

HOW TO USE THE JUNIOR 101 ACTIVITY CARDS

Simply pick an activity from each section to create your Junior 101 session. You can even create a longer session by choosing several activities from each section, the choice is yours!

INTRO ACTIVITY



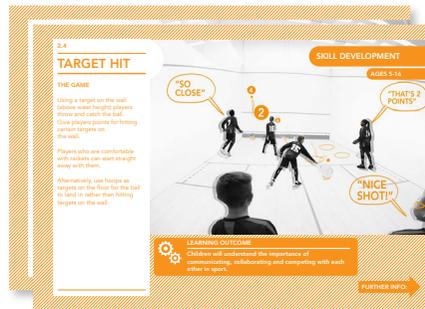
SKILL DEVELOPMENT



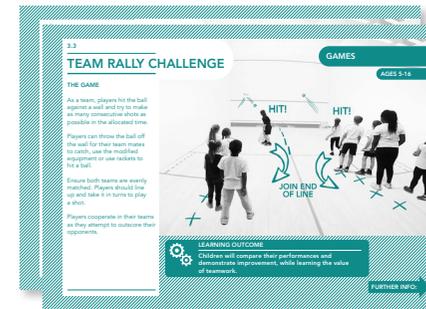
GAMES



1 intro activity



2 skill development activities



2 games



FUN AND ENGAGING JUNIOR 101 SESSION

= approx. 50min session

1.7

LINE DANCING

THE GAME

Players have a throw down line or stand behind a painted line on the floor. The coach calls out the following actions:

Forward Jumps: With feet together jump forwards and backwards over the line.

Sideways Jumps: With feet together jump sideways over the line.

Hopscotch 1: Players start with one foot on either side of the line. From standing on two feet, hop on to the line with one foot and then back onto two feet and repeat.

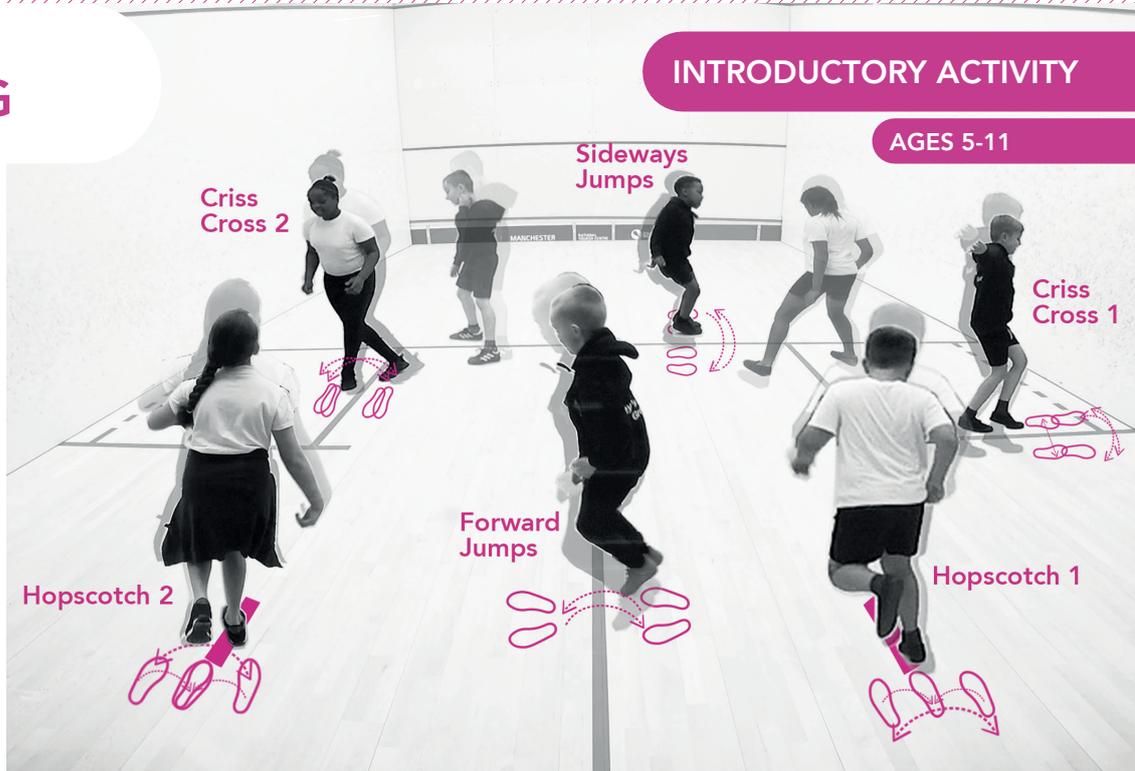
Hopscotch 2: Players alternate the leg they hop onto.

