



Australian Government
Australian Sports Commission

What's ahead?

FORMAT > INFORMATION SHARING

Provide a brief explanation about the lessons to come and the Playing for Life approach where:

- > players learn skills by playing fun games, and
- > players develop the game through setting the rules and changing it to get everyone involved and make it challenging.



Freeze frame

FORMAT > COACH FEEDBACK · SKILL REVIEW

Players freeze (become statues) in certain positions.

What to do

- > You ask players to mime a particular sporting action e.g. passing, kicking or throwing.
- > Players perform the action until you call 'FREEZE!'.
- > You then look at the statues and provide feedback on their technique.



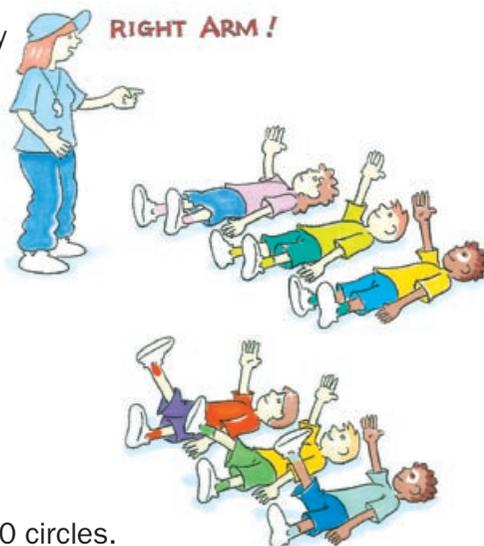
Puppeteer

FORMAT > RELAXATION · GENTLE STRETCHING · WINDING DOWN

Players act as puppets, moving their body to your calls (you are the puppeteer).

What to do

- > Players lie down.
- > You pretend to be the puppeteer.
- > Players are the puppets and they respond to your calls.
- > You say, 'I am pulling the string to your right arm now' (so players raise their right arm), 'Now I am lowering your arm and pulling the string to your right leg' etc.
- > Gradually slow down the activity e.g. 10 circles.



Four corners

Players choose a corner to stand in and, as the game continues based on the call, must move to the middle.

What you need

- > 4 markers placed on the corners of a square

What to do

- > Give names to each corner e.g. Dragons, Raiders, Bulldogs, Titans.

- > One player stands in the middle of the square with their eyes shut, counting down from 10.
- > While the player is counting, all other players walk to a corner.
- > When the counter gets to zero, they name one of the corners e.g. Raiders.
- > All players in that corner come into the middle and count.
- > Continue until all players are in the middle.



Video ref

FORMAT > COACH FEEDBACK · SKILL REVIEW

Players mime specific sporting scenarios (e.g. running, passing, catching, kicking) in slow motion.

What to do

- > Make a TV square with your hands, as if asking for the video referee to review the play, and describe the scene (e.g. a player dodges a defender then breaks free and scores a try; a ball is hit to short stop who fields the ball and throws to first base).

- > Players then mime the scene in slow motion.
- > Draw on an activity that has been played in this lesson.

