

OBJECT  
CONTROL

# FROM TEAMWORK TO GLORY

FEATURED ATHLETES



QUINN  
SOCCER



BLAIR BANN  
VOLLEYBALL



SCHOOL PROGRAM

*Teamwork happens when a group of individuals  
is united behind a shared goal.*

# ICE - BREAKER

## Feet compete

Today's Olympic value is teamwork. Teamwork is apparent throughout the Olympic Games as athletes, coaches and support staff work together towards the goal of performing at their best.

**Activity Type:** Circle Game

**Group Size:** Large group (of 5 or more)

**Age Group:** 6-12

**Length of Activity:** 10 minutes or more, make sure to cut the activity at the peak of enjoyment

**Objective:** To have fun and get participants to work as a team to complete a common goal.

**Equipment:** 5 different sized balloons

### BEFORE YOU START

1. Discuss what teamwork in sport looks like. How might this look differently depending on the type and level of sport? Is teamwork specific to sport, or is it applicable in other environments?
2. Make sure everyone understands how to play, and remind everyone to work together (i.e. communicate, respect others personal space, etc.).

### SET UP

- Participants should form one large circle (sitting).
- Instructor gives one participant a balloon between their feet.

## How to Play

- The participants work together to pass the balloon around the circle, only using their feet. If the balloon touches the ground before reaching the end, go back to the beginning and try again. Once the balloon makes it around the circle, go back the other direction.
- Depending on age and skill level of participants, add additional challenge by:
  - using different sizes of balloons,
  - having multiple balloons going at once, or
  - laying down (increased difficulty for core strength).
- To practice communication skills, have participants say a fun fact about themselves every time they pass the ball.



SCHOOL PROGRAM

# WARM - UP

## Like an olympian

**Group Size:** Large group (of 5 or more)

**Age Group:** 6-12

**Length of Activity:** Spend 10 minutes or more for the warm-up. Cut the activity at the peak of enjoyment.

### OBJECTIVE

To have participants attempt a variety of warm-ups performed by Olympic athletes.

### EQUIPMENT

10 cones

## Warm-Up Like...

A SOCCER PLAYER	A FIELD HOCKEY PLAYER	A TENNIS PLAYER
<p>Set up 5 pairs of cones in a straight line over 20m.</p> <p>Participants get into 2 lines, jog past all cones, jog back.</p> <p>Alternate sprinting 2 cones forward, and 1 cone backwards until they reach the end of the course.</p> <p>Walk forward while bringing the knee up from the middle and out to the side with the foot flexed with each step to open up the hips (open the gate).</p> <p>On the way back, bring the knee up from the side and into the middle with the foot flexed with each step (close the gate).</p>	<p>Set up two cones beside each other 1m apart.</p> <p>On “go”, participants jump on one foot from side-to-side between the cones landing on the opposite foot (skater bounds) for 20 seconds.</p> <p>Alternate skater bounds with other exercises like squats, planks or push-ups.</p>	<p>Set up one cone 15m in front of a start line.</p> <p>Participants do forward walking lunges for 15m.</p> <p>Next try side lunges, stepping to the side. Try them on both sides.</p> <p>Lastly, try backward walking Lunges.</p>



SCHOOL PROGRAM

# FEATURED Athletes

## FROM FIGHTING FOR EQUALITY TO GLORY

### QUINN

#### SPORT: SOCCER

In 2020, 25-year-old Quinn made public that they are transgender and non-binary. Quinn is now the first openly transgender and non-binary athlete to win an Olympic Gold medal. They are paving the way for transgender athletes everywhere, and has been a role model supporting other transgender and non-binary athletes on their journey. With a Gold medal win, they are able to live their truth and celebrate this victory on the global stage.



Photo by Leah Hennel/COC

## FROM WORKING TOGETHER TO GLORY

### BLAIR BANN

#### SPORT: VOLLEYBALL

Blair Bann first started playing volleyball at 14 and was on the 5<sup>th</sup> place team at the Rio 2016 Olympic Games. He plays a special role with the team as the libero. This defensive position receives the serves and leads the back row. The libero doesn't usually get the same profile as the players that make the dramatic point earning spikes, but the libero is one of the most important positions on the team. Without Blair, Team Canada didn't head to the Tokyo Games with a chance to win a medal.



Photo by Leah Hennel/COC

## Physical Literacy Tip

### STRIKING (KICKING)

When you think about all the sports and activities that use our hands to control objects, they far outweigh our feet. However, we don't want to miss out on opportunities to participate in fun foot control sports such as soccer.

Kicking a soccer ball is a skill that uses a lot of foot-eye coordination. To be successful at kicking, you should step into the kick with your non-kicking foot so that it is next to the ball, swing your kicking foot back, strike the ball with the inside laces of your shoe, and follow through in the direction you want the ball to go. A good way to practice your kicking is by kicking a ball at various targets. Start with bigger targets close to you, and as you get better move the targets further away and use smaller targets. For an added challenge, try kicking with your non-dominant foot.

Soccer is one of the most popular sports in the world and doesn't require much equipment to play. Improving your foot-eye skills will give you the confidence and motivation to play this great sport!

## OBJECT CONTROL

# GAME #1

OBJECT  
CONTROL

## Knock Overs

### OBJECT

To kick all the targets over as a team.

### EQUIPMENT

- Balls and targets (e.g. bowling pins, foam blocks, empty cereal boxes, etc.)

