

ACTIVITY MANUAL

FOR UNDER FIVES



DINO MINUTES  **US**

 **XARA**
xarasoccer.com

YOUR PATH TO SUCCESS

To learn more about
Xara programs visit
xarasoccer.com

AN AGE SPECIFIC APPROACH TO THE GAME.



Xara Soccer offers an Age Specific approach Player Development for soccer organizations who run programs for U5, U6, U8 and U10 players. These age appropriate programs offer the following benefits to your organization;

- Age Specific Programs U5, U6, U8, U10.
- Developed with child development experts and educators.
- A 10 week curriculum to support coaches.
- Weekly activities that engage parents.
- Stories that excite players.
- Free online support materials.
- Free online “scrap book” materials.
- Products to create a “total” experience.
- Soccer Safe ball & equipment.
- Offer consistent approach to player development.
- Increase your volunteer coach numbers.



DINOMITES

INTRODUCTION

The U5 Dinomites program is designed to provide an age appropriate family soccer experience for 3 and 4 year old children. Whether you come into soccer with no knowledge, limited knowledge, or you've been involved in the game for years, everyone will benefit from this program.

This introductory program supports associations and clubs in their effort to establish a foundation for the development of the 3 and 4 year old player. This age specific, story based approach, is built around the introduction and development of the core motor skills required to play the game. Experts in child development and education indicated that most children of 3 and 4 years of age do not have their core motor skills sufficiently developed to play the game, that is why the focus of the U5 program, is the development of those core motor skills. Through fun games and activities the program develops balance, running, jumping, turning, hand eye coordination and spatial awareness, all essential to allow the young player to eventually learn and enjoy the game. The program does all this while involving the most important person in the child's life, the parent.

Experts in the field of child psychology and development stress the important role of the parent to the young child, so this program has been developed to support active parent participation. This approach fosters a memorable experience for the whole family and encourages support for the volunteer coach.



This is not traditional “soccer coaching” it goes far beyond that, its fun, energetic, age appropriate learning, designed to foster a love for the game not only for the child but for the whole family.

We look forward to working with your organization to introduce the game to families of young children, this program provides coaches and families not only the curriculum but the online support materials and on the field tools, that will make the “First Soccer” season a memorable family experience.

CURRICULUM STRUCTURE

Story Time:



Each week the curriculum offers activities for the children that encourage the development of their core motor skills. The role of the activity leader (coach) is to read the story, outline the activity and encourage the children and their parents to have fun. Each time you see this icon it is an indication that you should share the story with the children and the parents.

Family Fun Time:



As outlined earlier this U5 program is designed to actively support the participation of parents, each time you see this icon, it is an opportunity for other family members to get involved.

3 Stage Progression:



Each of the activities allows for a 3 stage progression to support continuous growth;

- Play the game with NO ball, as we say “Dino is Watching”
- Play the game carrying the ball “Take Dino with You”
- Play the game with the ball at your feet “Dino wants to do it with you” they now include the aspect of soccer into their thinking.

This progression is important for the child at this age; it allows them to become familiar with the physical movements involved in the activity before the soccer aspect is introduced. This relieves the pressure of thinking about both the physical movement as well as the pressure of moving the ball. As the coach you should decide when each child is ready to progress while still enabling them to have fun and learn from the activity.

Life Long Learning:



Added to the learning of the core motor skill and the introduction of the movement of the ball, the program has an added benefit for the child and the parent with the inclusion of a weekly Life Long Learning segment. Each week the child will be introduced to a letter in the alphabet and an aspect of learning associated with the letter. Supported by free online materials the coach and the parent can introduce greater safety and awareness to an everyday aspect of life. Look for this icon in the weekly activities as indication that it is time to teach Dino and the kids.

Support Materials:

Added to the 10 week curriculum the following support materials are available;

- Free online video support for coaches
- Free online support materials such as certificates, photograph surrounds, scrap book materials
- Free online materials for the weekly Life Long Learning activity
- Dino stamps for use by the coaches to motivate and reward the children*
- On the field support materials such as flags, easy ups etc*
- Dino apparel such as polo shirts and t-shirts*
- Dino accessories such as ball bags, shin guards and mini balls*

* These items can be purchased to enhance the overall Dinomites experience.

Visit www.xarasoccer.com to view the full range of Dino apparel, equipment and support materials.



IT'S NOT JUST A JERSEY

IT'S THE WHOLE EXPERIENCE THAT COMES WITH IT.

Make soccer a better experience for everyone.
xarasoccer.com



i series

Soccer the global game; introduce your members to soccer on an International scale, create a soccer experience that will last a lifetime.



CHAMPION SERIES

Club soccer at the international level; introduce your members to club soccer around the world and ignite their passion for the game.



CITYSERIES

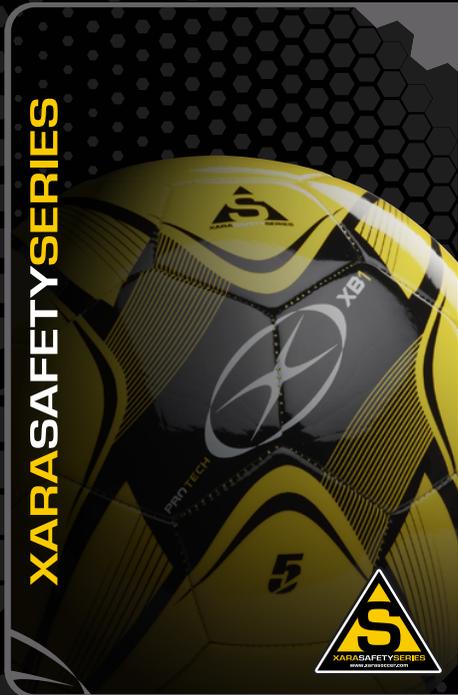
An American Soccer Experience, bring your season to life and let your imagination create a lasting soccer memory.

- ◆ Each series has 15 unique designs.
- ◆ Three distinct soccer experiences.
- ◆ Products to create a total soccer experience.
- ◆ Free online support materials.
- ◆ Free online scrap book materials.
- ◆ Pre season Olympic style Parades.
- ◆ In season activities that offer greater learning.
- ◆ Post season Award events.
- ◆ Themed Tournaments.
- ◆ Increase your parent volunteer base.



