



prime  
**Coaching**  
*game-changing sport lessons*

# prime Coaching



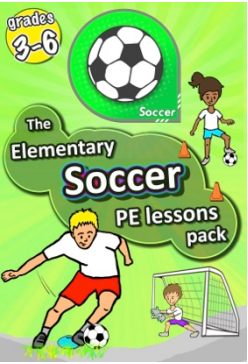
- Try out these PE lesson ideas with your class – We’ve provided your with activities from each pack:
1. 50 PE Pair skill stations (6 station rotations)
  2. Soccer sport unit (1-hour lesson plan)
  3. 21 Team games (1 team game lesson)

*Click a pack to jump to it at our online Store*

## Contents



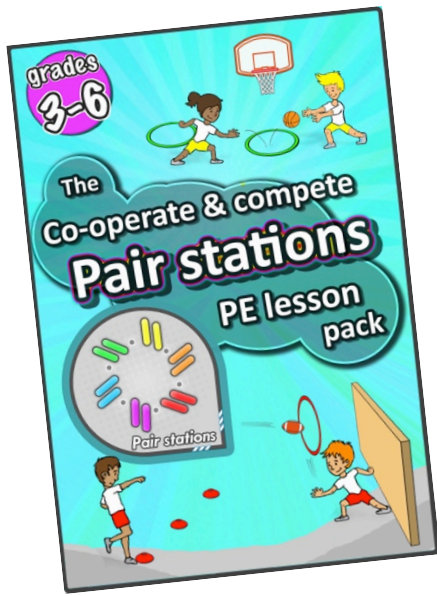
3-5 6 pair skill station activities



6-9 1-hour soccer lesson plan example

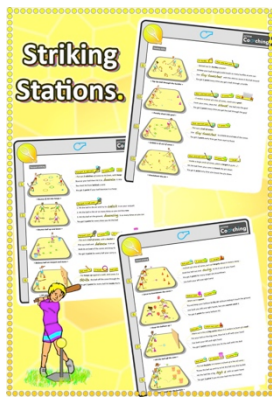


10-11 1 whole class competitive team game

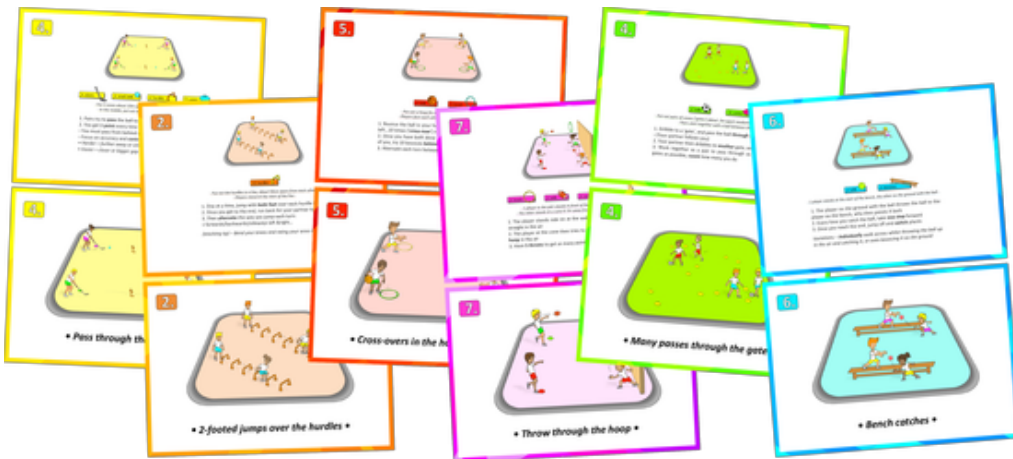


# 50 PE stations

It's great way to give your students practice on their baseball, basketball, volleyball, tennis, hockey, handball, American football and soccer skills



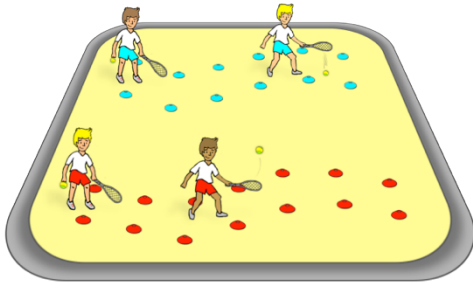
# Printable station cards



Print out and laminate the stations, stick them on the wall or on a cone at the station so the kids will know what do to, and you know what to set up!