### SET UP

- All participants stand in the middle of the gym or playing field.
- Place an equal number of targets (12 or so) on the end line.
- Everyone has a ball at their feet.

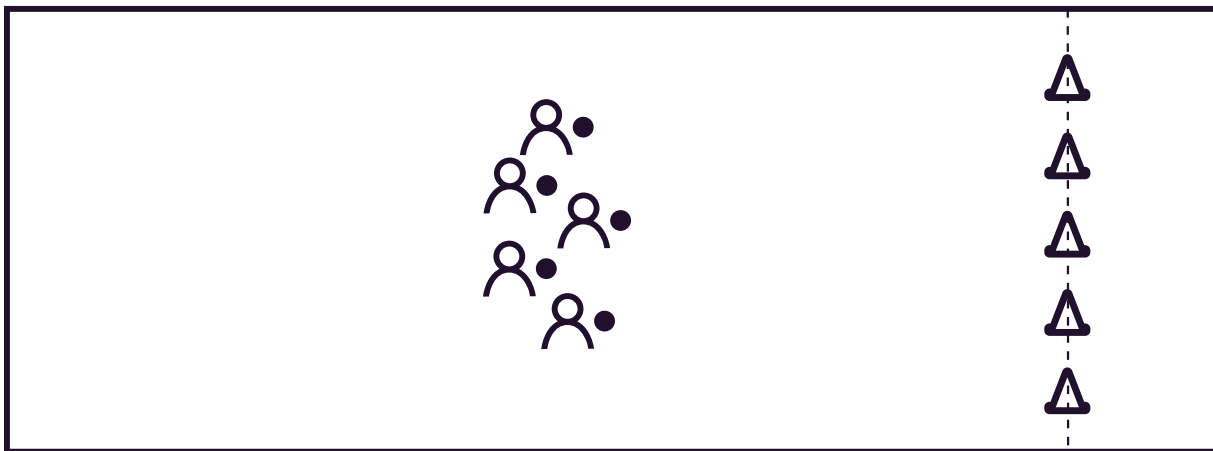
### RULES

You have to use your feet only.

## How to Play

- On “go”, participants kick their ball trying to knock over one of the targets. This counts as one try for the team.
- Once everyone has kicked, participants collect their ball, return to the middle and wait for the instructor to say “go” again. This will be their second try.
- The object of the game is to knock all the targets over in the least number of tries as a team.
- Once all targets are knocked over reset them and begin a new game.
- For added challenge try kicking with a non-dominant foot, smaller targets, and/or targets that are further away.

### DIAGRAM



### COACHING

Good cue words to coach kicking are “kick with your laces” and “follow through towards the target”.



SCHOOL PROGRAM

FROM TEAMWORK  
TO GLORY

# GAME #2

OBJECT  
CONTROL

## Balloon Battle

### OBJECT

To strike a balloon with your hands over the net to the other team's side.

### EQUIPMENT

- Balloons
- Nets (e.g. a volleyball net or a rope across the playing area)

### SET UP

- Set up nets and have teams of 5-6 on each side.

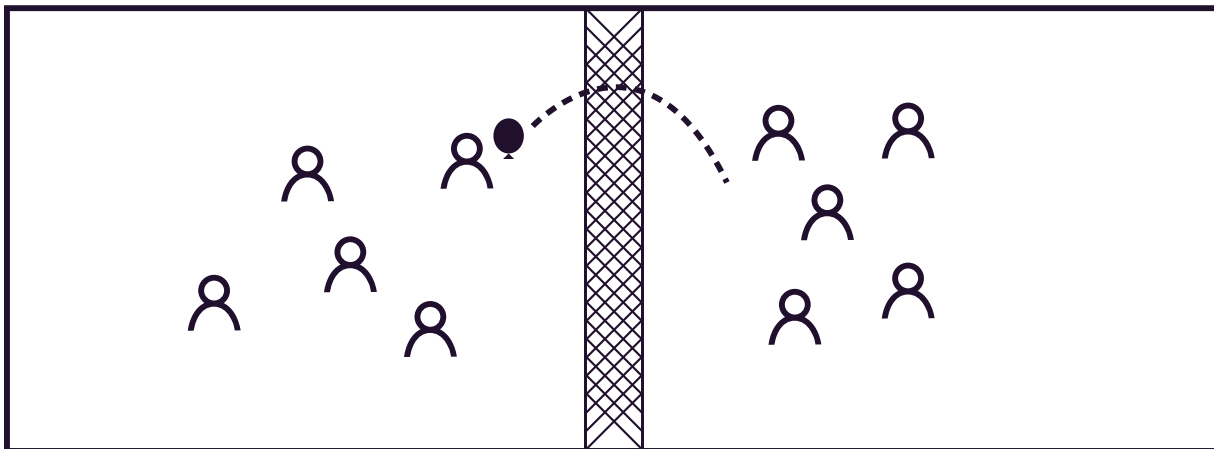
### RULES

A participant cannot strike the balloon twice in a row.

## How to Play

- Teams strike the balloon over the net as many times as possible using their hands.
- If it hits the floor of the opposite team your team gets a point.
- Try adding an extra balloon for added fun.

### DIAGRAM



### COACHING

Good cue words to coach striking with hands are “Keep your eye on the ball” and “Push the ball towards target”.



SCHOOL PROGRAM

FROM TEAMWORK  
TO GLORY