Criss-Cross 1: As above, but players jump so their feet are crossed & then uncrossed.

Criss-Cross 2: From a sideways position, players start with legs crossed either side of the line, then jump from a crossed position over the line to a crossed position, alternating the leading leg.

INTRODUCTORY ACTIVITY

AGES 5-11



LEARNING OUTCOME

Players will learn the reasons for warming up. Preparing the body physically for sport through dynamic movements and preparing mentally by listening to the instructions.

FURTHER INFO: 

SAFETY

Always make sure there is enough space for the number of people taking part in the warm up.



MAKE IT COMPETITIVE

Create a competition to see which player scores the most points in a specific amount of time.

1.8

CROSS THE COURT

THE GAME

Players have 3 throw down lines or spots each and start at one end of the court. They aim to create a path using their lines to stand on, so they can get to the other end of the court without touching the floor.

Players will have to balance on one line / spot and move the other two into a new position moving across the court from one end to the other.

Challenge players to get across the court without stepping off their lines / spots and explore different ways of achieving the goal.

INTRODUCTORY ACTIVITY

AGES 5-11



LEARNING OUTCOME

Players will learn the reasons for warming up. Preparing the body physically for sport through dynamic movements. Preparing mentally by listening to the instructions.

Players will develop tactical awareness and problem solving skills.

FURTHER INFO: 

SAFETY

Always make sure there is enough space for the number of people taking part in the warm up.



MAKE IT HARDER

Encourage players to get across the court in fewer moves, or increase the distance that players have to travel.



MAKE IT COMPETITIVE

Split players into teams who race across the court. Players must start again (or face a time penalty) if they step off a line.

1.9

CARS GAME

THE GAME

Players move around an open space. Coach calls out 'gears' 1-5 to differentiate speeds. When a gear is called out, players move at that speed.

Gear 1 – Walking

Gear 2 – Fast Walking

Gear 3 – Jogging

Gear 4 – Running

Gear 5 – Sprinting

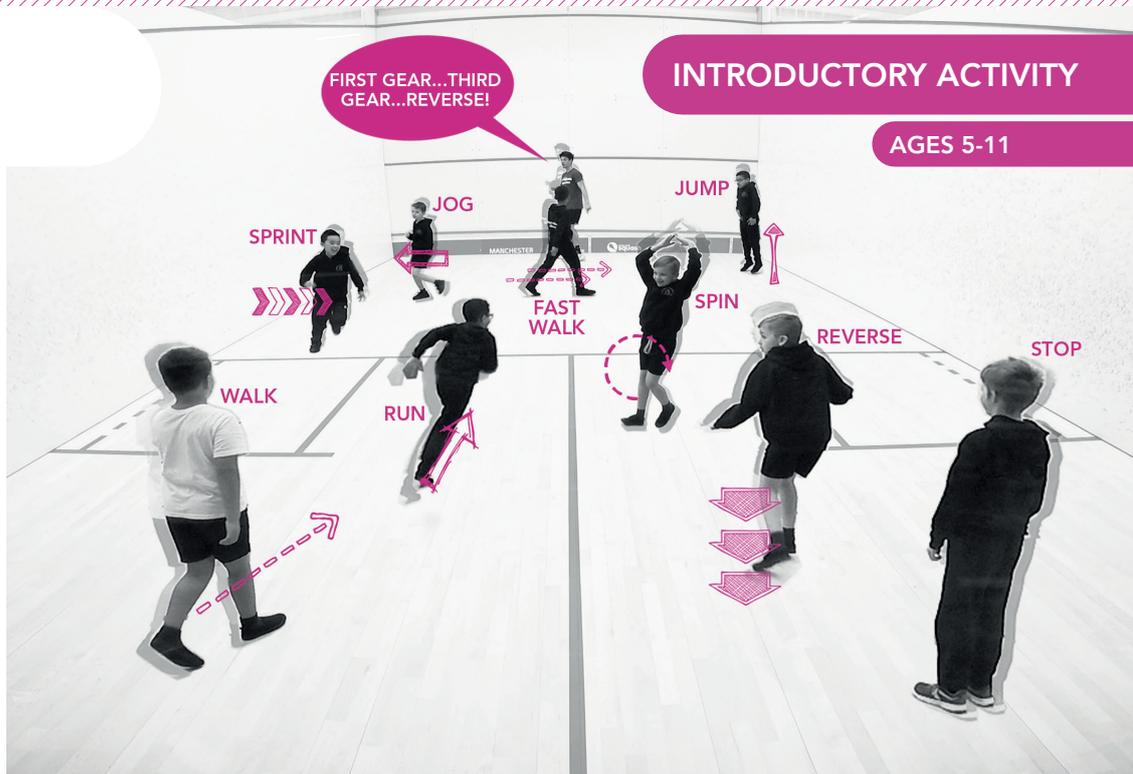
Coaches can add in:

