



BiG HOLIDAY WEEKLY PROGRAMME - am session

<u>Mon 29th Oct</u>	<u>Tue 30th Oct</u>	<u>Wed 31st Oct</u>	<u>Thu 1st Nov</u>	<u>Fri 2nd Nov</u>
Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules
Warm-up activity - - Last 'player' standing	Warm-up activity - - Musical ball	Warm-up activity - - stuck in the mud	Warm-up activity - - jump, dodge & run	Warm-up activity - - King / Queen in the ring
Match	Passing drills (in a square)	Agility and coordination work with hurdles	Piggy - in - the - middle (pass before pressure)	Mini tournament
Dribble & turns relay	Keep ball transfer match	Ball manipulation work and defending technique	Target Performance Analysis activity	Feedback / recap
End Zone match (all get to end)	Feedback / recap	Feedback / recap	Football Tennis	Warm down
Feedback / recap	Cricket Football game	Bench ball football game	Match	CERTIFICATE PRESENTATION*
Match	Match	Match	Feedback / recap	COMPLETE FEEDBACK FORMS
Feedback / recap	Feedback / recap	Feedback / recap	Warm down	Introductions, domestics and ground rules
Warm down	Warm down	Warm down		Warm-up activity - - King / Queen in the ring

* Only participants who enrol onto the programme for all 7 days will be presented with a BiG medal.
However, all participants will get a 'BiG participation' certificate



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Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules	Introductions, domestics and ground rules
Warm-up activity - - stuck in the mud	Warm-up activity - - King / queen in the ring	Warm-up activity - - Ball tag	Warm-up activity - - British bull-dog (with ball)	Warm-up activity - - (Stuck in the mud)
Match with bouncers	Passing drills (in a diamond)	Hand ball / Kick finish game	Dribble & Turns through gates (in pairs)	Mini tournament
Ball manipulation (working in pairs)	Target Performance Analysis activity	Dribble, turns and skills	3 v 3 defending matches	Feedback / recap
Piggy - in - the - middle (pass before pressure)	Feedback / recap	Feedback / recap	Feedback / recap	CERTIFICATE PRESENTATION*
Feedback / recap	Keep ball 'cross the bridge' game	Chest Football	End Zone match (Keep ball & score with pass)	COMPLETE FEEDBACK FORMS
Match	Match	Match	Match	
Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	
Warm down	Warm down	Warm down	Warm down	

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