



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.