# Co-operate & compete

Get your class into pairs, and they'll work their way through the activities. In some they play against each other, and in others they'll need to work together - Get high scores and set new records!



• Bounce & hit through the tunnel •

4 racquets



4 tennis balls

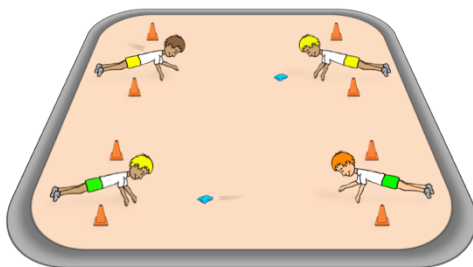


28 cones



- Make a wavy tunnelled path for each pair with the cones about 10m long -
- Pairs line up at the start of the tunnel with a ball and racquet each -

1. One player at a time, you must hit the ball **in the air** (keeping it off the ground) whilst walking through the tunnel
    - › When you get to the end, run back and your partner goes
  2. On your next go, **bounce** it on the ground through the cones
  3. Keep alternating each go › hit in air – bounce on ground...
- › **1 point** every time you reach the end, staying **within** the cones



• Slide the bean bag past the line •

8 witch hats



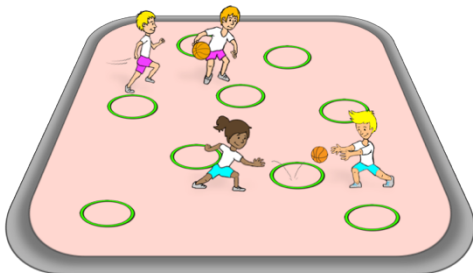
2 bean bags



- Use the witch hats to make small goals facing each other, about 4-5m apart -
- Players start in the push-up position (hands and feet on floor, straight backs) -

1. Try to **slide** the bean bags into the other players' goal
2. You must **stay** in the **front support**/push-up position
3. If someone scores, you can both have a 10 second rest
  - › You get **1 point** for every goal (but cannot slide past halfway)

Easier – You can be on your hands and **knees** (instead of feet)



• Bounce pass through the hoops •

2 balls

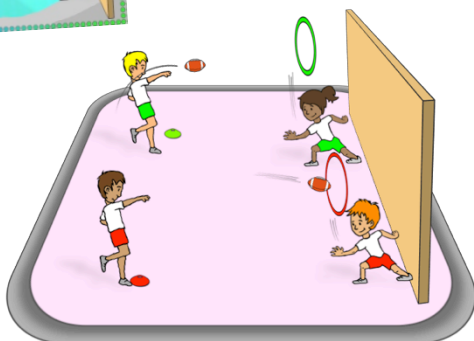


8 hoops



- Put out the hoops randomly spaced around -
- Pairs start in the middle with a ball between them -

1. Work together as a pair to **bounce pass** the ball into the hoop to your partner, as many times as possible
2. Once you have passed, your partner dribbles to another hoop (you follow him), and they pass back to you through the hoop
3. You must pass from a **different hoop** each time
  - › **Count** how many times you pass through a hoop

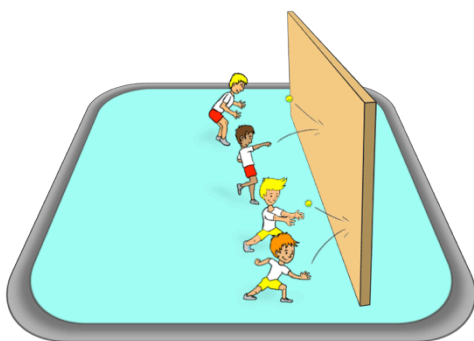


• Throw through the hoop •



- 1 player in the pair stands in front of the wall with a hoop -  
- The other stands at a cone 6-7m away from the wall with a ball -

1. The player stands side on at the wall and throws the **hoop up** straight in the air
2. The player at the cone then tries to throw the ball **through the hoop** in the air
3. Have **5 throws** to get as many points as you can, then switch

