U6 u8 bounce

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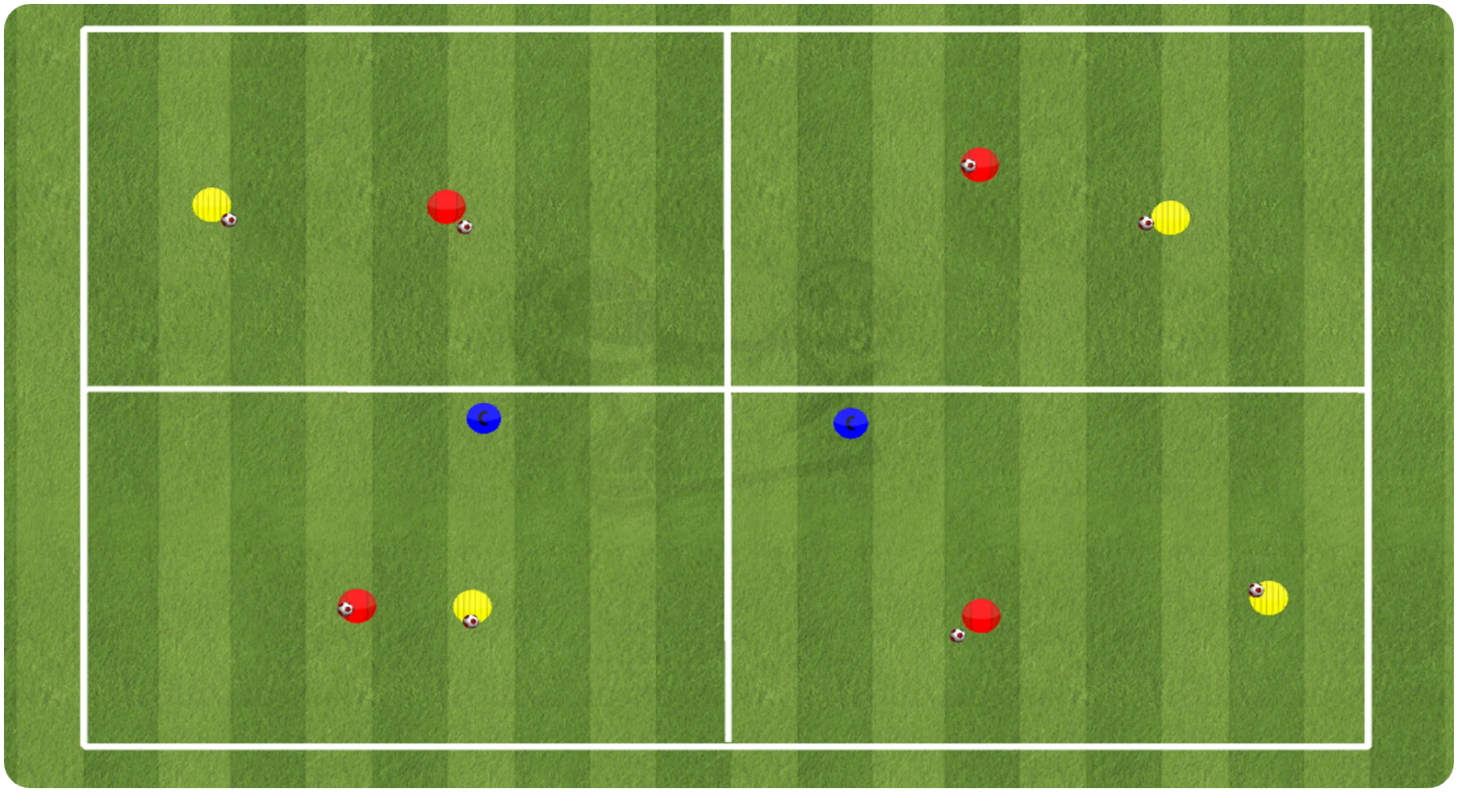
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BOUNCE KNOCK OUT

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Bounce



RULES

1. Every player has a ball. They bounce the ball around a marked area. On the whistle, coach enters and tries to knock the players ball away.
2. If a player's ball is knocked away, they must stand to the side and do 5 bounces with each hand & then re-enter the game.

