



# Learn at Home

The Sports Kit Activities!

## Why Home Kit?

The Pandemic is preventing young people from playing outside. It is leading to many physical and emotional issues.

Young people urgently need an alternative solution to overcome their physical and emotional issues. Learn at Home activities help create a safe space for young people to continue their play at home, to be fit and adopt life skills to respond to the uncertainty.

## VISION



We empower young people from vulnerable backgrounds to overcome adversity and flourish in a fast changing world using a creative life skills approach.



# Facilitator Friendship Time

Spend time before and after the session interacting with young people informally, and understand how they are doing in this time

# Guide to Facilitators/ Instructors

- These activities were developed considering the pandemic situation. Do use these activities to keep young people physically and emotionally engaged. Conduct an activity once per week.
- These activities were designed for young people between 8 to 14 years of age. You will be required to provide challenges according to each child's age.
- Read the instructions clearly and understand their meaning before administering the program.
- You can modify the activities according to your participants' needs.

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# 1. Soccer Bowling

## Check in - Compare yourself with colour which represent your mood for the day.

Warm Up (7 to 10 minutes) – Mindfulness

Light spot jog (30sec)

- Stand in an open space which allows you ample room to move around.
- Start jogging for about 30 to 40 seconds in place.
- After 30 to 40 seconds, relax and prepare for the next activity.

High Knees (15 sec)

- Get into the same position as you did while doing light spot jogging.
- Now slowly lift your right knee up to your stomach and then bring it down. Do this for both the legs alternately.
- Do this for at least 15 to 20 seconds on each side.
- Rest for the next activity.

### Butt Kick (15 sec)

- Begin by standing with your feet about hip-distance apart, with your arms at your side.
- Slowly bring your right heel to your buttocks by contracting your hamstring.
- Bring your left heel to your buttocks.
- Do this for at least 15 to 20 seconds.

### Forward Lunges and twist (10 counts)

- Stand with feet shoulder-width apart.
- With your right foot forward, step into a basic lunge position.
- From your midsection, twist your upper body to the right.
- Do this for 10 to 20 seconds.

### Squats (10 counts)

- Stand straight with feet hip-width apart.
- Tighten your abdomen.
- Lower down, as if sitting in an invisible chair.
- Straighten your legs to lift back up.
- Repeat the movement.
- Do this for 10 to 20 seconds.



# Activity: Soccer Bowling

## Materials.

1. Ball
2. Waste water bottles.

## Instructions for main activity

### Level - 1

- Arrange 7 to 10 water bottles in triangle shape.
- Stand 4 to 5 yards from the bottles.
- Try to hit the bottles with the ball for about 10 shots using your inner foot.
- Calculate how many bottles have fallen with each shot and keep score for yourself.

### Level – 2 (Progression)

- Keep five bottles horizontally and continue the game.
- You can use single bottle to make even more challenging.

# Reflection

What was your experience?

Evaluate yourself in two lines:

1. What was difficult for you in this activity?
2. What did you learn from this activity?

## 2. Dream Tour



# Materials



- Piece of paper (10-15)
- Ball
- Skipping

Check In – If you're born as an animal, which animal would you like to be?

Warm Up – Mindful Check in

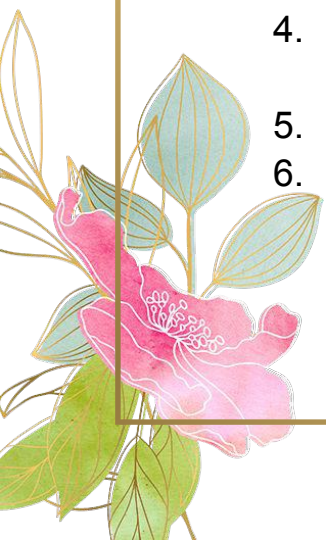
- This exercise can be done by students anywhere and at any time. Teachers must guide the students to stay present in the activity by being free from thoughts.
- The students may be invited to sit in a comfortable position, following which they can close their eyes. If anyone experiences any difficulty in keeping their eyes closed, they can gaze downwards.
- Hands can rest either on the lap or the desk.
- Conduct the activity for a duration of 3 minutes.
- Inform the students to be aware of the sounds around them. Allow them to do so for 30 seconds.



