



MULTISPORTS COACHING

MULTISKILLS PROGRAMME (4-7 YEARS)

TERM 1			
HALF TERM 1		HALF TERM 2	
WEEK 1	RUNNING – BASIC	WEEK 1	RUNNING – ADVANCED
WEEK 2	JUMPING – BASIC	WEEK 2	JUMPING – ADVANCED
WEEK 3	THROWING & CATCHING – BASIC	WEEK 3	THROWING & CATCHING – ADVANCED
WEEK 4	TEAMWORK – BASIC	WEEK 4	TEAMWORK – ADVANCED
WEEK 5	BALANCE & COORDINATION – BASIC	WEEK 5	BALANCE & COORDINATION – ADVANCED
WEEK 6	CERTIFICATION WEEK	WEEK 6	AWARDS WEEK
TERM 2			
HALF TERM 1		HALF TERM 2	
WEEK 1	STRATEGY – BASIC	WEEK 1	STRATEGY – ADVANCED
WEEK 2	ATTACKING – BASIC	WEEK 2	ATTACKING – ADVANCED
WEEK 3	DEFENDING – BASIC	WEEK 3	DEFENDING – ADVANCED
WEEK 4	MOVEMENT PATTERNS – BASIC	WEEK 4	MOVEMENT PATTERNS – ADVANCED
WEEK 5	AGILE MOVEMENTS – BASIC	WEEK 5	AGILE MOVEMENTS – ADVANCED
WEEK 6	CERTIFICATION WEEK	WEEK 6	AWARDS WEEK
TERM 3			
HALF TERM 1		HALF TERM 2	
WEEK 1	FLEXIBILITY – BASIC	WEEK 1	FLEXIBILITY – ADVANCED
WEEK 2	STRENGTH – BASIC	WEEK 2	STRENGTH – ADVANCED
WEEK 3	CONTROL – BASIC	WEEK 3	CONTROL – ADVANCED
WEEK 4	TECHNIQUE – BASIC	WEEK 4	TECHNIQUE – ADVANCED
WEEK 5	ATTACKING & DEFENDING – BASIC	WEEK 5	ATTACKING & DEFENDING – ADVANCED
WEEK 6	CERTIFICATION WEEK	WEEK 6	AWARDS WEEK
<u>WEEKLY SKILLS</u>	<u>FUN GAMES</u>	<u>CERTIFICATION WEEK</u>	<u>AWARDS WEEK</u>
EVERY WEEK SESSIONS WORK ON RESILIENCE, FOCUS, LEADERSHIP, CONFIDENCE, ENDURANCE, SKILLS, WORKING WITH PEERS, SPORTSMANSHIP AND MORE KEY SKILLS FOR LIFE.	EACH WEEK THE GAMES WILL FOCUS ON THE KEY SKILL & TOPIC – CHILDREN WILL PARTICIPATE IN GAMES WORKING ON THE SKILLS FOR THAT WEEK IN ENJOYABLE, ENGAGING WAYS	AT THE END OF EACH HALF TERM, THERE IS A SKILLS SHOWCASE WHERE COACHES ENSURE CHILDREN CAN COMPETENTLY PERFORM ALL SKILLS AND ARE REWARDED WITH A CERTIFICATE FOR DOING SO.	AT THE END OF EACH TERM, CHILDREN GAIN EITHER THEIR BRONZE, SILVER OR GOLD BADGE DEPENDING ON HOW FAR THROUGH THE PROGRAMME THEY ARE.