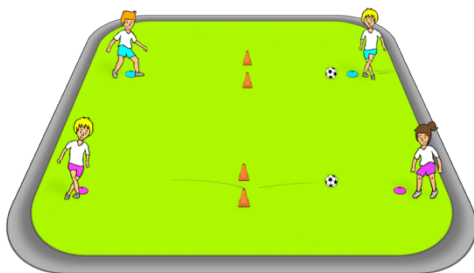


• 1 hand catches off the wall •

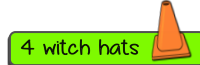


- Pairs stand in front of the wall with a tennis ball between them -

1. Throw the ball off the wall for your partner to catch it using **one hand**
2. **Count** how many times you successfully throw and catch the ball **without dropping** it on the floor
3. Explore throwing the ball in **different** ways:
  - High up the wall • low on the wall • from further back
  - Using your weaker hand • through your legs...

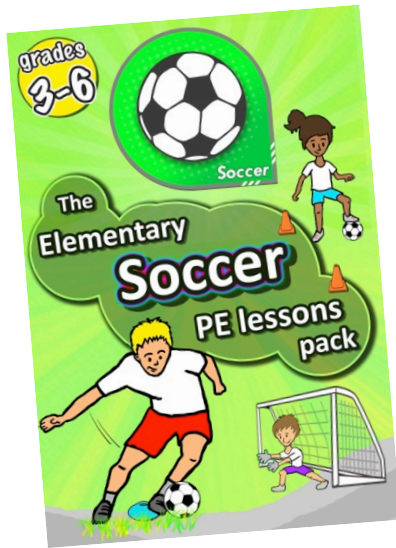


• Pass through the gap •

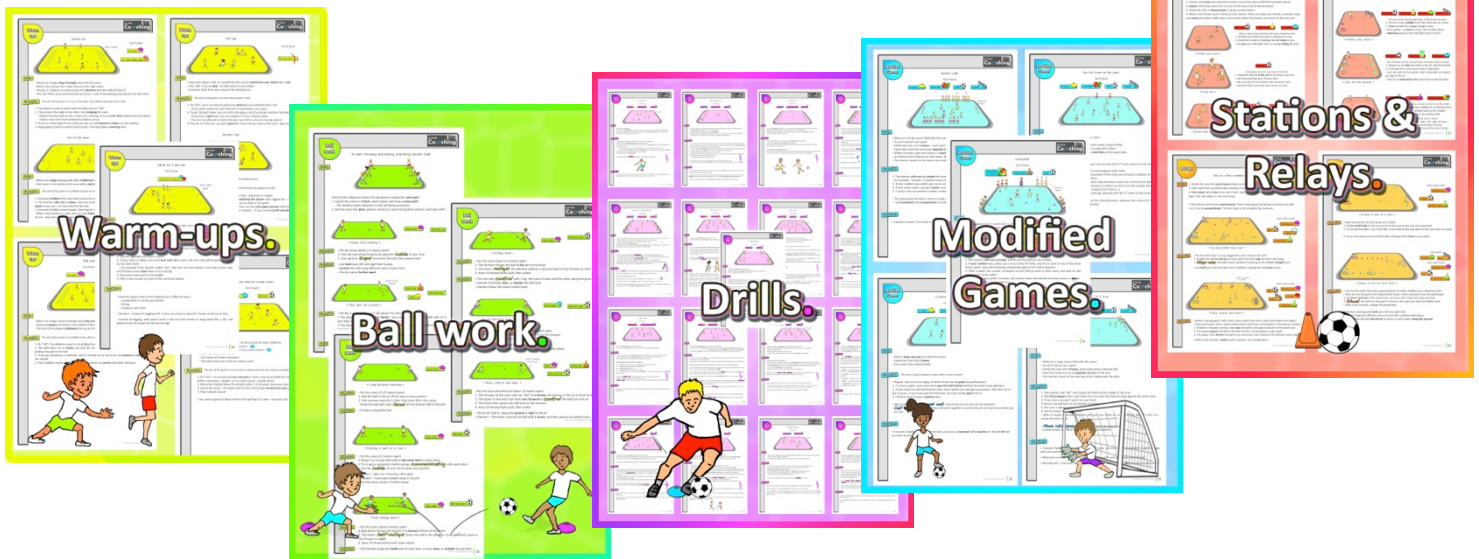


- Put 2 cones about 10m apart, with a player at each cone -  
- In the middle, make a small gap with witch hats -