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- Focus should now be shifted to the breath, feeling the flow of air with each inhale and exhale.
  - The rhythm of breathing should be fixed.
  - Ask the students to focus on when they are inhaling and when they are exhaling, noticing differences between the inhale and the exhale. Are these breaths cool or warm, fast or slow, light or deep?
  - Now bring back the awareness of the students to the physical sensation of sitting. They may slowly open their eyes and take the time to readjust.
- 



## Main Activity:

1. Draw a big square or rectangular box where football can be played.
  2. Keep the ball in the middle of the box and think of it as the Earth.
  3. Name each corner of the box by using letters of the alphabet (ABCD).
  4. Take small pieces of papers (10 to 15 pieces) and think of all the things that you like most in this world . They may be places, things, festivals, etc. that you would like to see.
  5. Write each word you were thinking about on individuals pieces of paper.
  6. Stick the words which you have written on the ball.
- 

## Step -1

- A. Choose any side of the rectangular box.

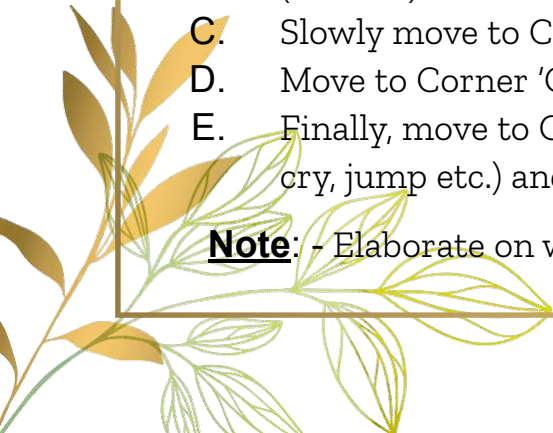
Sit down at the side which you have chosen. Try not to move from the chosen side but you have to be able to see the football.

Note: - Write down the words which come your mind while observing the football (World).

## Step-2


- A. Walk along all the sides of the box.
- B. Stand at corner 'A' and take a skipping rope. Do 10 skips swiftly and see the world (football). Note down your observations.
- C. Slowly move to Corner 'B' side and do 5 push ups. Observe the ball..
- D. Move to Corner 'C' and do 5 high jumps. Observe the ball.
- E. Finally, move to Corner 'D' and do anything that feels right for 5 seconds (dance, smile, cry, jump etc.) and pay attention to the ball once again.

Note: - Elaborate on what observations you had made while looking at the ball.

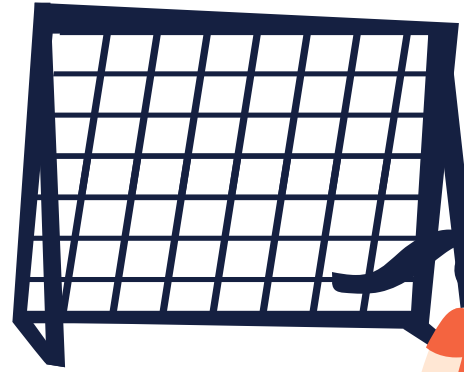




# Reflection

1. What did you observe or notice while sitting in one place?
  2. What did you learn while walking around all 4 sides/corners?
- 





### 3. Football Home Activity



## Check in:

If you could be any sports person, which sport would you want to play and why?

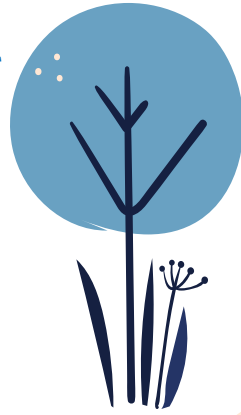


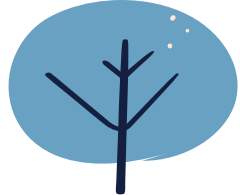
## Warm up: Mindfulness Breathing

- The students may be requested to be seated in a comfortable position.
- Spread five fingers of one hand. The hand will look like a star. This is meant to be the student's star hand.
- Use the index finger of their other hand to draw the outline of the star hand.
- Take a deep breath, and while inhaling, take the index finger of the second hand from the bottom to the top of the thumb of the star hand.