PLAYER SAFETY IS **YOUR** RESPONSIBILITY

ADVISE YOUR PARENTS TODAY.
xarasoccer.com



⬢ Balls in the **Safety Series** are;

Made to provide a softer touch when kicked.

Made to provide a softer feel when kicked.

Made to offer more forgiveness when the player is struck.

Made to offer a more enjoyable playing experience.



⬢ Shoes with a **safe stud configuration** have;

Conical studs not blade studs. Blade studs can cause injury.

More studs for healthy support of growing feet.

Correct spacing of studs for even support.



⬢ Shin guards with **Correct Fit Technology** ensures;

The ankle area is properly protected.

Correctly sized ankle support means the shoe can be correctly fitted.

Correctly sized ankle support means the Face plate is correctly positioned.

The Face plate wraps & protects the leg.

DINO BALL TOUCH POINTS

Login to xarasoccer.com to view all Dinomites products, and to locate your local sales representatives to get you started.

TOP OF HEAD

STAMP ON DEENA'S HEAD TO STOP HER MOVING AWAY.

NOSE

KICK DEENA ON THE NOSE TO KICK THE BALL STRAIGHT

ORANGE DOT

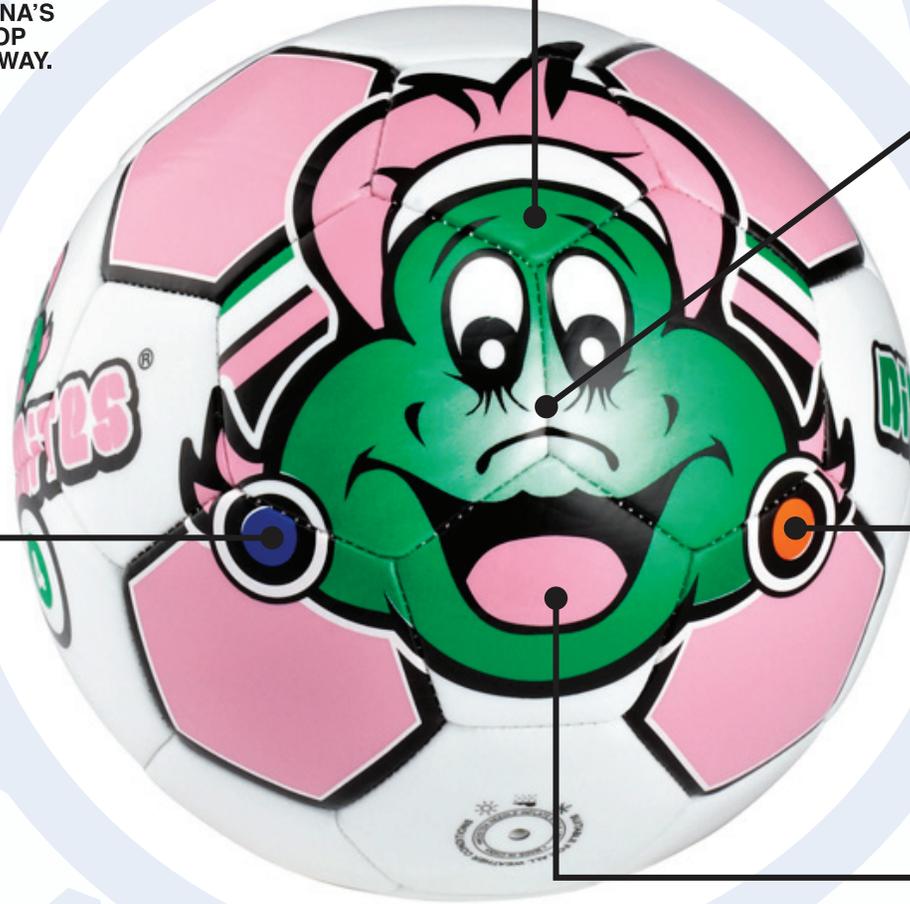
TAP DEENA'S CHEEK TO MOVE THE BALL TO THE LEFT.

BLUE DOT

TAP DEENA'S CHEEK TO MOVE THE BALL TO THE RIGHT.

MOUTH

KICK DEENA IN THE MOUTH TO SHOOT ON GOAL.



THE DINOMITES BALL

DINO BALL. TOUCH POINTS

Login to xarasoccer.com to view all Dinomites products, and to locate your local sales representatives to get you started.

TOP OF HEAD

STAMP ON DINO'S HEAD TO STOP HER MOVING AWAY.

NOSE

KICK DINO ON THE NOSE TO KICK THE BALL STRAIGHT

ORANGE DOT

TAP DINO'S CHEEK TO MOVE THE BALL TO THE LEFT.

BLUE DOT

TAP DINO'S CHEEK TO MOVE THE BALL TO THE RIGHT.

MOUTH

KICK DINO IN THE MOUTH TO SHOOT ON GOAL.



THE DINOMITES BALL

The Dino Ball:

The soccer ball is at the center of the sport and that is why we have created a very special ball for the players involved in this program. The ball has many important features;

- The design features the characters that are at the heart of the stories in the program Deana and Dino
- It is gender specific for the boys and girls in your program
- It is made from a lightweight material to assist with the young players ability to use the ball in all of the activities
- The ball has touch points that will assist you in teaching the players how to move the ball and play the game (See Touch Point insert)

The basic “kicking points” are as follows:

1. The top of the head – The players stomp on the top of the head to control (or stop the Dino’s running away).
2. The Nose and Mouth – The players kick the Dino’s in the nose and mouth to pass or shoot.
3. The Mouth – The players tap the Dino’s in the mouth with the toe to assist in dribbling the ball forwards.
4. The cheeks – The players tap the Dino’s on both cheeks with the inside and outside (pinky toe) of the foot to also dribble the Dino’s.

COACHES GUIDELINES AND INFORMATION

The curriculum has been designed to allow both single team practices (5-6 players) and paired practices (2 teams practicing together) , this allows coaches to be paired up to support different levels of experience.

The curriculum is set up to allow maximum participation for the child, each player should be involved in the activities 85% of the time.

The curriculum allows for breaks so that the children can get drinks between activities.



COACHES GUIDELINES AND INFORMATION CONT...

The most important aspect of the program is the parent/child participation; this changes the dynamic of the program from a “child” experience to a “family” experience and children like nothing more than doing things with mom and dad.