Reverse - Move backwards

Sleeping policeman – Jump

Traffic lights – Stop

Roundabout – Spin



INTRODUCTORY ACTIVITY

AGES 5-11

LEARNING OUTCOME

Players will learn the reasons for warming up. Preparing the body physically for sport through dynamic movements. Preparing mentally by listening to the instructions.

FURTHER INFO: 

SAFETY

Always make sure there is enough space for the number of people taking part in the warm up.

Take extra caution at faster speeds and with changes of direction.



MAKE IT HARDER

Add new commands or call out commands in quicker succession.



MAKE IT COMPETITIVE

Eliminate players that are last to follow a command leaving the last player(s) as the winner(s).

1.10

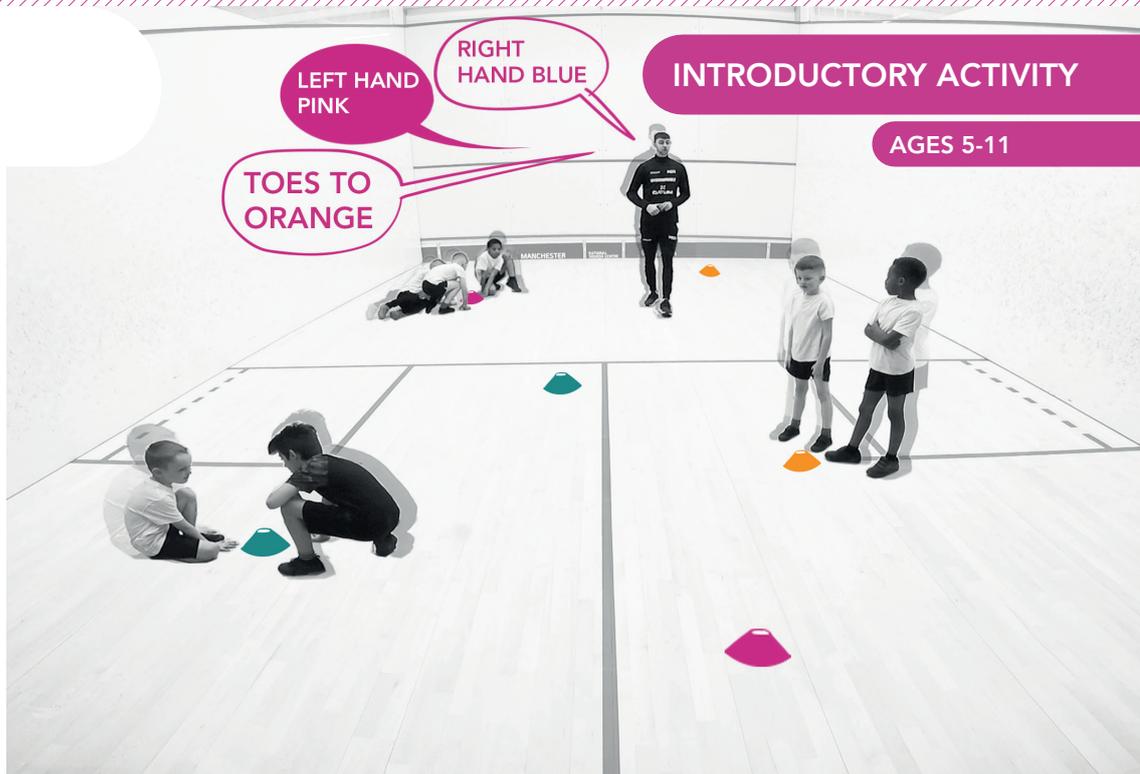
SQUISTER

THE GAME

In a defined area, the coach places lots of different coloured cones (close together) and asks players to stand next to a cone when they call out the corresponding colour.