- While exhaling, the students should be asked to bring the index finger of the other hand from the top of the thumb of the star hand to the space between the thumb and the index finger.
- Inhale deeply and make the outline of the index finger of the star hand in a similar manner.
- While exhaling, make the outline from the top of the index finger to the base of the second finger.
- Ask the students to repeat this pattern and trace the fingers of the star hand for five slow, deep breaths.
- Repeat the process with the other hand.

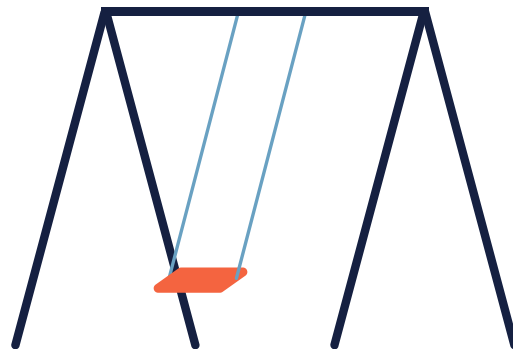




## Main Activity

Topic: - Favourite sports

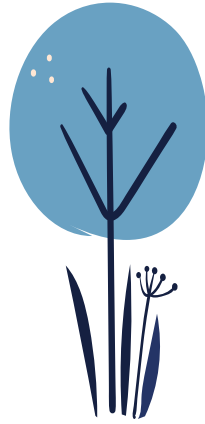
Life Skill Focus: Reflection on favourite sports



**Main activity:** The students should draw a court of their favorite game or they can write an essay on their favourite sport or sportsperson.

- Invite the students to the forum.
- Provide basic art supplies, such as sketch pens, pencils, crayons, A4/A3 colored or white sheets, a ruler if available.





- The students must focus on the sport of their choice, or on the essay they are writing.
- Provide 15 to 20 minutes of time. (To draw or write)
- Following this, gradually conclude the activity.
- Allow students to share and communicate their experience and thoughts with each other.



## Reflection:



1. How was the session?
2. What happened when you were drawing or writing about the particular topic?
3. Is there something that you wanted to share about your own experience related to the sports which you have drawn?
4. What was one lesson from the session?



## 4. Towel Fold Target



# Check in: what helps us to reach our goal easily?

Warm up: Ball Mastery

Fast Feet

- Place the ball between your feet with your legs shoulder width apart
- Slightly bend your knees
- Pass the ball between your feet as quickly as you can, using the instep

Triangles

- Start with the ball slightly in front of you
- Drag the ball back with the sole of your right foot at an angle so your legs are shoulder width apart
- Pass the ball across to your left foot using the instep of your right
- Pass the ball forward at an angle with your left foot
- Stop it with the sole of your right foot and continue the process
- Do the same exercise but now start with your left foot







## Inside-Outside

- Start with the ball slightly in front of you
- Play the ball sideways with the instep of one foot
- With the other foot play the ball in the same direction with the outside of the foot
- Then use the inside of the same foot to pass the ball back in the opposite direction
- With the other foot, play the ball in the same direction with the outside of the foot
- Use the inside of the same foot and continue the exercise