- When teaching children at this age consider yourself an activity leader rather than a coach
- Encourage the players, parents and team to have fun and not be concerned with winning and losing at this age it is immaterial
- Having fun and making new friends will ensure the players will have a good time and they will “naturally” learn
- Let the players develop their skills by playing the games in the curriculum
- Make the games dynamic and remember play at their level
- Encourage the parents to be involved their children will love it
- Do not give more than one instruction at a time children of this age can only process simple instructions
- Be creative and use props to make the practices fun
- Encourage the families to use the free online support materials at www.xarasoccer.com/dinomites.aspx

To add another dimension to the program you can make the balls come alive or use the interactive DINOMITE PUPPETS. If you hold any ball up to your ear you can pretend that the Dino’s are talking to you and relay the stories back to the kids. This is very relevant when teaching the safety aspect each week.

1. Hold the ball up to your ear as if Dino is whispering in your ear. Pretend that Dino is talking to you. Then move dino in front of your face so that you are looking at him in the eye.
2. Look at Dino and say "really I will ask the team"
3. Ask the kids and parents "Dino wants to know....." Whatever the safety message of the day is.
4. Ask the team "Can you teach the Dinos?"
5. Ask the safety questions in the curriculum and discuss the answers.

Introduce the life long safety skills aspect with Dino and Dena asking the questions for example:

Teaching them to cross the Street – Dino asks the coach “I have never crossed the Street before what do I do”? You can then in turn ask the kids, what do we have to do to cross the street?

Always cross at a cross walk, always look left and right, always hold mommy and daddy’s hand etc. Each story carries a safety theme where you can introduce a very important life skill to your team.

COACHES GUIDELINES AND INFORMATION CONT...

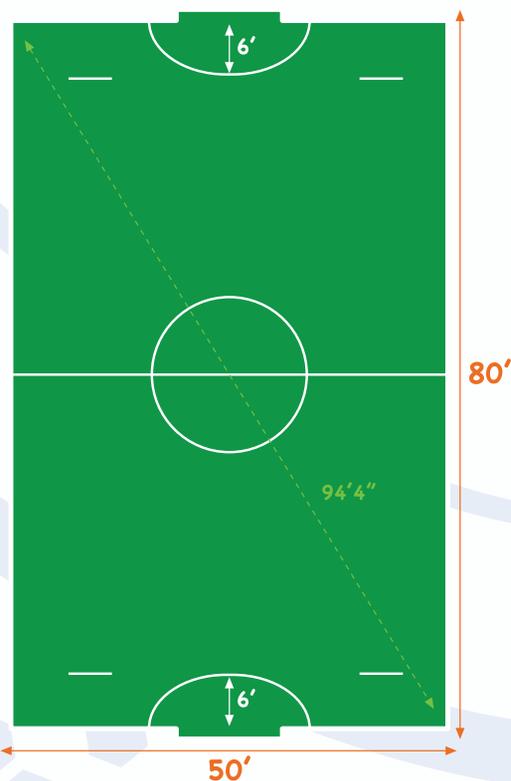
If you are following US soccer guidelines and playing 3v3 with no goalkeepers place a 5 foot arc around the goal that no player may enter! This keeps the 3-4 year olds away from the potential of pushing each other into the goal posts. It also teaches them that they have to strike (pass or shoot) the ball into a goal. If you do not have an area around the goal the young player would typically dribble the ball right into the back of the net along with other players following closely behind which offer some potential injury.

Players of this age find it difficult to kick the ball a sufficient distance and most clubs start with a goal kick for little ones on the touchline. By starting this far back generally the ball is kicked back into play right in front of the goal and does not allow the team the chance to play towards the opposition goal. Try the following:

US FIELD LAYOUT

- **Create a Goal Kick line level with the goal arc to both the left and right of each goal. This allows the players to take the kick from a position that more easily allows them to get the ball back into play**

- **A six foot arc around the goal creates a natural barrier keeping the players away from the posts or any opportunity for injury.**



PERHAPS THE MOST IMPORTANT POINT THAT AN ORGANIZATION
CAN PASS ON TO THEIR COACHES IS ...
PLAY WITH AND NOT AGAINST THE OPPOSING TEAM ON YOUR SCRIMMAGE DAYS

Many coaches are competitive, even those teaching kids at this young age; they want to win at all costs: This should not and cannot be the focus. All coaches should work together as a team, committed to providing the best possible soccer experience. The traditional model has coaches working against each other, this is counterproductive when coaching at this age level.

This team approach will benefit each child and the organization as a whole. It is very important that this cooperative approach is passed on to the parents to ensure that you create a fun learning environment for the kids.

The result of each match on a Saturday is not important at this age, what is important is that each child has the opportunity to succeed at their own level. The pace at which each child learns the game will be different.

Most clubs have an average roster of 6-9 players. When playing 3v3 consider playing three mini games and splitting your team and the opposition team into 3 groups.

1. Your best 3 players to play against the opposition 3 best players.
2. Your 3 middle players play the 3 middle players from the other team.
3. Your 3 players who have the most opportunity to improve to play against the oppositions 3 players who have the most opportunity to improve.

This provides the opportunity for all players to have the best possible game experience.

If you consider the alternative: Coach A wanting to win at all costs waits until coach B has his weaker players on the field and puts his best 3 players on the field who score goal after goal. The players on Coach B's team hardly touch the ball and learn nothing, just as importantly they quickly lose interest in the game.

In this instance Coach A is not acting in the best interest of the children or the organization. The best experience is one where ALL children at all levels have the opportunity to succeed and to learn.

Please feel free to modify these rules to suit the needs of your club and players.

Coaches are required to keep parents on parents designated side of the field.

