



Stay Active with Skyhawks!

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Lesson #4: Coordination

Introduction to Coordination for Six Years and Older

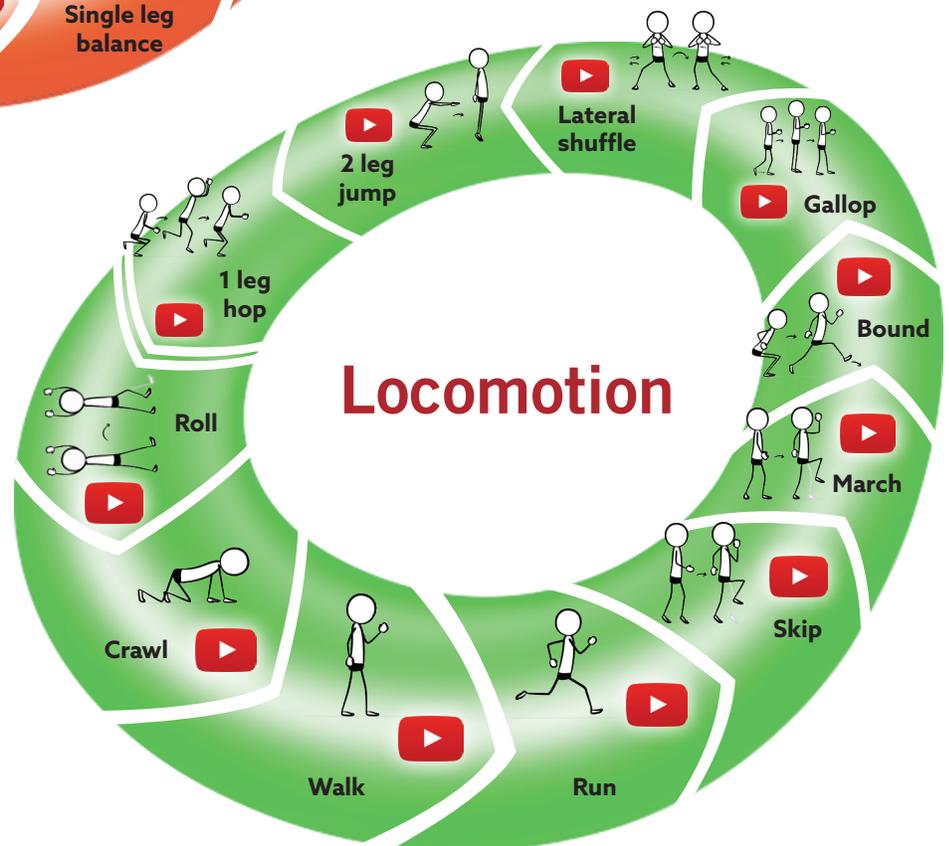
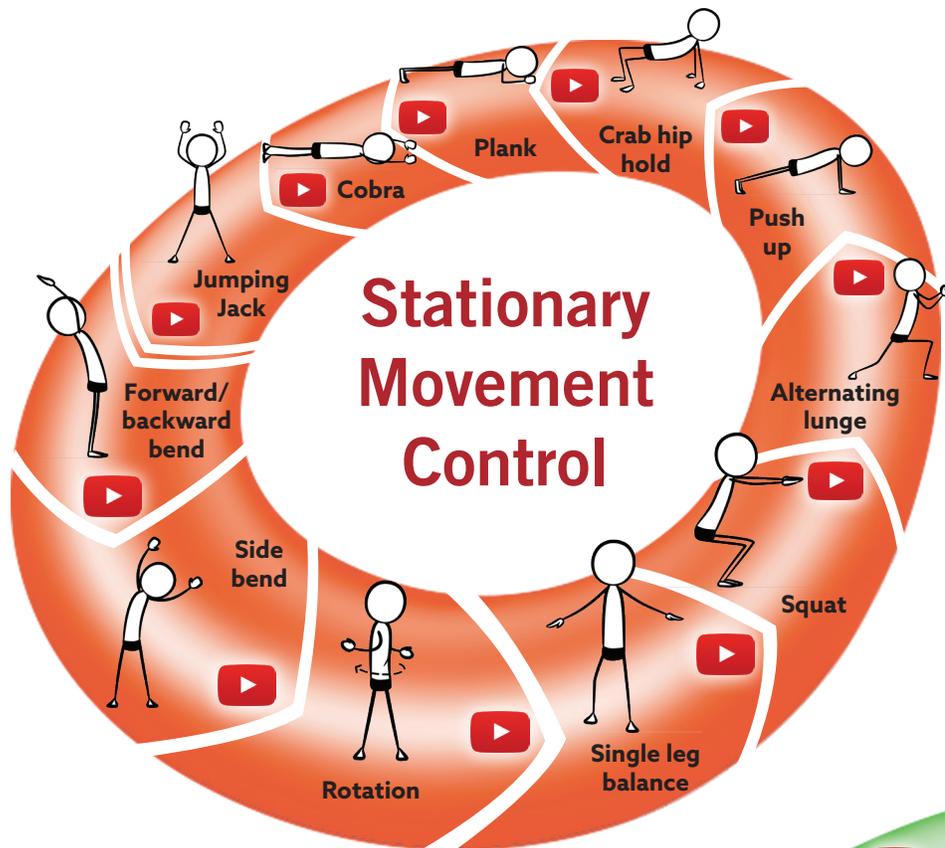
Our focus in today's "Stay Active with Skyhawks!" lesson is all about building coordination. In simple terms, coordination is the ability of the brain and body to communicate and accomplish a task in the most effective, efficient way possible. This is obviously an important aspect of becoming a competent, confident athlete in any sport or physical activity.