## Drag-Push

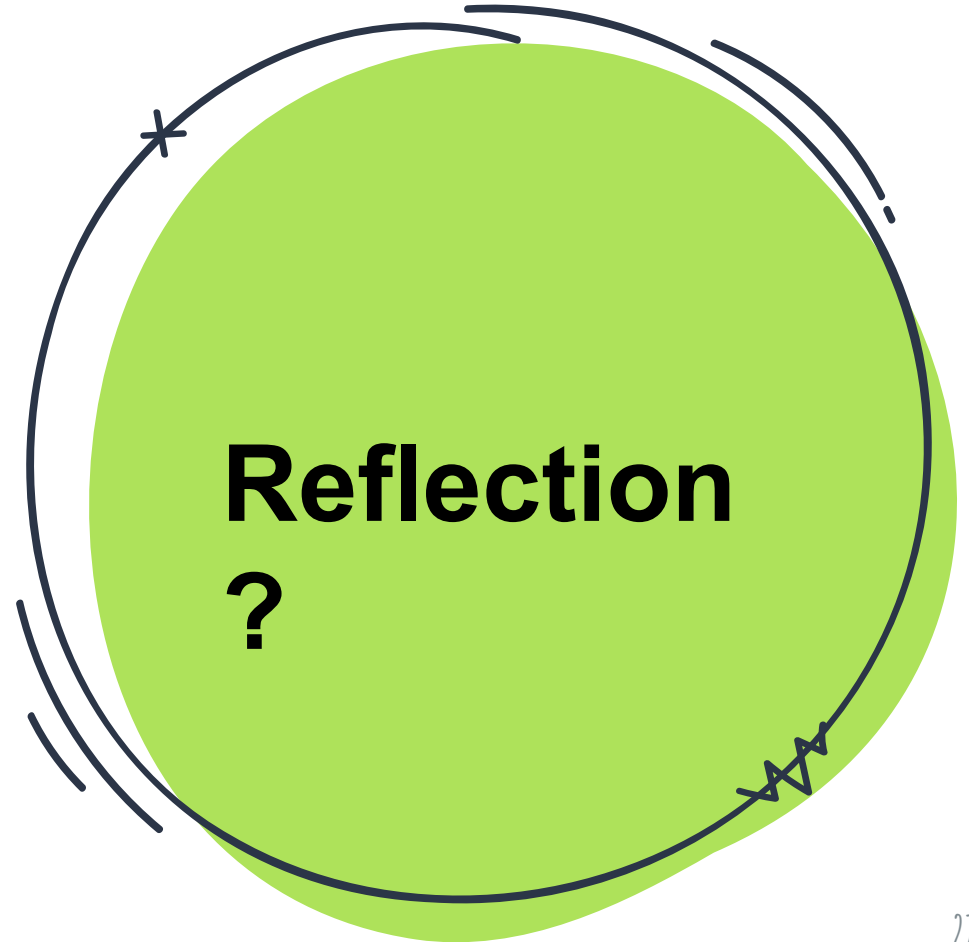
- The ball starts in front of you, drag the ball back using the sole of your foot
- Then push the ball forward at a slight angle using your laces
- Stop the ball with the sole of your other foot and quickly pull the ball back
- Push it forward again at slight angle and continue process.

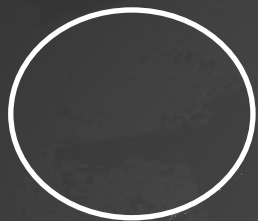
# Main activity

- Place a large towel on the floor.
- Stand 5 feet away from the towel.
- Push a ball with your foot towards the towel.
- Fold the towel in half and place it back on the floor.
- Maintain the previous distance of 5 feet and push the ball towards the towel again.
- Repeat the process as you continue to fold the towel smaller and smaller.

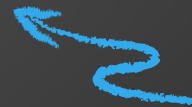


- How was the session?
- What was the lesson in this session?
- How is the session applicable in daily life?





# 5. Balance The Ball



If you have a time travel  
machine, when and  
where would you want  
to be?

**- Check In -**

# Warm Up:

## Arm Movement –

- For beginners, the first big challenge is to stand on one foot on a soft surface. The importance of feet in maintaining balance is realised when the arms are started to be moved.

## Head position –

- The position of the head is very important for body stability. Changing head position leads to a compromised state of balance. This is where spatial awareness comes into play.





## Running movements –

- Executing basic running movements on a mat also trains spatial awareness. The feet feel the soft surface, and the player learns to adapt his running technique to the changed surface.

## Leg movements –

- With techniques such as shooting, passing and controlling the ball, players briefly stand on one foot while the other leg is in motion. This requires the entire body to maintain a relaxed and stable position.



## Main Activity Instructions:

- Find an empty space.
- Take a football and another smaller ball with you.
- Try to balance the small ball while placing it on the football for the first 10 seconds.
- Now try this in the next level by doing the same thing, but now increase the time limit to 15 to 20 seconds.
- Now try this with even more difficulty (Try to balance the small ball over a football for more than 20 seconds)
- Try doing this for 3 to 4 times until you succeed.