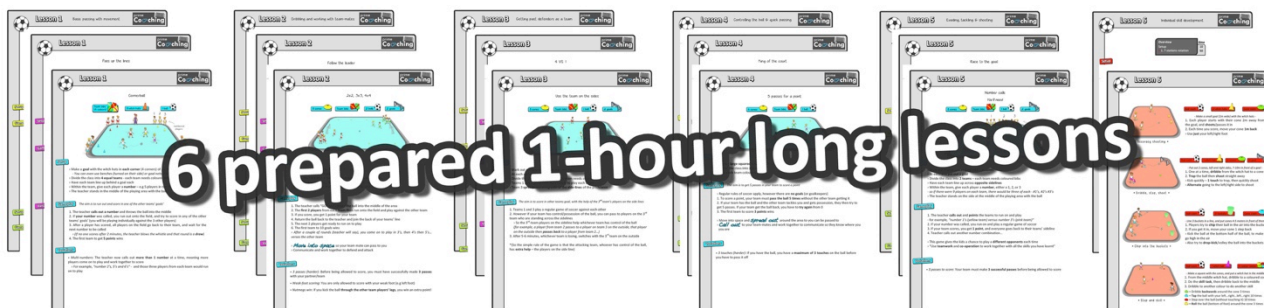
1. Pairs try to **pass** the ball to each other **through the gap**
2. You get **1 point** every time you get the ball through
  - › You must pass from behind your cone
  - › Focus on accuracy and **control**, rather than power
  - **Harder** = further away or smaller gap



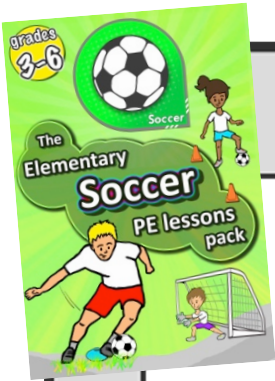
1. Over 45 in-depth, simple to follow activities



2. 6-week structured lesson plans – You can either put your own PE lessons together, just pick and choose the activities, or follow the sample lesson plans – with so many ideas, you'll never run out of ideas!



3. You'll get assessment sheets with a detailed rationale/breakdown of each skill area for you to grade your students!



# Lesson 4

Controlling the ball & quick passing

### Overview

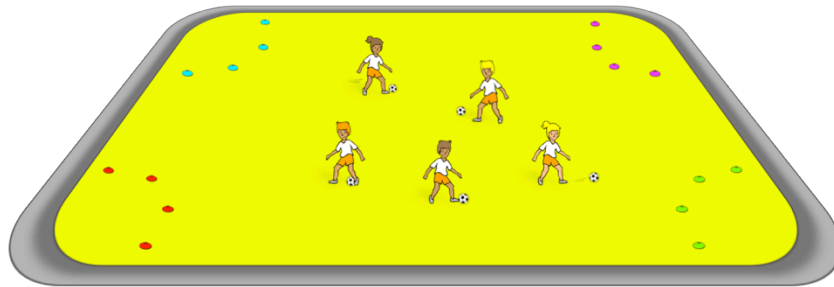
- 1. Get to the base
- 2. Move, control and pass
- 3. King of the court
- 4. 5 passes for a point

### time

- 10
- 10
- 20
- 20

Get to the base

20 cones (5x4 colours)  Ball each 



### Setup


- › Mark out a **large** playing area with **4 different coloured corners**
- › Kids start in the middle of the area with a **ball each**

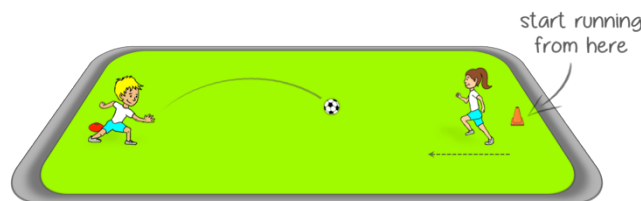
### Gameplay

The aim of the game is to dribble as quick as you can to the correct coloured corner

