





I started with a technical warm up focusing on the basic turns so that it stays with the players. The short lines are ok here, a quick breather in between performing whilst watching someone else do it can often be beneficial. The games are all fun, feel free to try them or do your own, skip some if you need more time to just let them play at the end.

With players this young it is healthy every 4 practices or so to really lighten it up and let them have extra fun.