



# Aodh Ruadh U6's

## Week 2

### Fundamental Movement Skills & Physical Literacy

Guided by  
Move Well Move Often

# 6 Stations

## Station 1 Throwing & Catching

Underarm Hoop Pass

Hot Potato

Tennis Ball Challenge

Silent Ball

## Station 2 Jumping & Landing

Wide Stance Cowboy

Island Jumping

Hoop Jump

Cross the Pond

## Station 6 Hopping & Skipping

Poison Circle

Rabbit in the Burrow

Freeze

Long Hop Relay

## Station 3 Running

Traffic Lights

Lifesaver Tag

Shifting Gears and Changing

Speeds

Number Run

## Station 5 Kicking & Balancing

Follow the Leader

Roly Poly

Beanbag Shadow

Pinball Soccer

## Station 4 Striking (Hand Only)

Up and In

Bouncing Wall Strike

Dribble Dribble

Wish Upon A Star

# Overview

Participants are divided into groups of 6-10 based on class/age.

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Each group will stay at a station for 8-10 minutes then rotate. 1-2 coaches at each station who will stay there for the full night.

There are 4 suggested games for each station. Two will probably be enough for each group.

Games in **Yellow** are for 4-7 year olds. Games in **Red** are for 8-11 year olds.

Games will be printed and left at each station for the night. Older groups can read the game-descriptors and organise is themselves if they like.

# Station 1 - Throwing & Catching

Descriptions of correct throwing & catching technique can be found at the following links:

[Catching](#)

[Throwing](#)

**Suggested games are as follows:**

[Underarm Hoop Pass](#)

[Hot Potato](#)

[Tennis Ball Challenge](#)

[Silent Ball](#)

**Equipment Required:**

Hula Hoops

Bean Bags

Tennis Balls

# Station 2 - Jumping & Landing

Descriptions of correct jumping & landing technique can be found at the following links:

[Jumping](#)

[Landing](#)

**Suggested games are as follows:**

[Wide Stance Cowboy](#)

[Island Jumping](#)

[Hoop Jump](#)

[Cross the Pond](#)

**Equipment Required:**

Hula Hoops

Tennis Balls

# Station 3 - Running

Descriptions of correct running technique can be found at the following link:

[Running](#)

**Suggested games are as follows:**

[Traffic Lights](#)

[Lifesaver Tag](#)

[Shifting Gears and Changing Speeds](#)

[Number Run](#)

**Equipment Required:**

Hula Hoops

Bibs

Cones (3 Colours)

# Station 4 - Striking With Hand

Descriptions of correct striking with hand technique can be found at the following link:

[Striking With Hand](#)

**Suggested games are as follows:**

[Up and In](#)

[Bouncing Wall Strike](#)

[Dribble Dribble](#)

[Wish Upon A Star](#)

**Equipment Required:**

Tennis Balls

Bibs/Jumpers

Soft Footballs

# Station 5 - Kicking & Balancing

Descriptions of correct kicking & balancing technique can be found at the following links:

[Kicking](#)

[Balancing](#)

**Suggested games are as follows:**

[Follow the Leader](#)

[Roly Poly](#)

[Beanbag Shadow](#)

[Pinball Soccer](#)

**Equipment Required:**

Tennis Balls

Soft Footballs



# Station 6 - Hopping & Skipping

Descriptions of correct hopping & skipping technique can be found at the following links:

[Hopping](#)

[Skipping](#)

**Suggested games are as follows:**

[Poison Circle](#)

[Rabbit in the Burrow](#)

[Freeze](#)

[Long Hop Relay](#)

**Equipment Required:**

Cones

Hula Hoops