Watch this video for your reference

([https://nacfun.com/share.php?vid=trending\\_821](https://nacfun.com/share.php?vid=trending_821))





# 6. Floating Balloon



## Check In:

What kind of balloon are you today? (It could be of any shape, colour or size)

## Warm Up:




- Sit in a comfortable position, and allow the eyes to close. If there is difficulty in maintaining closed eyes, the gaze can be taken downwards.
- Focus on all sounds and background noises around you. Let them come and go naturally.
- Do this activity for 1-2 minutes.
- Gradually concentrate on the silence between these sounds. Carefully feel the silence and focus on it.
- Bring back your awareness to this silence each time your mind wanders away from it. Allow time up to 2 minutes for this purpose.





## Main activity

Materials: Balloons 10 pcs.

- The aim of this game is to keep the balloon in the air without letting it touch the ground.
  - Start with one balloon and try to keep the balloon floating in the air for 2 minutes.
  - Now try to keep 2 balloons floating in the air for up to 3 minutes.
  - Gradually add more balloons to increase the challenge.
  - To raise the difficulty of the challenge even further, use your head rather than your hands to keep all the balloons from touching the ground.
  - Remember that if any balloon falls down, you need to start from the beginning.
- 



## Reflection?

1. What happened during the activity?
2. Have you tried this before anytime?
3. In your own words, how can you relate the balloon to yourself?



## **7. 7-Up Ball Game**



Check In - If you had a superpower, what would you want to change first?

To play the 7-Up ball game, all you need is a smooth, flat surface (a wall or a floor) and a bouncy ball. If you have a safe, open indoor space (without breakables), you can even play 7-Up inside.

### Warm Up –

The coach should stand in a position so the entire group can see him clearly.

The Rule: If the coach says "Do this" the group does not react. If the coach says "Do that" then the players must instantly mimic the coach's movement. The coach should be creative and perform a variety of different moves such as;

- Both arms out to the side and both arms out to the front.
- Kneel on one leg, both legs.
- Sit down.
- Stand up.
- Move a finger, elbow, etc.
- Make up your own moves.

Materials : Bouncy ball, such as a tennis ball or soft, small rubber ball

Where to Play: Garage, basement, driveway, playground, school yard



# Instructions:

- **Sevensies:** Bounce the ball against the wall seven times. Catch it on the seventh time.  
*No-wall version:* Bounce the ball against the ground seven times.
- **Sixies:** Bounce the ball against the wall and then allow it to bounce once on the ground before you catch it and throw it again. Repeat six times.  
*No-wall version:* Throw the ball up in the air six times (no bounces).
- **Fivesies:** Bounce the ball on the ground five times.  
*No-wall version:* Bounce the ball on the ground five times, but throw it hard enough so it bounces up over your head. Catch on the way down.
- **Foursies:** Bounce the ball from the ground to the wall and then back to you (this is the opposite of what you do for Sixies). Repeat four times.  
*No-wall version:* Throw the ball up, let bounce, then catch. Repeat four times.





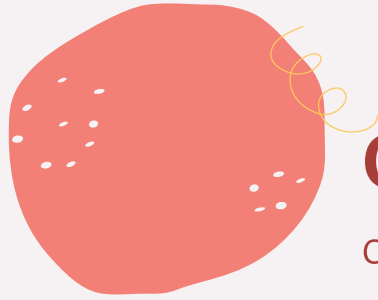
- **Threesies:** Bounce the ball on the ground first, then use your palm to bat the ball against the wall, then catch it before it bounces on the floor again. Repeat three times.  
*No-wall version:* Bounce the ball, then hit it down again before catching. Repeat three times.
- **Twosies:** Toss the ball under your leg and bounce it off the wall, then catch. Repeat.  
*No-wall version:* Bounce the ball under your leg, twice.
- **Onesies:** Throw the ball against the wall, spin around completely (360 degrees), then catch the ball before it bounces.  
*No-wall version:* Throw the ball up in the air, do your spin while it falls and bounces, then catch.
- If you want to keep playing then repeat the whole process, but add in a clap of the hands between each throw/bounce. Then add two claps, and so on. Change to a finger snap, a knee lift, or some other move. There is plenty of room for creativity.

