

# SUPER SPORT STAR SESSIONS

The video lessons below can be played back on a projector in your sports hall....

Students can follow along individually with me, Coach Danny, as we work through the warm up, main activities, and stretching together.

Students just need to grab their own equipment, find their own space, and they're ready to go!

› There's 2 types of sessions to choose from: **SKILL** or **CIRCUIT**:

- The **SKILL** sessions focus on the **TECHNIQUE** needed for particular sports skills, and are around 30mins long. At the end of each lesson there are some questions to check for understanding (answers given during the session!)

**SKILL SESSION #1** Tennis hand-eye co-ordination

**SKILL SESSION #4** Volleyball digging skills & underarm serving

**SKILL SESSION #2** Hockey with control & target shooting

**SKILL SESSION #5** Co-ordination with throwing & catching

**SKILL SESSION #3** Basketball dribbling & ball handling

**SKILL SESSION #6** Co-ordination with throwing & catching

- The **CIRCUIT** sessions are setup so students **ROTATE** through 3 different equipment objects, practicing a different variation each time for around 90seconds

**CIRCUIT SESSION #1**

- bean bag
- jump rope
- large rubber ball

**CIRCUIT SESSION #2**

- racquet & ball
- 2 spot markers
- basketball

**CIRCUIT SESSION #3**

- soccer ball
- hoop
- high bounce ball

**CIRCUIT SESSION #4**

- foam noodle
- hockey stick & ball
- hurdle

# SKILL SESSION #1

In this session you'll be practicing hand-eye co-ordination with a tennis racquet and ball



tennis racquet /paddle

## You'll need:



tennis ball



hoop



cone

## Warming up

- Arm circles (1 forwards, 1 backwards): [15s each way]
- Arm hugs [20s]
- 1 foot balance & circle [both feet]:
  - ankles [5s]
  - knees [5s]
  - Hips [5s]

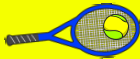


## Fitness

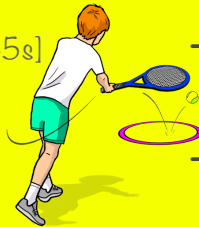


- Hoop hops (forwards, right, backwards, left...) [30s each foot]
- Around the clock (feet in the hoop)
  - Once clockwise, once anti-clockwise

## Main activities



- Bounce the ball on the ground [45s]
  - Then bounce **low** [45s]
  - Then bounce **high** [45s]
  - Then bounce & **step over** [1min]
- Hit up & catch on the racquet [x15]



- Tap the ball **up** in the air to land it in the hoop [1min]
- Bounce & hit into the hoop from the cone (move cone back 1 step if successful) [2mins]
- Volley into the hoop from the cone (move cone back 1 step if successful) [2mins]

## Stretching & cool down

- Reach down behind back [15s each arm]
- Stand & reach toes [hold for 10s when at full reach]

# SKILL SESSION #2

In this session you'll be practicing controlling a ball using a hockey stick, and shooting at targets

## You'll need:



Hockey stick & ball



small goal/  
target

4 spot  
markers



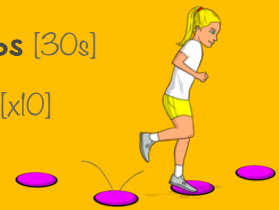
## Warming up

- Neck rolls [30s]
- Airplane balances [5s each leg]
- Pendulum swings [15s each leg]



## Fitness

- 1-footed hops from spot to spot [1min]
- Mountain climbs [30s]
- Surf switches [x10]



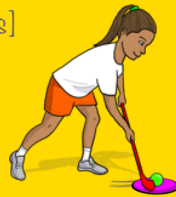
## Main activities

- Side to side drag & control [1min]
  - Then forwards & backwards [1min]

- Figure of 8 drags [1min]

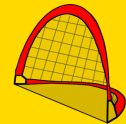


- Flick the ball up in the air & keep it up [45s]



- Weaving in & out of the zig-zag spots & shoot [2mins]

- Shooting from each spot marker [2mins]



## Stretching & cool down

- Arms out trapezius [15s each arm]
- Straight arm biceps [15s each arm]
- Knee hugs [20s each leg]



# SKILL SESSION #3

In this session you'll be practicing the basics of basketball dribbling with some ball handling skills

## You'll need:



basketball



2 cones

## Warming up

- Wrist wiggles [20s]
  - Then small waves [15s]
- Toe star reaches [x20]
- 1 legged jumps while holding a ball [x10]



## Fitness

- Around the clock [15s each way]
- Sumo kicks while the ball is spinning [x3 attempts]