EXAMPLE OF U5 RULES:

RULES

1. Games will be two 20 Minute half's with a five minute halftime. (Please note this is for a roster of 9 this way each child plays approx 15 minutes of the total game playing 3v3.)
2. No goal keepers will be used.
3. The senior referee on the day (as applicable) will keep time for all games; All Referees should have a whistle/ stop watch. If no whistle is available please see a familiar parent or Coach and ask them to assist in this task.
4. After Half time teams switch ends.
5. Re-starts will be Kick Ins (no throw ins). Goals cannot be scored from a kick in.
6. Players are prohibited from entering the D area around the goals. If a defender stops a ball traveling towards the goal in the D area will result. This is the decision of the Referee if an attacking player touches the ball in the D area – A Goal Kick will be awarded.
7. All Goal Kicks will be taken from the two marks to the left and right of the D.
8. In the result of the striking team kicking the ball out the end, a goal kick will result for defending team. If the ball is kicked out the end by the defending team the ball will be given to the striking teams for a corner kick in.
9. Opposing players must be five yards from any re-start of play.
10. Referees are encouraged to tell the children why a decision has been made (For example: The ball goes the out of play, Blue kick as it touched Yellow last). Referees do not have to give explanations to parents.
11. At this age Referees should be relaxed with hand balls and let the game flow. Only if a player blatantly picks up a ball should a free kick be given.
12. No goals from free kicks, no direct kicks. All kicks to re-start play must have another player touch the ball before a goal can be scored (this will encourage passing).
13. No off side's calls.
14. If there are three or more goals seperating the teams, the losing team may add an additional player.
15. Coaches are not permitted on the field of play unless an injury has occurred.
16. Parents may not approach onto the field of play or the referees under any circumstances except injury (and only when called upon by the coach.)
17. Players must have the correct equipment to play in a game. (Baseball cleats and no shin guards warrant not playing. No jewelry allowed.)
18. Players should be subbed in every 5-7 minutes or so. Coaches must allow equal playing time for each player. **NO MATTER WHAT ABILITY THE PLAYER SHOWS.**
19. The Referees decision is final.
20. Any complaints against referees/coaches or parents/ must be addressed to U5 Coordinator.

INDEX

Introduction	Pages 1 - 10
Introduction	Pages 3-4
Curriculum Structure	Pages 4-5
The Dinomites Ball	Pages 8-10
Coordinator and Coaches Guidelines	Pages 10-13
U5 Field Layout	Page 12
U5 Rules	Page 14
Week 1	Pages 16 - 22
Week 2	Pages 23 - 26
Week 3	Pages 27 - 31
Week 4	Pages 32 - 36
Week 5	Pages 37 - 40
Week 6	Pages 41 - 45
Week 7	Pages 46 - 50
Week 8	Pages 51 - 54

The Dino's go to the Farm.



TELL THE INTRODUCTORY STORY ABOUT THE DINO AND DEANA AND HOW THEY GOT TO PLANET EARTH.

Dino and Deana – (show the balls) were out on their space scooters when they came to a stop sign. Now they were a little bit lost and did not know which way to turn. Left? (Everyone show me your left hand) or Right (everyone show me your right hand) or straight on. Deana wanted to go left but Dino who can be a little bit naughty wanted to go straight on and he didn't listen to his sister and shot off; As his big sister, she had to stay with him to make sure he was going to be all right. Now they were really lost and were in the middle of deepest darkest space. Through their special noses Dino and Deana could smell something really good and spotted a funny looking blue circle in the distance in space. The funny looking circle was earth. Who lives on planet earth? They thought it would be nice if they came and paid you a visit.

The smell was so good they hopped on their space scooters put the dial on super fast and rocketed off to your back yard.

They hid their space scooters behind the house and went into your kitchen, where they found what smelled so good.

What do you think they can smell? (Peanut butter and jelly sandwiches)

Dino took one big bite and his eyes lit up, he loved it. He had never tasted anything so good in his life. All they eat on planet soccer is grass and dirt.

Dino and Deana loved the sandwich's so much they asked your parents if he could stay with you for the soccer season and eat your yummy food. He is also going to go on some adventures with you and help you to learn the game of soccer.

You must take care of Dino and Deana, Don't leave them out in the cold, keep them clean and you may even take them to bed with you at night.

Activity 1 Let's Go to the Farm.

- Organization – Set up a 20x20 area, each child with a ball.



STORY

The Dinos are going on a visit to the farm. The Dinos have never seen farm animals before. Let's go on a quick visit around the farm pick your Dino up and come into the farm. (Area marked with cones) Travel round holding the ball. **Remember: Tell the story. Demonstrate. Play.**

Activity 1 – A



Each child carries / dribbles their Dino around the area. As the coach you and the parents can sing "Old Macdonald had a farm." When you reach the point of "and on that farm he had some...."

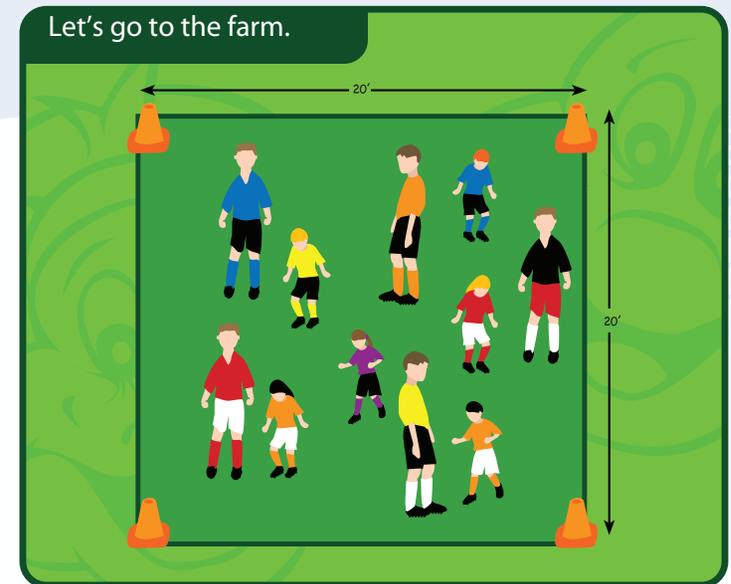
As the coach you will name an animal and you and the players will pretend to be that animal making the animal noises. See below for the animals.

Activity 1 – B

Dinos eat dirt, and the farm floor has lots of yummy dirt so place them on the floor and move them around the farm by tapping them with our feet.

Animals

Pigs	Push the Dinos around with your nose, making pig noises.	Cows	Put your hand between your legs and make a tail with your hand and moo.
Chickens	Flap your arms, make chicken noises and sit on the ball and pretend to lay an egg.	Goats	Pretend to eat the ball.
Puppies	Puppies like to chase their tails and run around in circles. Chase your tail pretending to be like a puppy all the time, tongue out and barking.	Duck	Ducks sleep on one leg, can you balance on one leg? Can you jump on one leg?
Rabbits	Put the ball between your ankles, hop and make bunny ears around.		



Parent Involvement – Give the children a water break and have them sit and watch the parents do the activity. Do not be afraid to add your own animals.

Activity 2 The Icky Sticky Swamp.



