



## **BIG HOLIDAY WEEKLY PROGRAMME - am session**

<b><u>Tues 3<sup>rd</sup> April</u></b>	<b><u>Wed 4<sup>th</sup> April</u></b>	<b><u>Thur 5<sup>th</sup> April</u></b>	<b><u>Tues 10<sup>th</sup> April</u></b>	<b><u>Wed 11<sup>th</sup> April</u></b>	<b><u>Thur 12<sup>th</sup> April</u></b>	<b><u>Fri 13<sup>th</sup> April</u></b>
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	Introductions, domestics and ground rules	Introductions, domestics and ground rules
Warm-up activity - <b>- Last 'player' standing</b>	Warm-up activity - <b>- Musical ball</b>	Warm-up activity - <b>- stuck in the mud</b>	Warm-up activity - <b>- jump, dodge &amp; run</b>	Warm-up activity - <b>- Ball tag</b>	Warm-up activity - <b>- Group-link tag</b>	Warm-up activity - <b>- British bull-dog (with ball)</b>
Match	Passing drills (in a square)	Agility and coordination work with hurdles	Piggy - in - the - middle (pass before pressure)	Agility and coordination work with ladders	Combination passing drills	Mini tournament
Dribble & turns relay	Keep ball transfer match	Ball manipulation work and defending technique	Progressive teams match (1v1, 2v1 ...)	Keep ball break-out game (in a circle)	Keep ball 'cross the bridge' game	Feedback / recap
3 V 1 keep ball	Feedback / recap	Feedback / recap	Football Tennis	Directional multi-target match	Dribble, turns and skills	Warm down
Feedback / recap	Cricket Football game	Bench ball football game	Feedback / recap	Feedback / recap	Feedback / recap	<b>CERTIFICATE PRESENTATION*</b>
Match	Match	Match	Match	Match	Match	<b>COMPLETE FEEDBACK FORMS</b>
Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	
Warm down	Warm down	Warm down	Warm down	Warm down	Warm down	

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\* 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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## **BIG HOLIDAY WEEKLY PROGRAMME - pm session**

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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	Introductions, domestics and ground rules	Introductions, domestics and ground rules
Warm-up activity - <b>- stuck in the mud</b>	Warm-up activity - <b>- King / queen in the ring</b>	Warm-up activity - <b>- Ball tag</b>	Warm-up activity - <b>- British bull-dog (with ball)</b>	Warm-up activity - <b>- Musical ball</b>	Warm-up activity - <b>- jump, dodge &amp; run</b>	Warm-up activity - <b>Last 'player' standing</b>
Match with bouncers	Passing drills (in a diamond)	Hand ball / Kick finish game	Agility and coordination work with ladders	Dribble & turns relay	Piggy - in - the - middle (pass with pressure)	Mini tournament
Ball manipulation (working in pairs)	Keep ball break-out game (in a circle)	Dribble, turns and skills	3 v 3 defending matches	3 V 1 keep ball	'Skittle' football match game	Feedback / recap
Piggy - in - the - middle (pass before pressure)	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Warm down
Feedback / recap	Bench ball football game	Directional multi-target match	Football cricket	Progressive teams match (1v1, 2v1 ...)	Football Tennis	<b>CERTIFICATE &amp; MEDAL'S PRESENTATION*</b>
Match	Match	Match	Match	Match	Match	<b>COMPLETE FEEDBACK FORMS</b>
Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	Feedback / recap	
Warm down	Warm down	Warm down	Warm down	Warm down	Warm down	

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