## Main activities

- Cross-overs on the spot [1 ½ mins]
- Dribbling from cone to cone [1 ½ mins]
  - At each side do either:
    - › 5 body wraps
    - › 5 ankle wraps
- Bounce the ball from standing...to kneeling...to sitting...back to kneeling...to standing... [1 ½ mins]
- Spin the ball on your finger [1min]
- Step on the spot & put the ball through your legs (alternate each time) [1min]
- Then dribble from cone to cone, bouncing through your legs [2mins]



## Stretching & cool down

- Butterflies (feet in, knees out to side) [15s]
- On knees quad stretch [15s]



# SKILL SESSION #4

In this session you'll be practicing volleyball digging, and underarm serving

## You'll need:



volleyball/  
large rubber ball



bucket





2 cones

## Warming up

- Shoulder rolls [10s forwards & backwards]
- Wrist wiggles [10s]
  - Then waves [10s]
- Legs swings: [15s each leg]
  - Side to side
  - Forwards & backwards



## Fitness

-  - Tricep extensions with a ball [x20]
-  - Figure of 8 around the cones (while holding a ball out in front) [1min]

## Main activities

- Volleyball digging:
  - 1) Throw up > dig > catch [1½ mins]
  - 2) Throw up > clap > dig > catch [1½ mins]
  - 3) Dig > dig > dig... [1½ mins]



- Underarm serving into the bucket [2mins]



## Stretching & cool down

- Side lung hold [15s each side]
- Dancers pose [15s each leg]
- Arm across body [15s each arm]



# SKILL SESSION #5

In this session you'll be practicing co-ordination by throwing & catching in different ways

## You'll need:



American football

bean bag



## Warming up

- Arm cross-overs [20s]
- Step & kick [x12]
- Supermans [x10, holding for 3s]



## Fitness

- Knee ups [x8]
- Ball wraps [45s]
- Side lunges (holding a ball) [x10]

## Main activities

- Flick ups [45s each]:
  - With a bean bag
  - With an American football
- Throw up & catch behind your back [45s each]:
  - A bean bag
  - An American football
- Throw up high, jump to catch in air [45s each]:
  - A bean bag (1 handed catch)
  - An American football



- Sit on the ground, throw & catch between your legs [45s each]:
  - With a bean bag, left to right
  - With an American football, 2 hands
- Punt kick & catch [1½ mins]
  - Then with a jump catch [30s]



## Stretching & cool down

- Straight forearms [10s up, 10s down, each arm]
- Pigeon pectorals [15s]
- Standing calf lunge [15s each leg]



# SKILL SESSION #6

In this session you'll be practicing soccer skills, & hand-eye co-ordination with small balls.

## You'll need:



2 small balls



2 cones



soccer ball

## Warming up

- Holding a ball in each hand:
  - 1) Arm levers (1 up, 1 down) [30s]
  - 2) Up & out (1 up, 1 out to side) [30s]
- Neck stretch (left, right, up, down) [30s]
- Open & close the gates [30s]

## Fitness

- Airplane twists (to opposite hand) [45s]
- Ball push-ups [x20]
- Ball twists [x20]



## Main activities

- Soccer dribbling from cone to cone [3-4m apart]
  - 1) Small touches + 5 step overs [1min]
  - 2) Rolling the ball + 5 toe taps [1min]
- Scoop up + hold [45s]
- Scoop up + hold > flick to catch [45s]
- Bounce > kick > bounce > kick [1min]
- Drop > volley > catch [1min]
- Kick...bounce...kick continuous... [1min]
- Balancing on 1 leg, throw & catch from your left hand to your right [30s each leg]
- Bounce 2 balls at same time & catch [1min]
- Bounce > pick up cone > catch [x10]



## Stretching & cool down

- Side lunge holds [15s each side]
- V sit toe reaches [15s each leg]



# CIRCUIT SESSION #1

## Warming up

- Sumo squat stomps [45s]
- 1 legged jumps [45s]

## Circuit activities



- 1) Practice one task from the station for 90 seconds [1½ mins]
- 2) Rest for 20 seconds
- 3) Move on to the next equipment station
- 4) Keep rotating through to complete all the tasks

### bean bag

- Knee taps - throw up & tap other leg
- Throw up & catch on your foot
- Flick up from foot & catch on neck



### jump rope



- Skiers
- Wide & narrow straddles
- Scissors

### larger rubber ball

- Throw behind your back & catch
- Bounce the ball shoulder to shoulder
- Throw up and jump set (volleyball)



## Stretching & cool down

- Oblique stretch, hands high [15s each leg]
- Heel to bum for quadriceps [15s each leg]



# CIRCUIT SESSION #2

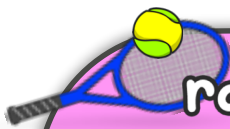
## Warming up

- Side kicks [45s]
- Gorilla walks [45s]