Organization

In a 20x20 area. Set up as shown in the diagram. Each child is on the outside of the area with their parent. All of the balls are placed in the middle in the "pigs pen."



STORY

Dino loves to play in the dirt with the pigs. The problem is he keeps running in the Mucky Pig Pen to play with the pigs. You have to bring him back as quickly as you can to your mommy or daddy.

(The parents can throw him back in the middle each time they bring the ball back. Parents make a big deal OH! They have run back in the muddy pig pen, I guess you will have to get them out again.)

Coaches points of Emphasis & Activity

Follow the 3 Stage Development Process:

1. Run in and back.
Run in and run backwards on the way back.
Hop in on one leg.
Bounce in.
Twist in.
2. Run in and pick up Dino from the dirty pig pen and take him back to your parent carrying him in your hands. (Once you feel they are ready.)
3. Let them only use their feet with no instruction.
4. As above but now they have to kick them back to their parents. (Kick Dino in the nose.)
5. Have the parents run in the last time and do the activity telling the balls to stop being naughty and running off into the pig pen.





Activity 3 At the Farm - Foxes and Farmers

Organization

30x30 area. Each parent has a pinny. Each parent plays the role of the fox. Each parent places a pinny as a foxes tail in the back of their shorts.



STORY

The farmer is in trouble again with foxes running all over the cabbage patch. Can you help the farmer get all the foxes off the farm?

3 Stage Development Process

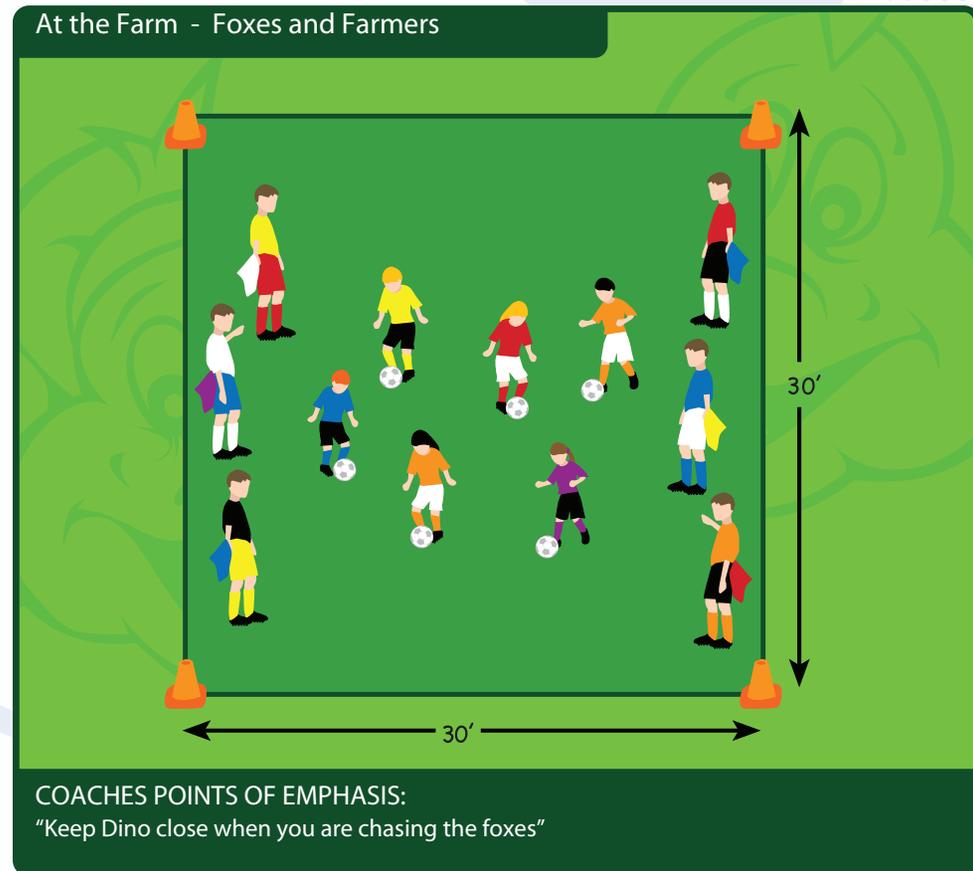
1. Each child starts with no ball. Kids have to catch the fox and take their tail away so the fox runs back home. Once their tails are removed parents move to the edge of the area.

2. Once the children are familiar with the game each player is given a ball to carry.

3. The third progression is to dribble the around the area to catch the foxes. Parents can only walk when the players have a ball at their feet.



At the Farm - Foxes and Farmers



COACHES POINTS OF EMPHASIS:

"Keep Dino close when you are chasing the foxes"



Activity 4 Chickens and Eggs.

• Organization

Set up a 20x20 area – Each child has a ball – Coach needs cones or fake eggs.



STORY

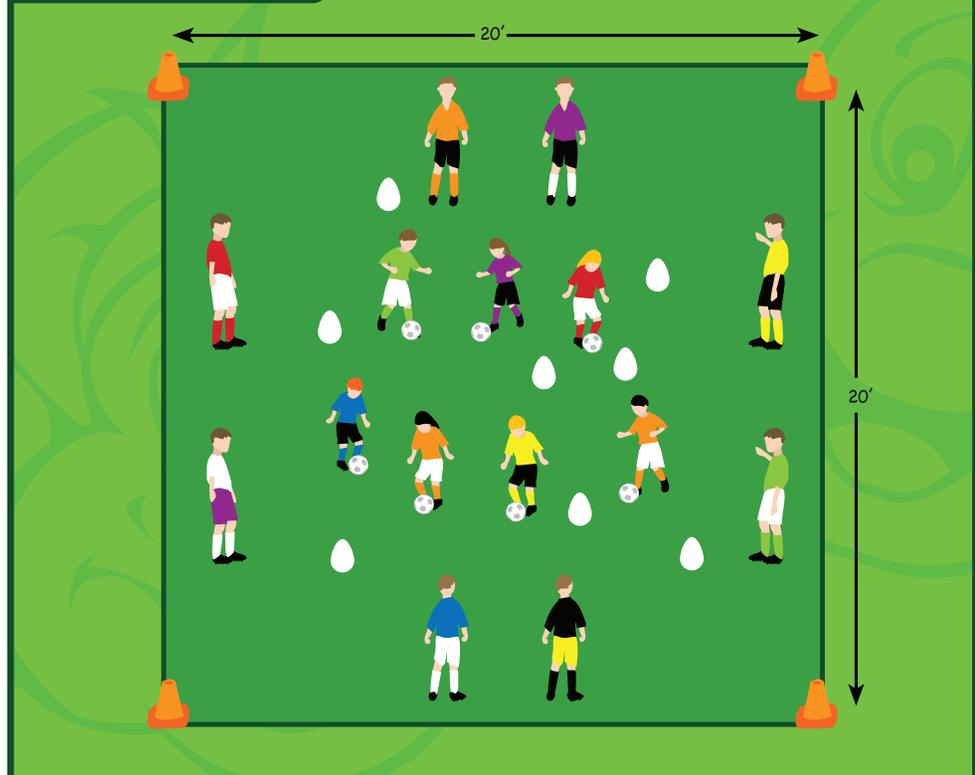
Have Dino talk to you the coach, and let him tell you he is very hungry. After chasing foxes Dino is very hungry and wants to eat eggs for tea. You have to chase the chickens around the chicken coup picking up the eggs as they lay them. Be careful not to drop them as they break. Can you see the chickens out in the area? (Send the parents out, they have to make chicken sounds and actions)