## **Reflection:**

1. How do you rate yourself and the activity between 0 and 10?
2. What was difficult about this activity?
3. What is one thing about the activity that helped you or inspired you?
4. What lesson do you want to take back to help others?

The background features several decorative elements: a dark teal leaf-like shape in the top-left corner; a red scribbled shape with thin red lines extending from it; a yellow flower with a thin stem and leaves in the bottom-left; a red spiral in the top-right; an orange leaf with a small red dot above it in the top-right; and a large teal circle with small white dots in the bottom-right.

## 8. I Can Dance



**Check in:** What dance move would you choose to express the way you are feeling today?

Warm Up – Please use the video link to follow the instructions

<https://www.activekids.com/soccer/articles/10-dynamic-warm-up-exercises-for-youth-athletes>



# Main activity

Material required: Music(Zumba-type, etc.), space and a variety of objectives.

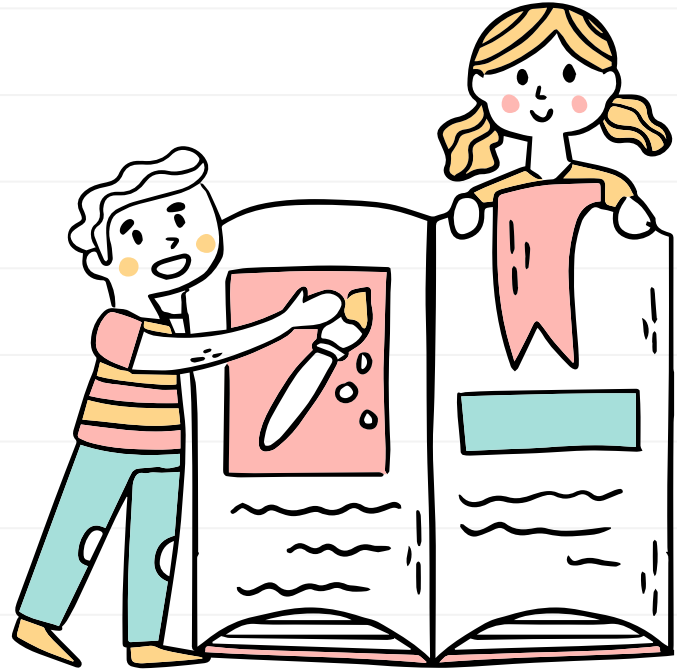
- Create your own dance step using any kind of ball along with any sports tactic known to you.
- Then try the second step of the sports tactic and turn it into a dance step.
- Bring the first step and second step together and practice
- As you practice, try taking it to the next level. You can use Juggling, High knees, Butt kicks, etc.
- If you think creatively you can add more objectives (from ocean fish dance, tortoise dance, and etc), animal moves etc., make one complete dance out of it and see the complete version in a recording.



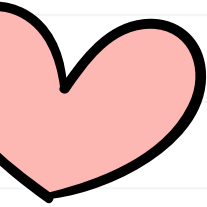
## Reflection?

1. Discuss your feelings during the activity.
2. Did you feel nervous or shy during the dance?
3. What are your thoughts that you want to share with others?

## 9. Solo Balloon Volleyball







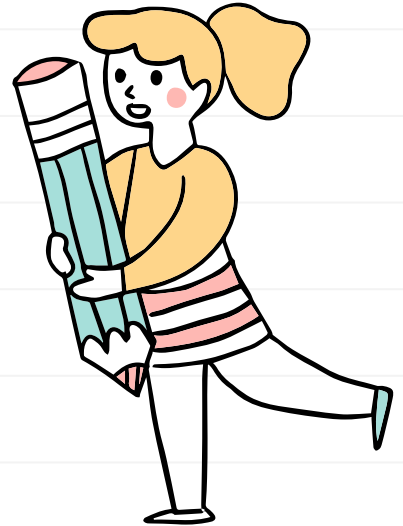
## **Check In:**

What is unique about you?