## Circuit activities

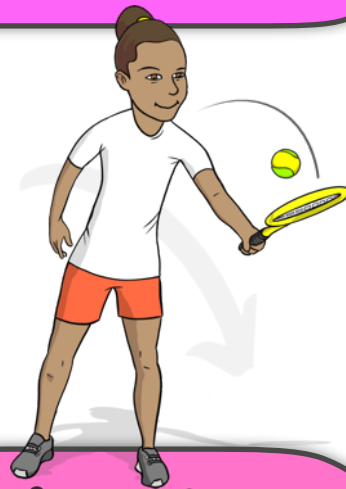


- 1) Practice one task from the station for 90 seconds [1 ½ mins]
- 2) Rest for 20 seconds
- 3) Move on to the next equipment station
- 4) Keep rotating through to complete all the tasks



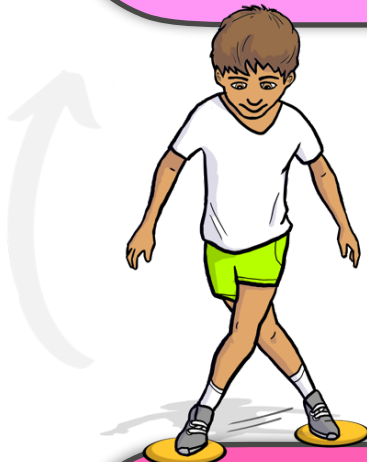
### racquet & ball

- Bounce & step over the ball
- Throw up & catch on the racquet
- Tap up & swing around the ball



### 2 spot markers

- Criss-crosses
- Ice skaters
- North-East-South-West jumps



### basketball



- Drop & switch > catch in between legs
- Figure of 8's (forwards & backwards)
- Dribble > spin > dribble



## Stretching & cool down

- Triceps behind the back [15s each arm]
- Hip flexor lunge [15s each leg]

# CIRCUIT SESSION #3

## Warming up

- Bear walks [45s]
- Step & kick [45s]

## Circuit activities

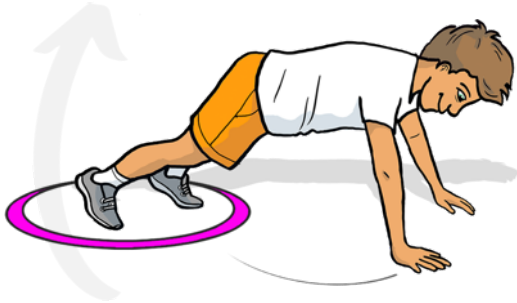


- 1) Practice one task from the station for 90 seconds [1 ½ mins]
- 2) Rest for 20 seconds
- 3) Move on to the next equipment station
- 4) Keep rotating through to complete all the tasks



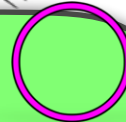
## soccer ball

- Chest & trap
- Roll side to side
- Drag back & behind your leg



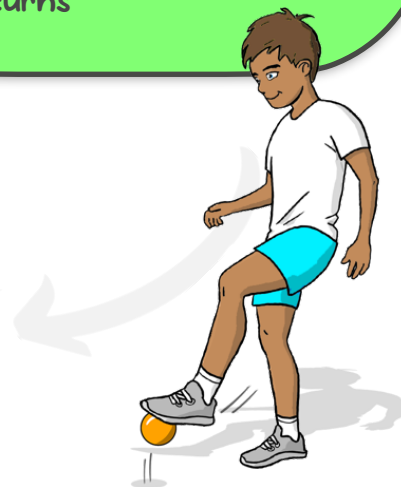
## hoop

- Around the clock (feet in)
- Hoop scissors around
- Jump turns



## high bounce ball

- Bounce using your feet
- Bounce under your legs (sit on bum)
- Bounce > clap x3 > catch



## Stretching & cool down

- Step-over calf stretch [15s each leg]
- Sit on ground bum stretch [15s each leg]

# CIRCUIT SESSION #4

## Warming up

- Hamstring kicks [45s]
- Duck waddles [45s]

## Circuit activities



- 1) Practice one task from the station for 90 seconds [1 ½ mins]
- 2) Rest for 20 seconds
- 3) Move on to the next equipment station
- 4) Keep rotating through to complete all the tasks

### hurdle



- Side squat jumps
- 1 footed take-offs
- Leap & balance



### hockey stick & ball

- Left > right drags
- Forward > backward drags
- Ball bouncing



### foam noodle

- End catching
- Noodle skips
- 4-step forwards & backwards



## Stretching & cool down

- Side lunge [15s each leg]
- Pigeon pectorals [15s]