3 Stage Development Process

1. Play with no ball to start.
2. Progress to ball in hands.
3. Ball at their feet if the children are ready.



Chickens and Eggs



Coaches Points of Emphasis:

Have the parents constantly changing directions to encourage the players to turn with and without the ball.

Activity focus – Each parent or coach plays the role of the chicken and runs around the area making chicken noises, dropping eggs (it's great if you play this in the spring when you have lots of the plastic eggs from Easter left over. You can even place a small treat in the eggs for a snack at the end of the practice for the three year olds) ping pong balls also work great if not cones around the area randomly.

Activity 5 Run Goats, Run Kids. Help the Farmers.

● Organization

Set up 20 x 20 area. All of the children are now farmer's helpers. The players start with a ball spread around the area. The parents (goats) start on one end line with no ball.



STORY

The farmer has asked us for our help .

Is it nice to help someone when they ask?

All of the goats have escaped out of their cages and are eating all of the farmer's prized carrots. (show the goats lined up on the end line)

Parents can make goat ears and funny faces.

The Dinos like to help people, it is nice to help people when they need it. He is going to help the farmer catch all of the goats by touching all of the goats.

3 Stage Development Process

1. Play with no ball. To start, kids have to tag parents with hands.
2. Progress to ball in hands – kids have to throw Dino to tag a parent.
3. Ball at their feet if the children are ready – kids kick dino to hit parents.

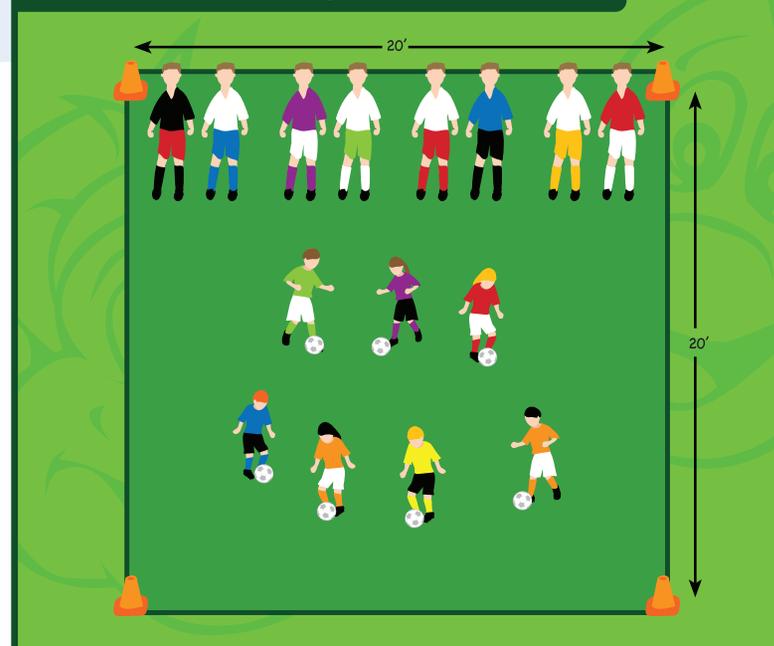


Children can progress to using their feet after one/two games if you feel they are ready.

Activity

The farmers helpers (kids) must play the ball to hit the goats(parents) knee or below. When a goat (parent) is hit, they are out. Play until one goat remains.

Run Goats, Run Kids. Help the Farmers.



Coaches Points of Emphasis:

1. If a Goat runs past you can you turn around and catch them with Dino.
2. Can you kick the Dinos in the nose at the Goats?

Life Long Learning



Let's teach Dino before we play the last game:

Safety Focus letter A – Don't get too close to animals you don't know. Today we learn who to ask if we can pet animals and how to pet animals.

Dino has a question for you?

What do we have to do to be safe around animals? Can anyone help them? What do you think kids? **INTRODUCE LETTER A.**

Can we pet all animals? **NOOOOO!!**

What animals can we pet at the Farm? Rabbits, Goats, Sheep etc.

Who do we ask if we can pet animals – Mommy and daddy, grandma or granddad?

What should you do if it is an animal you don't know - Don't pet it. Stay away from animals that you don't know.

If an animal, like a dog is in the park should you ask their owner if you can pet them? Then always ask your parents as well?

- Avoid the face and head area when petting dogs and cats. Stroke along the neck, back, and sides. Cats, unlike dogs, may bite or scratch when rubbed on the belly.
- Leave animals alone when eating, sleeping, chewing on a toy, or caring for its babies.
- Pay attention to warning signs – an animal that is growling or hissing wants to be left alone!
- Explain to your child that animals may be startled by loud, high-pitched screams or noises and sudden movements.
- Never approach an animal you do not know. Animals in vehicles and yards may behave aggressive and territorial and are likely to bite. Always ask permission from an animal's owner before approaching a friend, neighbor, or acquaintance's animal – even if you have played with the animal in the past.
- Never approach an animal that appears injured or sick.
- Never approach stray animals.
- Teach your child not to run when approached by a strange dog. Running may provoke the dog to chase and attack. Teach your child to act like a "tree" by standing still and staring straight ahead until the dog leaves or acting like a "rock" if sitting or knocked to the ground by curling up in a ball keeping his/her hands over his/her ears. If a dog attacks teach your child to throw something like a backpack or coat for the dog to bite.
- Discuss – Online coloring books.

