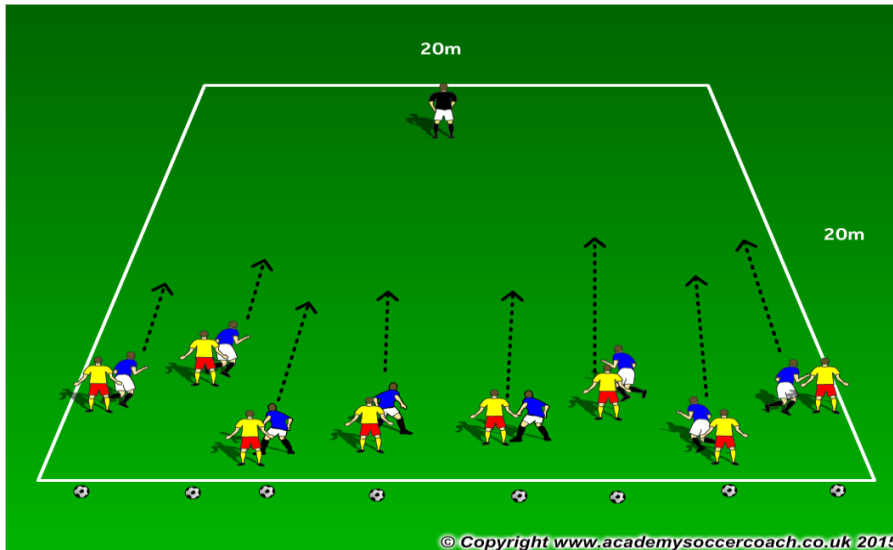




Active Start “What’s the Time Mrs. Wolf?”



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Organization: All Players are positioned on 1 side of a 20x20m area. At the youngest age group's U4-U5 parents should take part with the child (Yellows).

Procedure: The coach is "Mr Wolf" stands at the opposite end of the playing area from the other players, facing away from them. A call-and-response then takes place: all players except for Mr Wolf chant in unison "What's the time, Mr Wolf?", and Mr Wolf will answer in one of the two ways:

1) Mr Wolf may call a clock time (e.g., "3 o'clock"). The other players will then take that many steps out long as they go ("One, two, three"). Then they ask the question again. 2) Mr Wolf may call "Dinner time!", when Mr Wolf will turn around and chase the other players back to their starting point. If Mr Wolf successfully tags a player, that player becomes the new Mr Wolf for the next round.

Variations: Change up the types of moves the players make e.g. instead of taking steps they can hop, skip, jump, shuffle or even kick the ball.

Time Frame. 8 minutes

Emphasis

- Safe environment
- Positive reinforcement
- Praise
- Demonstration of the activity

<p><u>Psychological</u> Awareness Safety</p>	<p><u>Technical</u> Dribbling Controlling the ball</p>
<p><u>Physical</u> Change of direction Hopping Running Catching</p>	<p><u>Social</u> Fun</p>