



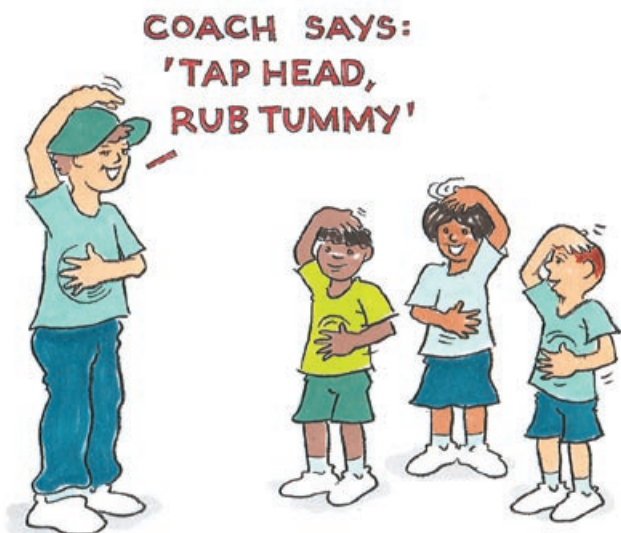
Australian Government  
Australian Sports Commission

EASY MED HARD

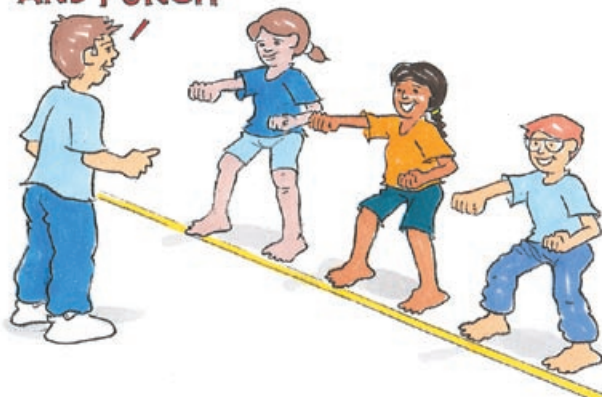


# Coach says

**A** Using the rules of 'Simon says', call out commands for players to perform various fundamental motor skills and movement patterns.



COACH SAYS:  
'HORSE-RIDING STANCE  
AND PUNCH'



## What to do

- > Ask players to demonstrate various fundamental motor skills or movement patterns e.g. hop on one foot, skip, or tap their head and rub their tummy.
- > Players should only follow your instructions when you say 'Coach says'.
- > Mix up the calls and the speed of the calls.
- > Do not eliminate players.

## Change it

- > Vary the movement requirements according to player ability or mobility.



- > Add equipment, such as balls, hoops or skipping ropes.
- > Introduce music and dance patterns.

## Safety

- > Make sure the playing area is free of obstructions.
- > Make sure there is enough space between players to safely perform the activity.

### LESSON LINK:

Coach says develops fundamental motor skills and is a good warm up for gymnastics, martial arts, circus and dance.

SESSION PLANS

Combos > Start Out MV 01A + Get Into It MV 03B + Get Into It MV 04A