1. Everyone **dribbles** their own ball around the playing area, listening out for the teacher
  2. The teacher **calls out a colour**, and you must dribble your ball to that coloured corner as **quick** as you can – try not to be the last one
  3. Everyone dribbles around again, listening for the next colour
- › After a few practice rounds, you can play **elimination** – the last 2 people to get to the corner sit out – play until there is a winner

Move, control and pass

Cone  Ball each pair  Witch hat 



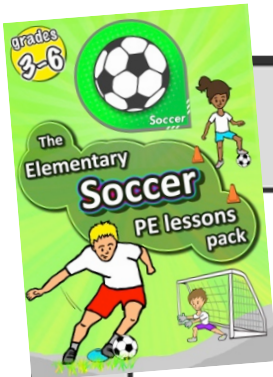
### Setup

› Put the cone and witch hat about 10 meters apart

1. The thrower at the cone calls out "GO" and **throws** the ball out in the air in front of them
2. The kicker at the witch hat then **runs forward** to **control** the ball from the air
3. The kicker then passes the ball back to the thrower
4. Have 10 throws/kicks each, then switch


### Gameplay

- Throw the ball in: along the **ground or high** in the air
- (**Harder**) – The kicker controls the ball with **1 touch**, and then passes accurately back



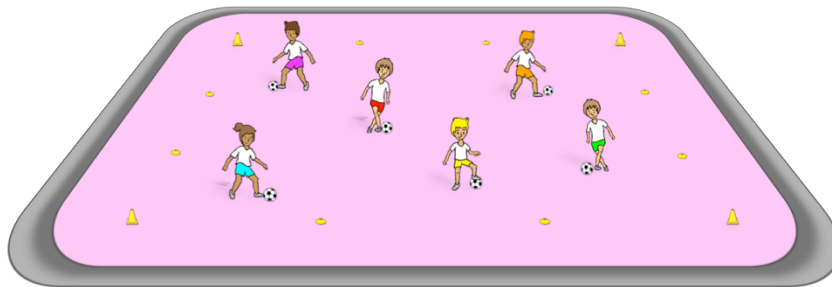
# Lesson 4

## King of the court

8 cones 

4 witch hats 

Ball each 



### Setup

- › Mark out a **large square** area with the cones
- › Everyone finds a space **inside** the square with a **ball each**

### Gameplay

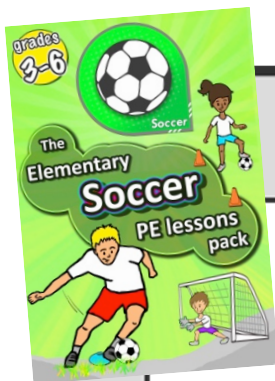
1. On “GO”, everyone dribbles around with their ball inside the square
  2. You must try to kick the other players’ balls **out** of the square, whilst **defending** your own ball
  3. If your ball gets kicked out of the square, you are out, and must wait outside of the square
  4. The last player who survives with their ball still in the square wins
  5. Play multiple rounds
- › Keep the ball *close* to you with small touches to it’s harder to be tackled
  - › Use your body to *shield* /protect the ball from other players



### Variations

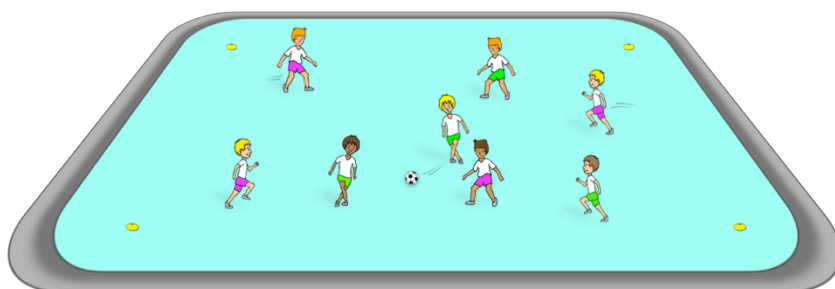
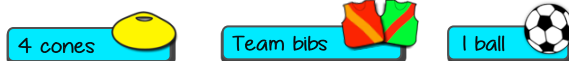
- *Defence build up*: If your ball gets kicked out, you are still in the game – but now as a defender without a ball – last player to survive with a ball wins
- *Defender attack*: Choose 2-4 people to start **without** a ball – they then just try kick everyone else’s balls out – see who is left surviving in the square **after 2 minutes**
- *Half and half*: **Half** the group starts with a ball, the other **half doesn’t** – Instead of kicking the balls away, you must try and **steal** someone else’s ball – if you **have a ball** when the whistle is blown (e.g after 3 minutes) you get a **point** – play multiple rounds