QUESTIONS

Cue • Find the star on the ball • Hand Open like a fan • Push the ball to the ground • Imagine the ball is a yoyo • Ball stays below the belt

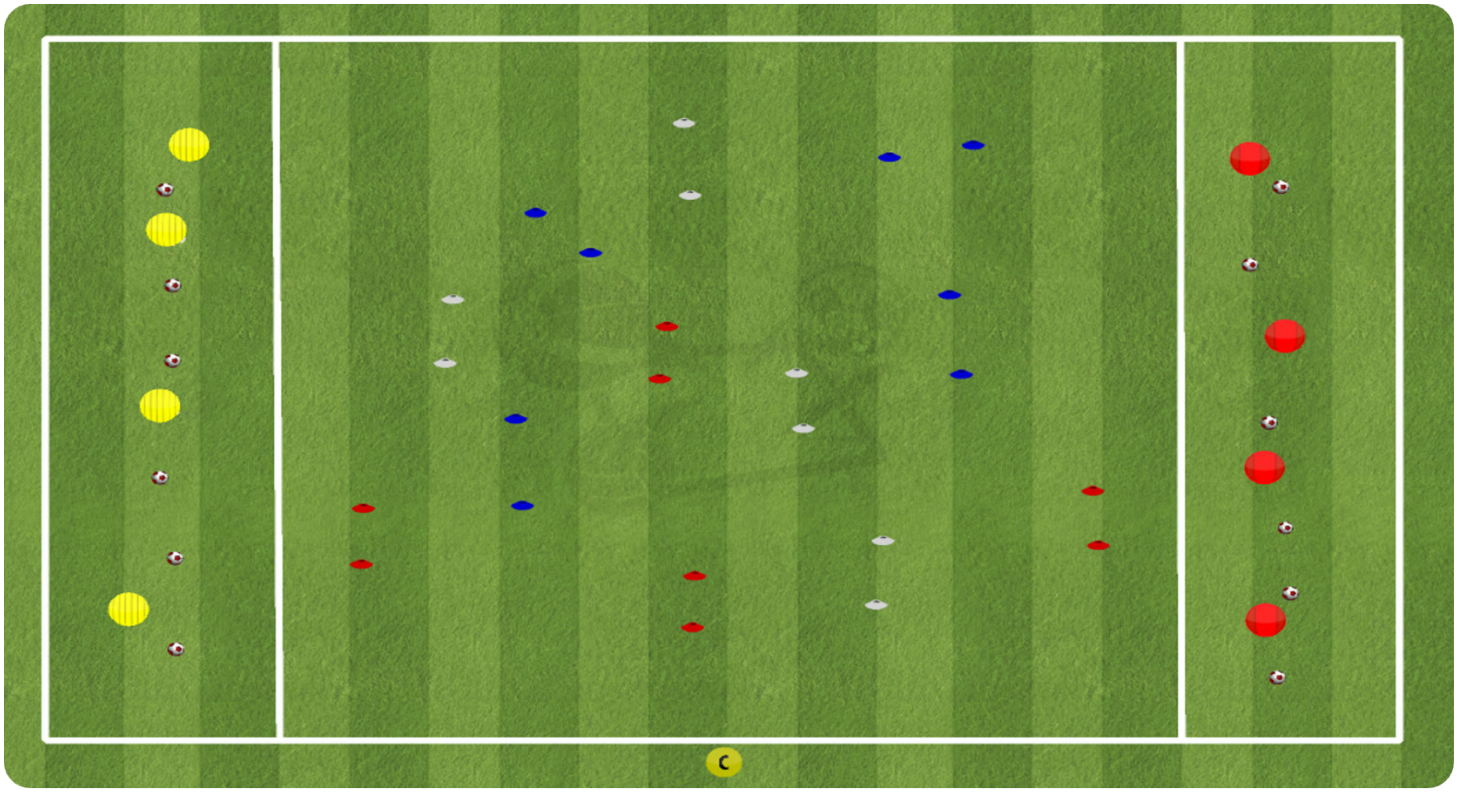
NOTES

ENDZONE WAR

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Bounce



RULES

1. Set up the pitch as above
2. On the whistle players must go to the opposite end zone, steal a ball and bounce it back
3. Team with the most balls on their side at the end, wins.

QUESTIONS

Cue • Find the star on the ball • Hand Open like a fan • Push the ball to the ground • Imagine the ball is a yoyo • Ball stays below the belt