The Jungle Adventure.

Activity 1 Travel to the Jungle.

- **Organization - set up a 20x20 area coned off around the outside.**



STORY

Today the Dinos are going on a Jungle adventure.

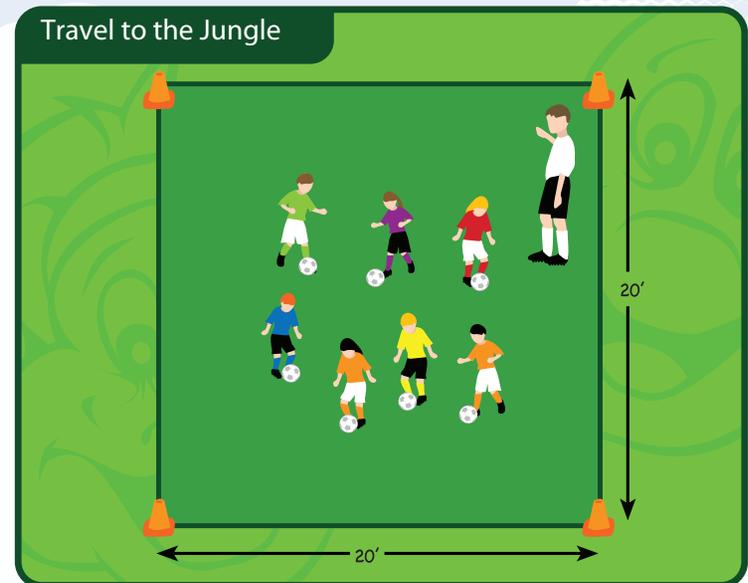
First we have to get to the jungle, does any know how far away most jungles are? We have to take a plane to the jungle.

A) Is everyone ready, make a plane by extending your arms out to the side and have the children do the same. Parents are the passengers and walk behind the kids holding the ball. Have all of the children make the noise of their plane as they are going around the area. (Play for one min) Let the children move around the area randomly.

Coaches points of Emphasis (Introduce one at a time.)

Follow the 3 Stage Development Process:

1. Flock of Birds – Change the way we are going to make sure we don't hit the birds.
 2. Lunch break – Stand still and pretend to sip a drink (when they have the ball at their feet have them place one foot on top of the ball)
 3. I see the sea ... move to the windows in the plane (edge of the area and look).
 4. "Fire in the Engine" If you say "fire in the engine", teach the kids stop drop and roll to put the fire out. Teach Dino to remember not to hide under anything if there is a fire, especially don't hide under a bed or in a closet during a fire. Parents need to be able to find you quickly.
- B) Have each child place their ball on the ground this time they are going around (plane motion again) this time they have to dribble the ball around with them. (2 Min)
- C) Coming into land – We have to practice our landings (roll the ball in front of them chase the ball and stamp on their heads). "We have to keep the dinosaurs on the runway otherwise they may be eaten by jungle creatures." Practice a couple of times and then make a big deal of landing in the jungle.



Activity 2 Meet the Animals.

- **Organization - set up a 20x20 area. Follow the 3 Stage Development Process.**



STORY

We're going to go through the jungle but be careful as there are some animals that may eat you on the way through. If we hear an animal we have to act like the animal so they think we are that animal, this way they won't eat us.

The coach leading the group from side to side like a snake, as well as moving in a straight line, makes the noise of the following when the coach makes the noise the kids and parents have to act and make the noise like those animals.

animals

Coaches points of Emphasis (3rd stage)

When you hear an animal stomp on your Dinos head to stop them from going too near the animal.

Animal 1 – Lions (Stand and Roar)

Animal 2 – Snakes (Crawl on the ground and Hiss)

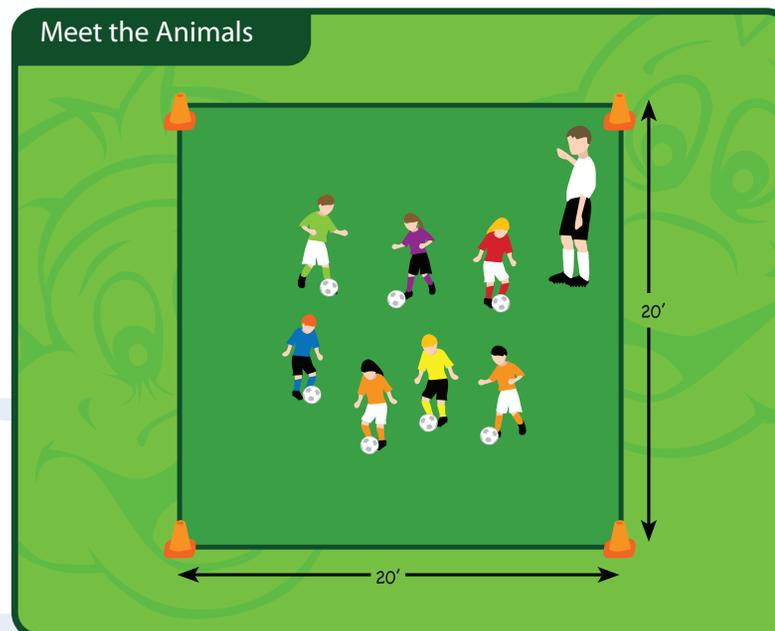
Animal 3 – Elephants (Put Arms on nose and swing hand from side to side)

Animal 4 – Cheetahs (Run around as fast as possible)

Animal 5 – Gorilla (Pound chest and make Tarzan noises)

Animal 6 – Monkeys (Hands under arm pits and bounce around like a monkey)

Animal 7 – Crocodiles (Extend arms in front and smack palms together)



Activity 3 The Monkey Game



- **Organization - set up a 20x20 area.**
Place 1 cone per child randomly around the area.