# Lesson 4

5 passes for a point



## Setup

- › Mark a **large squared** area with the cones
- › Divide the class into **2 teams**
- › Give each team coloured bibs

## Gameplay

*The aim is to get 5 passes in your team to score a point*

- › Regular rules of soccer apply, however there are **no goals** (or goalkeepers)
  1. To score a point, your team must **pass the ball 5 times** without the other team getting it
  2. If your team has the ball and the other team tackles you and gets possession, they then try to get 5 passes. If your team get the ball back, you have to **try again** from 0
  3. The first team to score **3 points** wins
- › Move into space and *spread out* around the area to you can be passed to
- › *Call out* to your team-mates and work together to communicate so they know where you are

## Variations

- *3 touches (harder)*: If you have the ball, you have a **maximum of 3 touches** on the ball before you have to pass it off



## 21 different games

(with more variations to try)

...to challenge your kids and develop their co-operation, leadership and team-work skills!

Reverse  
soccer

Battle  
ships

End  
ball

Poison  
ball

Diamond  
strike

Kick  
it

Hurley  
Burley

Dash  
for  
safety

Slide  
sling  
save

Flying  
Saucers

Speed run  
relay

Survivor  
dodgeball

Guard  
the  
gates

Frisbee  
flingers

Crab  
football

Rob  
the  
nest

Heist  
the  
treasure

The  
Perfect  
pass

Hit  
and  
run

Capture  
the  
egg

Cornerball

## “How to play” videos

You'll get a quick 2-3 minute video for each game, which you can play to your class before you start – making it EVEN EASIER than ever to teach PE – we help you as much as possible!





## Underarm accuracy and long-range throwing

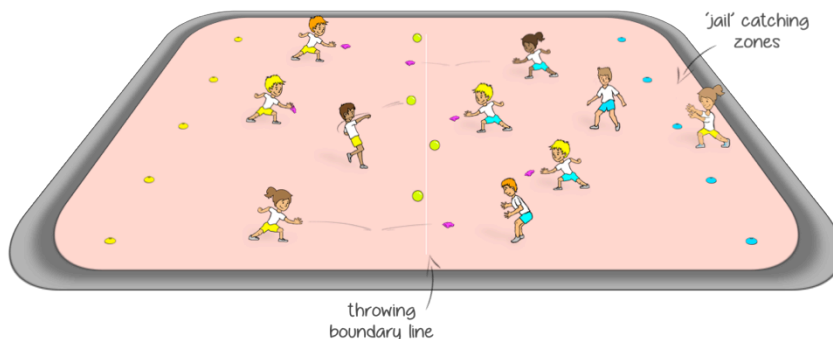
You'll need:

'Halfway line' marking

10 cones

8+ bean bags

5 soft balls



### Setup

- › Using a sports court line as a **halfway mark**, mark out end zones ('jails') about 10 meters out at each end with the cones
- › Put out the bean bags and balls across the halfway mark
- › Divide the class into 2 teams, standing in each half

### Gameplay

The aim of the game is to get the other team out into jail

1. On "GO", teams pick up bean bags and **slide** them across the ground to try and hit the other teams' **feet**
  - › You must slide the bean bag from **behind** the throwing boundary line
2. If you get hit, you go to the '**jail**' catching zone behind the other sides' half
3. When in jail, a player from your team must successfully **throw** one of the balls over to you to catch without dropping it
  - › If you catch it, you come out of 'jail' back to your teams' side
4. The first team to put all the other team out in jail wins (or the team with the most players still in the game after time is up, wins)

### Variations

- **Kick it:** Instead of sliding, put out soft rubber balls to **kick** to get the other team out (must hit the player below the waist)