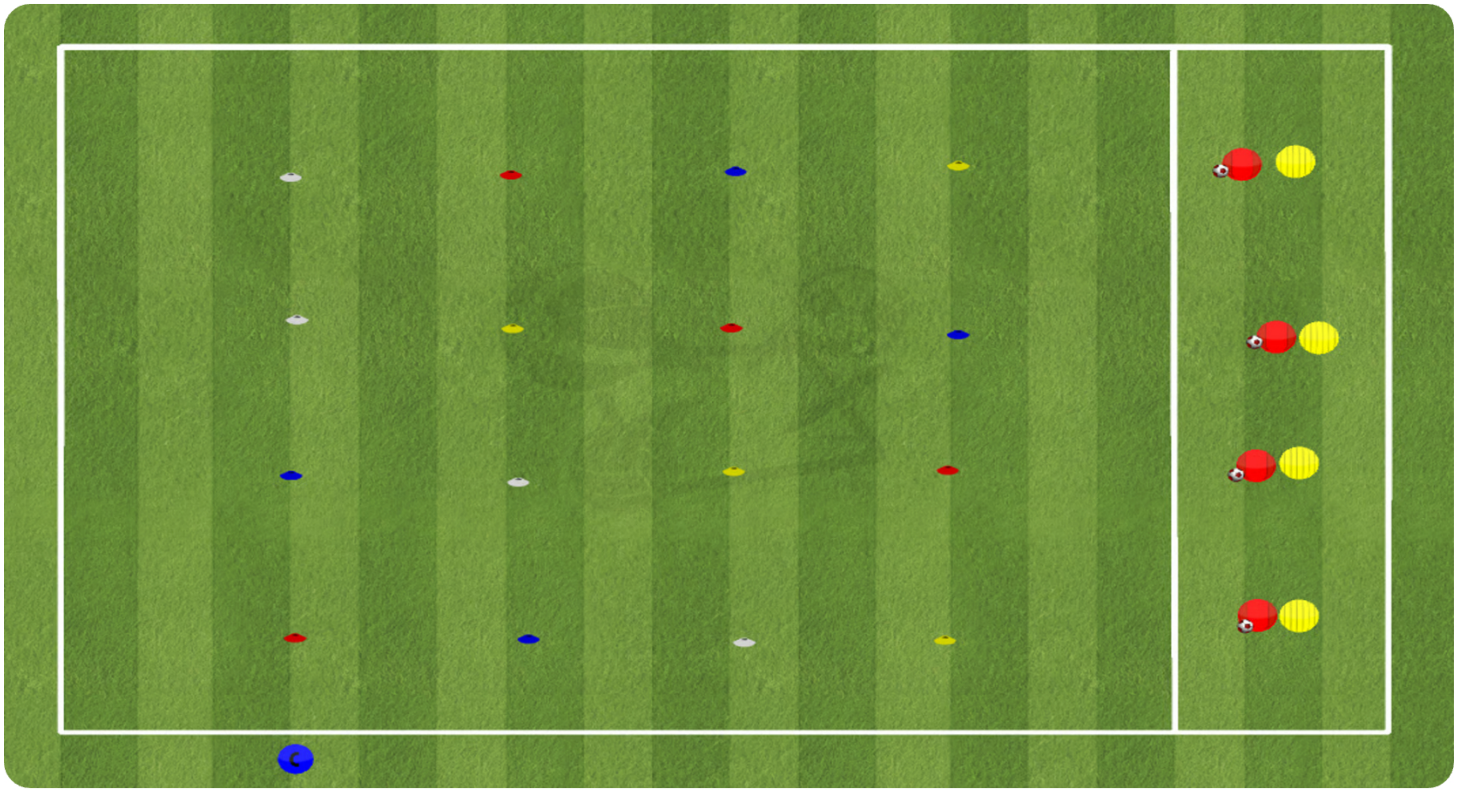
NOTES

COLOUR BOUNCE

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Bounce



RULES

1. Set up the game as above with multiple coloured cones/ poly spots.
2. Work in pairs for this game (4x2). Players are given a colour. On the whistle they must travel to 5 coloured spots and bounce the ball on each spot. Return home and give the ball to their partner.

QUESTIONS

Cue • Find the star on the ball • Hand Open like a fan • Push the ball to the ground • Imagine the ball is a yoyo • Ball stays below the belt

NOTES

BOUNCE AND REACT

Catching

Time: Any | **Sport:** Hurling, Football | **Age Group:** U7/8s, U9/10s, U11/12s



RULES

Arrange players in pairs, player A and player B. Line all pairs up along the edge of the playing area, all facing in the same direction n into the playing area. Player A stands behind player B and throws the ball over their shoulder. Player B must try to catch it before it bounces a second time When player B has caught the ball, they return it to player A who repeats the activity 5 times. Children swap roles then.

Variations

• Arrange pupils in groups of three, with pupil A standing behind the other two pupils. The two pupils must now compete to catch the ball after pupil A has thrown it over them.
• Throw a reaction ball instead of a tennis ball.
• Use a variety of balls of different sizes and shapes

Equipment

An open playing area, tennis balls, reaction balls, cones

Tips

Teaching Cues:
1. Watch the ball
2. Get in the way of the ball
3. Reach your arms forward as far as they go
4. Hold the beach ball
5. Don't dirty your jumper
6. Pull the ball in

QUESTIONS

NOTES