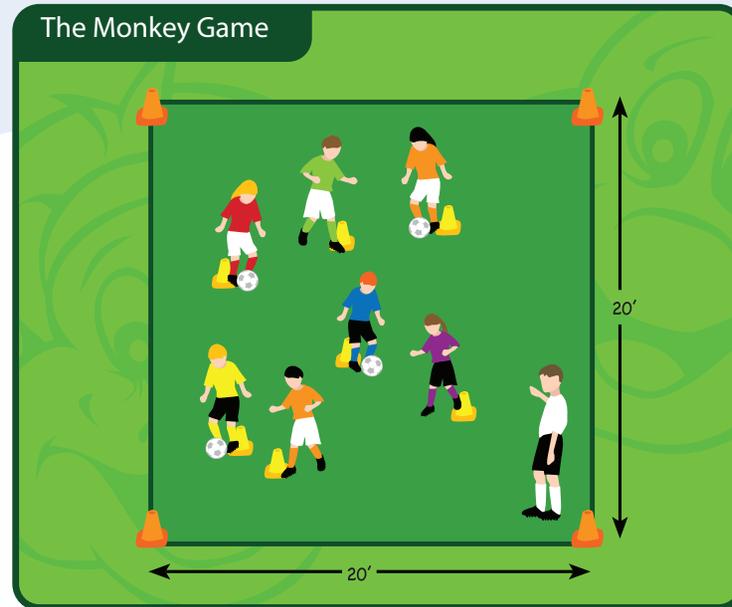


STORY

The Dinos love the monkeys so much they want to stay and play. The monkeys have to watch out though as lions like to eat them. If you hear a lion you have to run with the Dinos to the nearest tree (cone) and hide behind the trees with the monkeys.

The coach and 1-2 parents can act intermittently as the lion. Players run around the jungle randomly. After you have played a couple of times take one cone away. The player that is caught becomes the lion. Each time you play their will be one less child than cone so the lion is swapped every turn.

Play first with no ball. Second, with ball in hand. Thirdly, with the ball then the ball on the ground.



Coaches points of Emphasis

Keep the dinosaurs close so that you can get them to a tree close by.



Activity 4 Banana Eating Monkeys

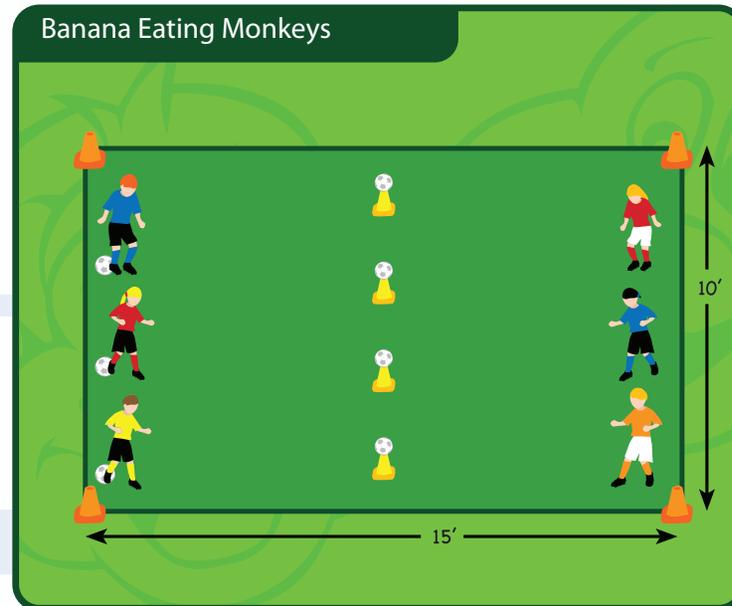
- **Organization - 15 x 10 area** kids lined on one side the parents behind the kids. Split the team into pairs one on each side of the grid. Place a cone with a ball (or another object on) to represent the banana.



STORY

The Dinos are hungry so the monkeys are going to show them how to get some bananas. Try and hit the tree to knock the banana off, once you hit the banana off you can eat it.

Play first rolling the ball across. Second, play kicking the ball, dependant on your team's ability you may need to bring the cones in or move them away to make it more difficult.



Coaches points of Emphasis - Kick Dino to knock the bananas off and have a feast.

Activity 5 The Lion King. The Big Game Hunter.



Organization - 20 x 20



STORY

The local Zoo has asked us to catch a special Lion in the Jungle so that everyone back home can see it.

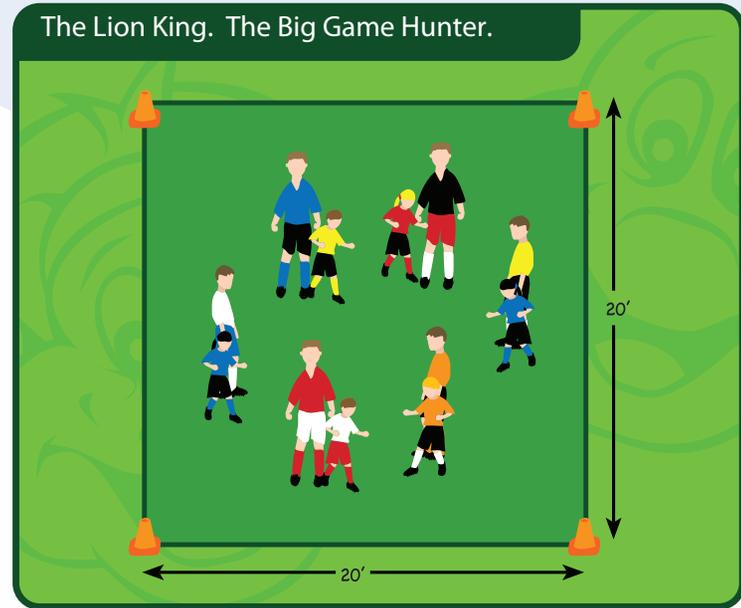
Follow the 3 Stage Development Process:



We are going to practice first – chase your parents and tag them to catch them (play 2 min) Play again this time rolling the ball to hit them or throwing the ball to hit them. Play last kicking the ball to hit them (below the knees) Is everyone ready to catch the special lion? Where is he, can anyone see him?

The coach or parent is suddenly the lion and the kids have to chase the lion. (fun fact) for this game don't stay in the grid run around all over place and have the kids chase you until you are caught.

Let's get in the plane again to fly home. Quick repeat of activity 1.



LET'S TEACH DINO REVIEW OF THE DAY.



WHAT SAFETY MESSAGE DID WE TEACH DINO TODAY?

Lets teach Dino Dino wants to know what happens when we have fire?

S is for Fire Safety. What do we have to do if we catch fire ? **Stop Drop and Roll!**

Stop, drop to the ground and roll to put out a fire on our clothes. Teach Dino to remember **not** to hide under a bed or in a closet during a fire. Parents need to be able to find them quickly.

Safety Message for the week – LETTER S