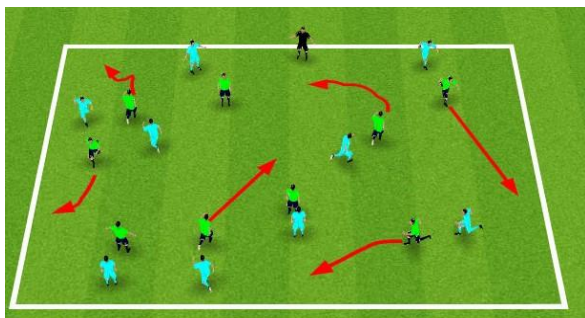




## U3-U4 Kick Start Outdoor 2018 WEEK 8



### **Donkey Tails (6-8mins)**

**Instructions:**

Children place a pinnie into their pants/shorts and let it hang out like a tail

Parents chase their child and grab their tail

Reverse Roles



### **Nuts & Squirrels (10-12mins)**

**Set Up:**

Mark out 4 corners or areas (nests)

Name the 4 groups of "animals"

**Instructions:**

"Go!" one player from each nest comes out to grab a ball from the nest (hands/feet)

As soon as one player returns another can go

Once all nuts are gone count them up!

**Options:**

Send all players to grab nuts from the other nests



### **Knock it Off (10-12mins)**

**Instructions:**

Split Group in Half each with a ball

Parents on one end / players on other end about 5-10 yards apart

One end places ball on cone while other end tries to roll, pass, shoot the ball off

**Option:**

Player vs Player



### **1v1 to Goal (10-12mins)**

**Instructions:**

Pair Players up with like minded players with a ball each

Line Up 10 yards from goal

"Go" players try to dribble then score into the empty first

**Option:**

Play one ball out and have them compete for it