Developing coordination requires a lot of experience with a wide variety of physical activities starting at a young age. First, children must learn to use and rely on their sensory system to take in information quickly, then respond with the right movement strategy. As children get older, they practice and refine these movement strategies so they happen faster and more smoothly.

Assuming a child has been active starting at a young age, six-year-olds and older should be able to start refining the different skills they've learned through guided practice. Training coordination at this age still involves introducing new skills but taking time to refine both new and familiar skills

For example, a seven-year-old should know the basic pattern for skipping. The training goal then becomes to refine aspects of skipping like proper arm swing, foot contact on the ground, and other technical components of the skill. Additionally, they should learn to skip correctly in different directions, in different game conditions, and in response to different cues (reaction).

Fundamental Movement Skills



Dynamic Warm Up (5 Minutes)

Movement Sentences

Transitioning from one movement to another efficiently requires a great deal of coordination. In this warm-up, pair 3 movement words together. Instruct the athletes to transition from one movement to another, repeating for 10 seconds.

Feel free to use “abstract” movement concepts like some of those in the examples below. This provides movement “problems” for the kids to solve. This helps build the adaptability needed for agility.

- Skip, Roll, Jump (repeat for 10 seconds)
- Push Up, Lateral Shuffle, Cut (repeat for 10 seconds)
- Gallop, Squat, Spin (repeat for 10 seconds)
- Run, Stop, Accelerate (repeat for 10 seconds)

Movement Variables

Start by having your child perform a fundamental movement skill for 5 seconds. After that, add an extra “movement variable” to that movement. Provide just enough instruction for your child to understand how to perform the movement and what the added variable looks like.

Skip (5 seconds), Loud Feet (5 seconds), Quiet Feet (5 seconds), Big Arm Swings (5 seconds), Small Arm Swings (5 seconds), Skip (5 seconds)

Jump (5 seconds), Legs Narrow (5 seconds), Legs Wide (5 seconds), Side to Side (5 seconds), Forward and Backward (5 seconds), Jump (5 seconds)

Push up (5 seconds), Hips High (5 seconds), Hips Low (5 seconds), Moving (5 seconds), Push Up (5 seconds)

Lateral Shuffle (5 seconds), Hips High (5 seconds), Hips Low (5 seconds), Feet Touch in the Middle (5 seconds), Feet Do Not Touch in the Middle, Lateral Shuffle (5 seconds)

Sensory Preparation

As young athletes begin to understand their basic body parts and what these body parts do, it becomes important to incorporate vocabulary that will be used to teach specific skills.

Today, your child will be learning the specific coordination for doing a high-level skip, so she will need to understand the following coaching cues while performing a march or skip.

- Bounce on the toes
- Bounce on the heels
- Bounce on the ball of the foot
- Skip with thigh below parallel to the ground
- Skip with thigh above parallel to the ground
- Skip with the thigh parallel to the ground
- Bend arms to 90 degrees at the elbow
- Bend arms less than 90 degrees at the elbow
- Bend arms more than 90 degrees at the elbow
- Swing hands from back pocket to nose
- Swing hands from behind body to the top of the head

Skill Development Activity: Skipping

Skipping is an important predecessor to proper running technique. The more advanced coordination to develop the rhythm and body position involved with skipping is an important aspect of coordination for kids to develop.

Key elements of high-level skipping include:

1. Arms bent to 90 degrees
2. Hit the ground with the ball of the foot
3. Bring the thigh parallel to the ground

Do the following activities to reinforce the coordination necessary for high-level skipping:

- [Robot Arms](#) (4 sets of 10 seconds)
- [Popcorn Jumps](#) (4 sets of 10 seconds)
- [Moon Meter](#) (4 sets of 15-20 yards)
- [Skip](#) (4 sets of 15-20 yards)

Coordination Activity #1: Kick, Punch, Catch

This game requires kids to quickly react and coordinate a movement.

Equipment needed: ball or balloon

Coordination Activity #2: Quick Feet Reaction

This activity requires kids to respond to by immediately responding to coach's prompts.

- Perform four sets of 15-20 seconds

Coordination Activity #3: Quick Feet Reaction Opposites

After your child has performed the above activity for four sets of 15-20 seconds, introduce the coordination challenge of "opposites". In this case, the athlete is instructed to move to the opposite direction of what the coach designates.

- Perform four sets of 15-20 seconds

Coordination Activity #4: Movement Circuit

These circuits highlight developing the strength and coordination to transition from one movement to the next.

Do the following circuit three times

- [Push Up and Roll](#) (30 seconds)
- [Alternating Cone Reaches](#) (30 seconds)
- [Split Squat](#) (30 seconds each leg)
- [Crab Hip Holds](#) (30 seconds)

Today's Challenge: Jumping Jack Challenge

Can you do 20 jumping jacks, touching your hands together over your head, in 10 seconds?

Thank you for playing today! Next week, our lesson is all about developing speed. Until then, let's stay active, eat healthy, and sleep well so we can succeed in sports and in life!