The coach can then ask players to put different body parts on different colour cones.

e.g. Red cone – left hand.
Blue cone – right foot etc.



LEARNING OUTCOME

Players will learn the reasons for warming up. Preparing the body physically for sport through dynamic movements. Preparing mentally by listening to the instructions.

FURTHER INFO: 

SAFETY

Make sure there are enough cones for the group and ensure players act responsibly. Always make sure there is enough space for the number of people taking part in the warm up.



MAKE IT HARDER

Call out commands in quicker succession.



MAKE IT COMPETITIVE

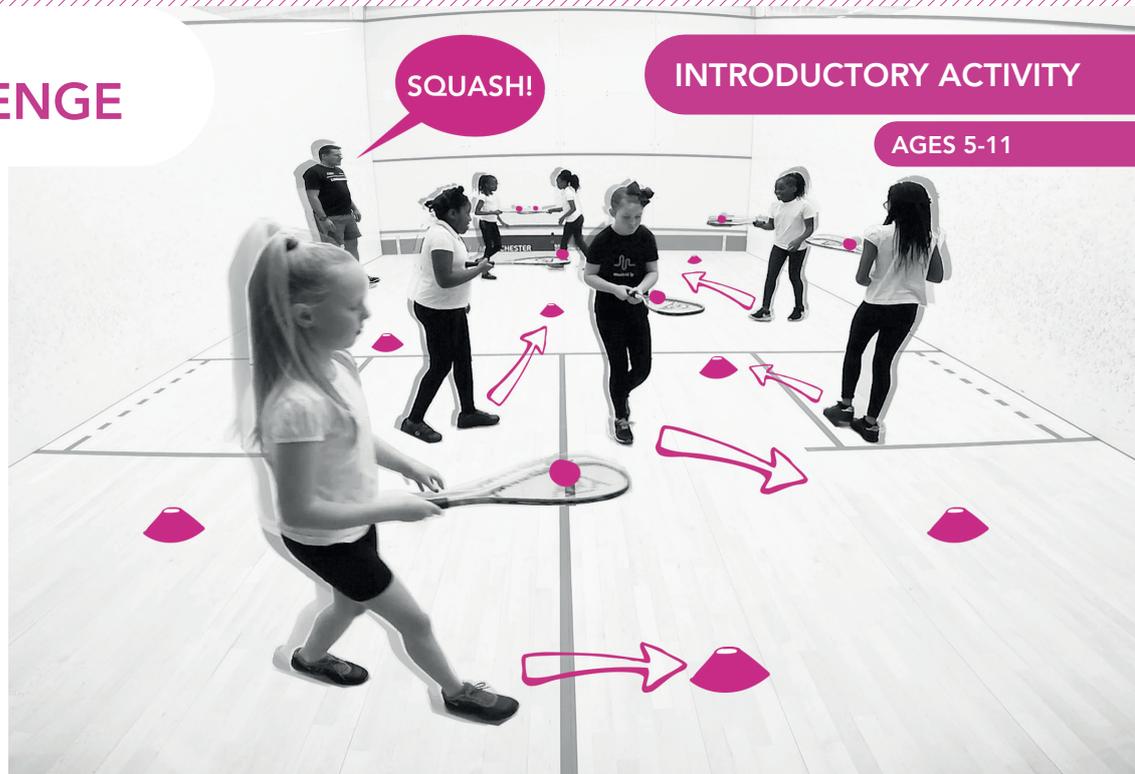
Eliminate players who do the wrong actions, or are last to do the actions, until only one (or a few) are left as the winner(s).

1.11

SPOTS CHALLENGE

THE GAME

In an open space place a number of cones / spots on the floor. Each player has one ball and a racket. Players move around the space balancing the ball on the racket. When the coach shouts out "squash", players must move quickly to a spot and stand on it whilst keeping the ball balanced on the strings of the racket.



