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| **Jc Academy Logo.pngWednesday Lunch time club** Lesson: Capture the Flag | | | |
| Resources: Hockey Equipment/Bibs/Cones/Discs | | | |
| Warm up (15mins):  Children will warm up in a competition in which they race to pick a flag (bib) and run back to their line before their opponent. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Children will play a game of Capture the Flag, however, with it constantly changing to make it harder such as hopping or sidestepping back to your base.  Working on footwork and Teamwork.  The children will also work on their starting position when attempting to start racing. | | | 1 Coaching points:  Co-ordination  Technique  Ball work  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Footwork  Reaction  Teamwork  2 Safety points:  Sensible behaviour  Listening Skills |
| Cool Down(10mins)  Children will then tally up the scores before declaring a winner and hopping on one leg to lunch. | | | Safety points:  **watching where you are going.** |
| RED  Amend Session to ensure children are learning | AMBER  Make lesson slightly harder to challenge those children who are excelling | GREEN  The lesson will be progressed to make it harder and more detailed | Outcome of the session:  **Working on the set position and understanding of techniques** |