

Around the Body



Description

Every child has a ball and finds a space within the area.

Children practise slowly moving the ball around their body in different ways.

Encourage the children to focus on controlling the ball rather than speed of movement.

The coach can call out any of the following instructions:

- Move the ball around in a big circle
- Stretch the ball up as high as the sky
- Reach out wide to the left and then the right
- Touch your toes with the ball
- Step one leg forwards or backwards and balance

You'll need

- One netball per participant

RTC - PHASE 2

- Encourage children to use a larger, softer and brightly coloured ball.
- Encourage a discussion with the group about a cool down, the importance of a cool down. Ask children to create their own static stretches individually or in pairs.

Coaching Points

- Feet shoulder width apart
- Relaxed muscles
- Slowly breathe in and out

Key Questions

1. Why is it important that we cool down at the end of a session?
2. Why is it important that our movements are slower in the cool down?
3. What do you notice about how you feel after the cool down?

Inclusive Coaching



Encourage children to say aloud what they have done well and to recognize success of others within their group.