



Active Start

Activity

Finding Nemo & Dory



Organization

Players and parent/guardian have a ball each and are placed in a 20x20 grid with cones spread out randomly across the area. Tie a knot in an orange and blue bib. Ask players to name famous fishes. They will most likely come up with Nemo and Dory. Introduce the bibs as Nemo or Dory and ask the players to close their eyes. Hide the bibs under separate cones.

Procedure

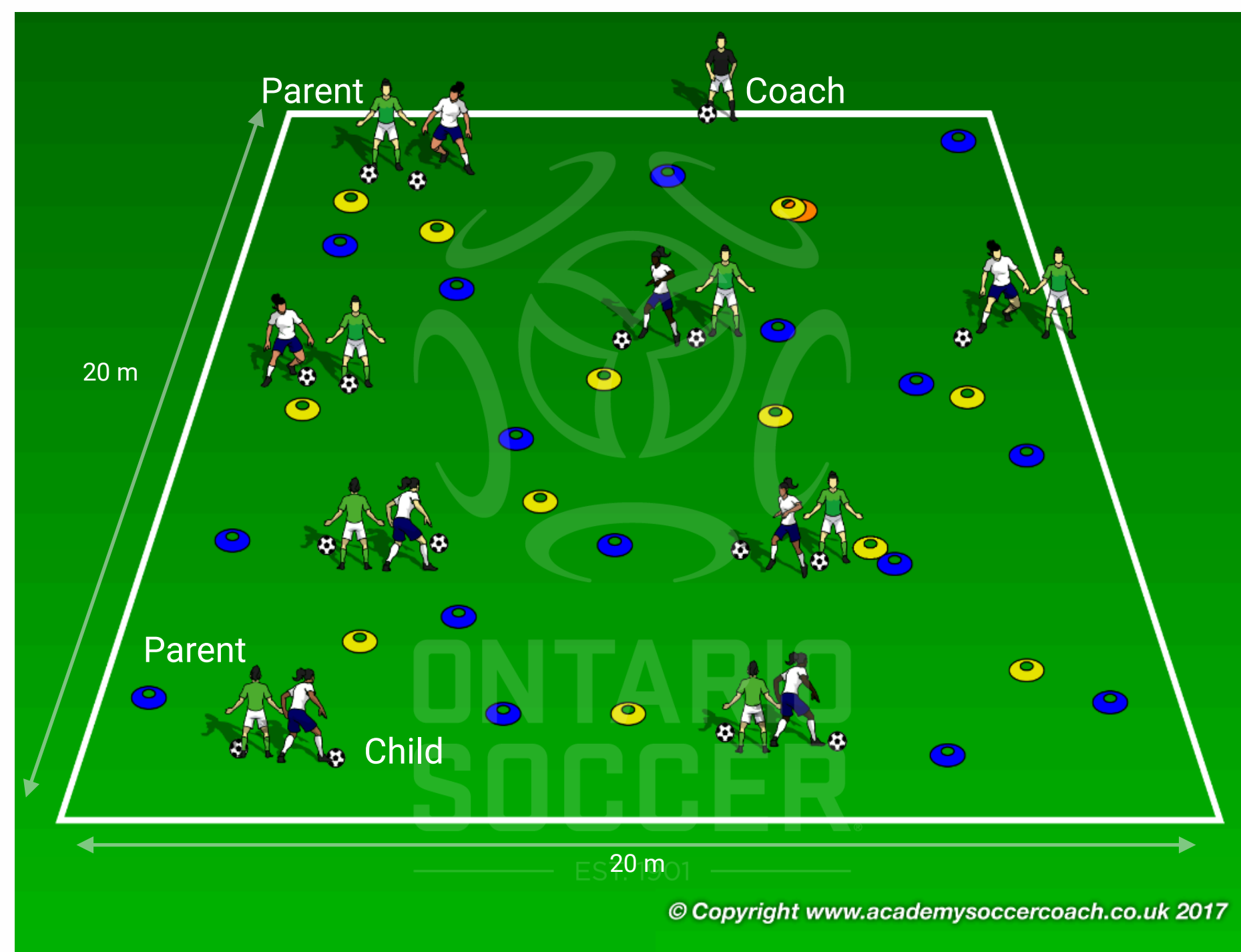
Players must swim round the ocean (dribbling their ball) and shout "Nemo, where are you?" Players look under the rocks (cones) on the sea bed. The first player to find Nemo under the cones wins. Ask players to do a different variation of a physical literacy move, toe taps, hopping etc Repeat with Dory and then search for both at the same time.

Emphasis

Creating a safe environment, positive reinforcement, allowing players to be creative, decision making, demonstration of activity and involving parents.

Progression

Introduce a player as a defender called Bruce the Shark who has to chase the fish away.



| Timing | Area |
|-----------|-----------|
| 8 Minutes | 20m x 20m |

Objective

Players are be able to confident, safe and participate in the activities

Outcome

All players - will be able to join in and try some of the movements and skills

Most players - will be able to do a variety of moves and skills

Some players - will be able to do a variety of moves and skills and come up with their own

| Technical | Psychological |
|--|---|
| Ball mastery Dribbling Running with the ball | Confidence Awareness Fun |
| Social | Physical |
| Problem Solving Creativity Celebration | Agility Balance Co-ordination Change of Speed Change of Direction |

Top Tip

U4-U5 players have a short attention span therefore it's important we tailor our practices accordingly. Shorter activities lasting 6-8 minutes are recommended.