

### St Brigids 8 Week Coaching & Games Under 8 Programme

Start Date								
Week Nos.	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Part 1</b>	WARM-UP							
<b>Agility</b>	Run: Change Pathways Use spaced out domes	Run: Change Pathways & Directions - sideways	Repeat week 2 + changing speeds.	Repeat week 3 + Changing pathways,	Repeat Week 4 Introduce dodging	Repeat Dodging Introduce Side Step	Repeat Side Step Introduce Feint &	Repeat F & SS Introduce The Swerve
<b>Balance</b>	Bal. Dif. Body Parts	Bal. Small Parts	Holding balances	Partner Balances				
<b>Coordination</b>	Co or. High Knees Use ladders	Repeat high Knees + Kick Backs	Repeat + short fast strides	Repeat + Big Long strides	Arm & Leg Co -or. Use Ladders	2 Feet Jumps Use Ladders	Hopping Use Ladders	Feet Skills Use Ladders
<b>Running</b>	Tag: Stuck in the Mud	Sun & Ice	Spiders Web	Shadow Run	Touch Tag	Chain Tag	Red Light	Signal Man
<b>Jumping</b>	On the spot Bouncing Ball	Cruch Jumps: In situ + Run, jump & land	Repeat + Standing Long Jumps	Repeat + High Skips 5 Basic Jumps	Jumping + Shapes Wide/Thin/Curled	Jumping + Turns ¼, ½ etc.	Jumps + Claps Above the Head	Run, Jump & Catch imaginary ball
<b>Part 2</b>	Ball Per Child		Ball Per Child		Ball Per Child		Ball Per Child	
<b>Games</b>	Pick & Drop Use 10m x 10m Grids	Pick it if you can	Cone Target Ball	Strike Away	Zone Solo	Tower Ball	Find a Goal	Rotate the Defender
<b>Part 3</b>	1 Ball Per Child							
<b>Skill</b>	Handling: Pick Ups	Repeat + Bouncing Ball	Repeat + Airbourne	Hand Pass: 2's	Kicking: Ground	Kicking: Ground	Kicking: Punting	Hook Punts
<b>Basic</b>	1,s Roll & Field	1's Bounce; Stationary	1's Body Catch	2's Pass & Move	1' Dribbling: Inside	1' Dribbling: Outside	1's Hand to Teigh	2's Punting: Static
<b>Intermediate</b>	2's Send & Receive	2's Passing + Hoops	2's Passing; Static + Moving	3's Nos. Passing	2' Bridge Ball	1' Obstacle Dribble	2's Punting: Static	3's Hook Punts
	2's Pass & Move	2's Pass & Move	2's Pass & Move	Fist Pass/More Skilled	2's Send & Receive	2's Send & Receive	2's Pass & Move	3's Pass & Move
	Foot Pick Ups	3's Nos. Passing	3's Nos. Passing		2's Pass & Move	2's Dribble Away Pass Back	Use front of foot.	Use side of foot.
<b>Part 4</b>								
<b>Grid Game</b>	3's Fill the Empty Corner	Team Ball Pass	3's Through the Hoop	Touch Hand Ball 3's v 1 Pass When	1's Through The Zone	Mine Field 4 Groups x 4	3's Over The Mid Field	Grid To Grid
<b>Part 5</b>								
<b>Fun Game</b>	4's Piggy in The Middle	2/3's Throw Volley Ball	2/3's Throw Volley Ball	Throw/Hand/Fist Volley Ball	Mid Field Set Up	Sharks & Fish 3 Sharks tackle the Fish with a ball	Odd Man Out	Punt Volleyball
<b>Home Work</b>	Use Wall: Roll/Bounce /Throw Encourage Beat Your Record	Use Wall: Roll/Bounce /Throw Encourage Beat Your Record	Use Wall: Roll/Bounce /Throw Encourage Beat Your Record	1's Keep up v wall 2's Volleyball v wall Keep The Kettle Boiling	Kicking v a wall 2 + 1 Touch 2's Wall Rebounds	Kicking v a wall 2 + 1 Touch 2's Wall Rebounds	Punting v Wall 1's + 2's Use targets on the wall.	Punting v Wall 1's + 2's Use targets on the wall.