LEARNING OUTCOME

Players will learn the reasons for warming up. Preparing the body physically for sport through dynamic movements. Preparing mentally by listening to the instructions.

FURTHER INFO: 

SAFETY

Always make sure there is enough space for the number of people taking part in the warm up.

Beware of collisions as players run to a spot.



MAKE IT HARDER

More advanced players can bounce the ball on the strings as they move around the hall.



MAKE IT COMPETITIVE

Eliminate players that are left without a spot – as in musical chairs.

1.12

HUMAN BOP IT

THE GAME

In an open space, players move around whilst the coach calls out the actions to which the players respond in the following ways:

Kick it - players kick in front of them (ensure they are all in a space first!).

Twist it - twist their bodies halfway around then back, with feet remaining in same place on the floor.

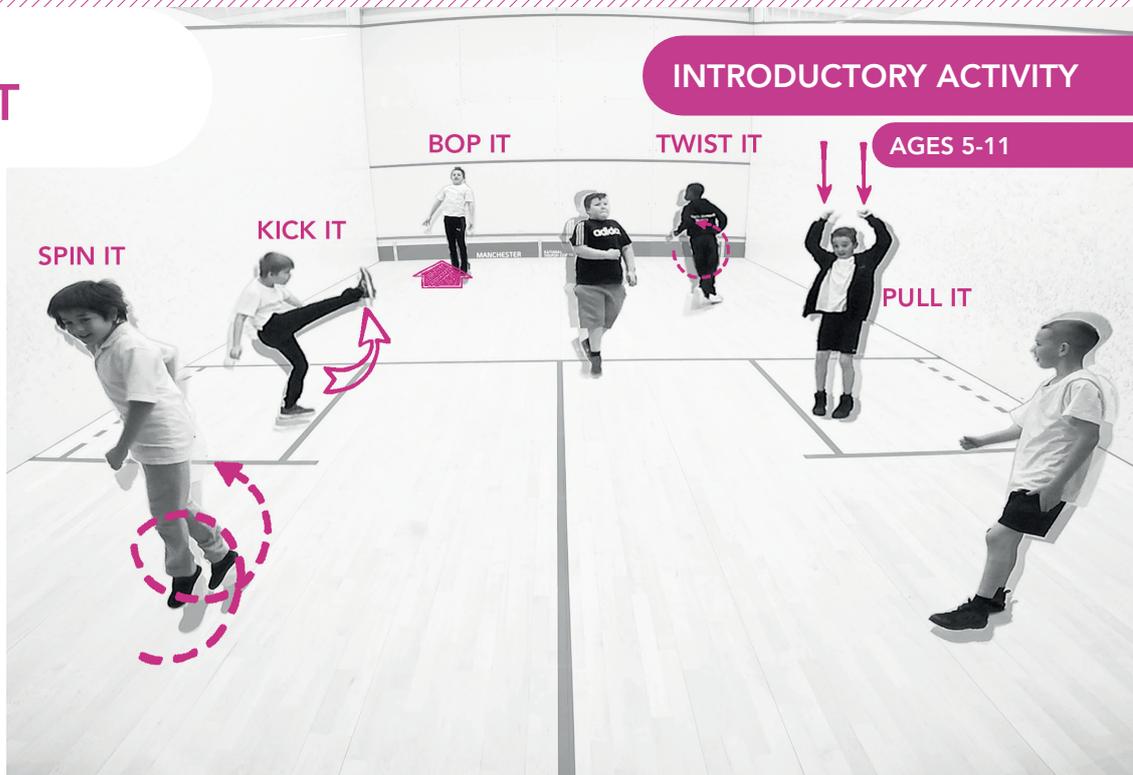
Spin it - players jump and spin / turn around.

Pull it - imagine they are pulling two levers down from above their heads.

Bop it - jump in the air.

INTRODUCTORY ACTIVITY

AGES 5-11



LEARNING OUTCOME

Players will learn the reasons for warming up. Preparing the body physically for sport through dynamic movements. Preparing mentally by listening to the instructions.

FURTHER INFO: 

SAFETY

Reiterate that players should kick the open air and not fellow players. Always make sure there is enough space for the number of people taking part in the warm up.



MAKE IT HARDER

Call out the commands in quicker succession.



MAKE IT COMPETITIVE

Eliminate players who do the wrong actions, until only one, (or a few) are left as the winner(s).