

HOPSCOTCH WITH RUNNING ARMS

CO-ORDINATION

Activity

1. Hop forward onto **right** foot: jump forward to land feet astride on two: hop forward onto **left** foot
2. Look for opposite arm to bent knee action as in running arms

Task 1

1. Coach sets up a demonstration of the activity or arrange for one to be done by a tutor or athlete
2. Coach invites the “athletes” to practice and **silently** assesses their performance without discussing it with them
3. Coaches note down the complexity of the skill for each person

Task 2

4. In same groups all decide on which coaching method to use with the athletes who could not perform the movement initially
5. Experiment with one or more options until you find one that helps one or more athletes. If there is more than one solution – note it down. If certain things don’t work, these should be noted also



BACKWARD WALKING LUNGES

CO-ORDINATION



Activity

1. Stand facing forward; feet shoulder width apart; step backwards with right foot and sink to lunge position; start by bringing left foot backwards and extending at knees
2. 90 degree bend at both knees; straight back, head looking forward

Task 1

1. Coach sets up a demonstration of the activity or arrange for one to be done by a tutor or athlete
2. Coach invites the “athletes” to practice and **silently** assesses their performance without discussing it with them
3. Coaches note down the complexity of the skill for each person

Task 2

4. In same groups all decide on which coaching method to use with the athletes who could not perform the movement initially
5. Experiment with one or more options until you find one that helps one or more athletes. If there is more than one solution – note it down. If certain things don't work, these should be noted also



Activity

1. Facing forward, arms at shoulder height. moving sideways in one direction
2. Choose start leg e.g. for **right** leg, cross **right** leg in front, step out with left, cross right leg behind, step out with left
3. Continue 15 m then return with other leg leading

Task 1

1. Coach sets up a demonstration of the activity or arrange for one to be done by a tutor or athlete
2. Coach invites the “athletes” to practice and silently assesses their performance without discussing it with them
3. Coaches note down the complexity of the skill for each person

Task 2

4. In same groups all decide on which coaching method to use with the athletes who could not perform the movement initially
5. Experiment with one or more options until you find one that helps one or more athletes. If there is more than one solution – note it down. If certain things don’t work, these should be noted also

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REVERSE ARM CIRCLING

CO-ORDINATION

Activity

1. Stand facing forward; feet shoulder width apart; circle both arms fully past ears, one forwards and one backwards
2. Progress by reversing direction to order

Task 1

1. Coach sets up a demonstration of the activity or arrange for one to be done by a tutor or athlete
2. Coach invites the "athletes" to practice and **silently** assesses their performance without discussing it with them
3. Coaches note down the complexity of the skill for each person

Task 2

4. In same groups all decide on which coaching method to use with the athletes who could not perform the movement initially
5. Experiment with one or more options until you find one that helps one or more athletes. If there is more than one solution – note it down. If certain things don't work, these should be noted also

