to catch the ball and throw it at a target as soon as quickly as possible.	Small Groups and Pairs.	European handballs, 11 targets (could be witches hats or cricket stumps)
Tag Ball: European Handball Students will improve their passing technique and their awareness of space.	10 min	There should be two games, one game with the older kids and the other with the younger kids Using a basketball, two coaches (one coach + one older student) pass a ball to each other and attempt to tag the students who are trying to use their footwork skills to evade them. Speed of passing, pass and move, and identifying space should all be emphasised.	Half Class <i>Students being knocked over by other students or by coaches demonstrating.</i>	2 European Handballs (use soft ball for younger kids)
Clean Up Your Room: Handball The students will improve their throwing technique.	10 min	The students will throw and catch European Handballs from one side of the court to the other over a tennis net.	Pairs or Half Class <i>There is a risk students will hit each other if too close.</i>	European Handballs
Beat the Goalie: Handball The students will improve their throwing technique.	10 min	The students have to throw a handball passed a goalie. If a student scores a goal, he/she replaces the goalie.	Small groups of 3, 4, 5 or 6 students.	European handballs and markers for goals.
European Handball Numbers	20 min	The students are divided into two teams; each student is given a number. The coach calls a number or numbers: for example, "One and three!" the players one and three from both teams play against each other.	Half Class	European handballs
European Handball Matches	30 min	3 v 3 matches	Groups of 3	

Lesson Title Friday – Soccer Multisports Camp		Lesson duration 3 hours	Age 4-14 years	Sports Soccer + Netball
Rationale The students will learn and have fun through social interactions.		Outcomes Students will develop their volley and scoring skills in tennis and their shooting skills in netball.		Content There are warmup games, skill development games and matches.
Prior Knowledge.		Risk Assessment There is a risk from kids overheating and students being hit by racquets.		Resources Mini-nets, low compression balls, witches hats, flat markers, netballs, bibs, 12 hoops, small basketball goals
Game & Focus	Time	Content		Organisation & Risk
<u>Kicking Skills</u> Students will improve their kicking skills.	10 min	The students aim to hit targets on the far wall. They hit drives, passes, inside and outside of the foot, and chips		All students.
<u>Crabs & Fishes</u> Students improve their turns and close control.	10 min	The students practice their turns and moves in a square. When the coach blows the whistle, they may start kicking other kids' balls out of the square.		Two groups: older kids and younger kids.
<u>Fruit Salad: soccer</u> Students will improve their ball control	10 min	The students are split up into pears, apples and bananas. They are given challenges; for example, kick the ball right foot and catch (left, thigh, header and toe-taps etc.) When the coach calls, "Pears!" all the pears have to race and touch the wall and get back into position (same for apples and bananas). When the coach calls, "Fruit salad!" all the students have to race.		All students.
<u>Bullrush: soccer</u> Students will improve their dribbling technique and defence.	10 min	Students need to dribble the balls from one end of the pitch to the other without the ball travelling out or being stolen by a defender.		Half Class or Full Class <i>Students being knocked over by other students or by coaches demonstrating.</i>
<u>Soccer Numbers</u> The students will use their skills in small-sided games.	20 min	The students are divided into two equal groups, and each student has a number. The coach calls out a number or numbers, and the students called play against each other. When a goal is scored or the ball goes out, the coach calls the number(s).		All students
<u>Soccer Matches</u> The students will use their skills in matches.	30 min	If there are more than 12 kids or less there are two teams. If there are 13-18 kids, there are three teams. And if there is over 18 kids there is four teams. When there are three or four teams, the coaches should play knockout. In Knockout, the first team to score a goal stays in: the losing team is off. The next team gets to choose a player from the winning team to take off (the same player can't be taken off in consecutive matches).		Small groups of 4, 5 or 6 students.

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Partner Passing</u> Students improve their passing skills.	10 min	Students chest pass, shoulder pass and bounce pass to their partner.	Partners	12 netballs
<u>Tag Ball: netball</u> Students will improve their passing technique and their awareness of space.	10 min	There should be two games, one game with the older kids and the other with the younger kids Using a netball, two coaches (one coach + one older student) pass a ball to each other and attempt to tag the students who are trying to use their footwork skills to evade them. Speed of passing, pass and move, and identifying space should all be emphasised.	Half Class <i>Students being knocked over by other students or by coaches demonstrating.</i>	2 netballs
<u>Round the World: netball</u> Students will improve their shooting technique.	10 min	There are 5 shooting stations. The students need to shoot the ball in to progress to the next station. The students should get the ball in the Triple Threat position by “Top, Side, Snap” and focus on locking out their shooting arms and “Reaching into the cookie jar”.	Small Groups	24 netballs (use basketballs)
<u>Intercept</u> Students will improve their passing and intercept skills.	10 min	There are two teams. Each team sends two members to the opposing team; these students need to intercept as many balls as possible. The pair that intercept the most are the winners.	Small groups of 5, 6 or 7 students	4 netballs, 16 markers.
<u>Golden Child</u> Basketball – older kids group and younger kids group	20 min	Two teams, as one student shoots from one team a student from the other team attempts to run dribbling a basketball around the court. When/if the ball goes in the runner has to freeze.	Half Class	8 netballs 2 small goals
<u>Netball Matches</u>	30 min	If a group needs to sit off, as soon as a goal is scored the losing team is replaced.	Groups of 3, 4 or 5	4 netballs