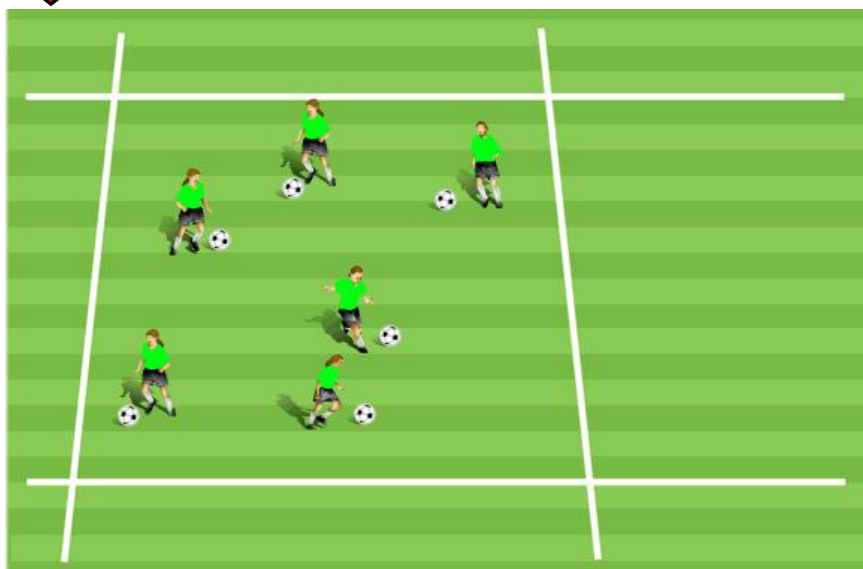
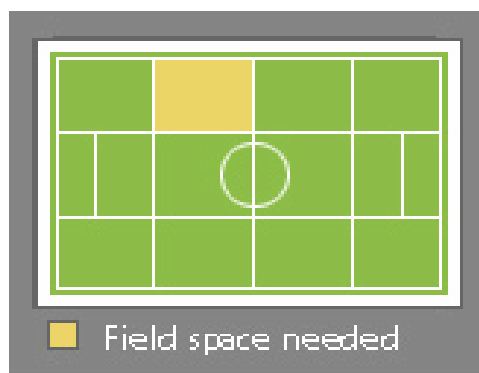


Old MacDonald's Farm



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Old MacDonald's Farm

Dribbling, turns

Description:

Coach gets into character and sings as players act like their favorite farm animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

- Become part of the story and have fun
- Keep balls close by
- Quick response to instruction

Progressions:

Instructions

Leading the chorus of the children's nursery rhyme 'Old MacDonald had a Farm', the coach introduces various animals – players have to do impressions of the animals.

Chicken – sit on the ball and flap arms, Frog – ball between legs and jump, Pigs – push ball around with nose, Camel – ball behind neck, Horse – galloping, Kangaroo – ball up shirt and bounce around - ask the player to come up with animals and how to move.

Story: "Old MacDonald had a farm EE I EE I O, and on that farm he had a"

This is an excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dodging etc.