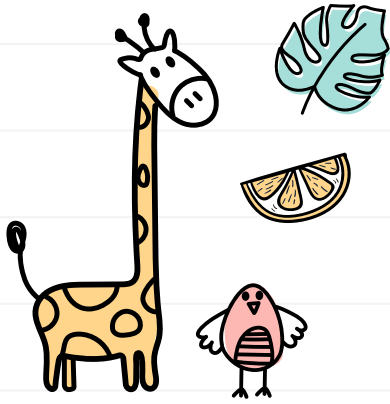
## Warm Up: 5 core exercises for beginners

- 1 Superman: Lie on your front, with your arms and legs extended.
- 2 Bridge: Lie on your back, with your legs bent to 90 degrees, your feet flat on the floor. Raise your hips off the floor.
- 3 Metronome: Lie on your back, knees bent and raised, shins parallel to the ground, feet lifted and arms extended to your sides.
- 4 Plank Lift - Lie belly-down on the floor or mat. Raise yourself onto your elbows. The shoulders, knees and ankles should be in a straight line. Hold yourself up with your core.



# Main Activity

Material required: Balloons and ribbons (or any kind of rope)



- Volleyball is usually a team sport, but it's a lot of fun for one, too. All you need is a balloon and (with a few boundaries set) it can be an indoor game.
- Set up a ribbon to act as a net and blow up a balloon for a ball.
- Then challenge yourself to play volleyball
- On both sides of the net! You must hit the balloon up and over the ribbon.
- Then scoot under to hit it from the other side
- And so on until the balloon wafts to the ground.

## Reflection:

1. How was the session? (Rate yourself and write)
2. One thing that connected with you today.
3. What was the learning to take away from the session?
4. How is the session applicable to daily life?





## 10. Challenge Yourself

**Check In** – What is one challenge that you had undertaken and got some kind of result out of? (Whether it ended in failure or success?)



## Warm Up –

- Sit in a comfortable position, and allow the eyes to close. If there is difficulty in maintaining closed eyes, the gaze can be taken downwards.
- Focus on all sounds and background noises around you. Let them come and go naturally.
- Do this activity for 1-2 minutes.
- Gradually concentrate on the silence between these sounds. Carefully feel the silence and focus on it.
- Bring back your awareness to this silence each time your mind wanders away from it. Allow time up to 2 minutes for this purpose.

# Main Activity



Materials required: Pen, paper, sketch pen, colours, markers, white paper, and cardboard sheet and information technology (Phone, internet, YouTube and google) etc.

- This activity brings the attention of the young person onto a specific object to try and understand its qualities and characteristics.
- Try making a simple game format by using art. Now you can start basic chess game. Try to use the art supply and make the chess board where you can use and play anytime you want.



## Reflections:

1. What was the challenge you accepted from your friends when you were with them?
2. What happened during the challenge? Share your experience.
3. Tell us something which really connected with you during the activity.
4. Who are the people that inspired you?



# 11. Theme-based Project

**Check in:** How will you correlate yourself to today's theme?



# Warm Up

- Sit in a comfortable position, and allow the eyes to close. If there is difficulty in maintaining closed eyes, the gaze can be taken downwards.
- Focus on all sounds and background noises around you. Let them come and go naturally.
- Do this activity for 1-2 minutes.
- Gradually concentrate on the silence between these sounds. Carefully feel the silence and focus on it.
- Bring back your awareness to this silence each time your mind wanders away from it. Allow time up to 2 minutes for this purpose.

- Focus should now be shifted to the breath, feeling the flow of air with each inhale and exhale.
- The rhythm of breathing should be fixed.
- Ask the students to focus on when they are inhaling and when they are exhaling, noticing differences between the inhale and the exhale. Are these breaths cool or warm, fast or slow, light or deep?
- Now bring back the awareness of the students to the physical sensation of sitting. They may slowly open their eyes and take the time to readjust.



# Main Activity

**Materials required** – Colours, cloth or chart paper, internet.

- Request the students to collect images as well as information about famous sports players that they are inspired by.
- 
- Use this information and make a theme based project out of it.
- Utilize chart paper or cloth to draw and paste images of them and write the information that was gathered.

## Reflections:

1. What were you collecting information on?
2. Who helped you in this process?
3. Is there anything that you want to express after this process?
4. How would you rate yourself for your involvement? (between 0 to 10)

## 12. Juggling the Ball







## Check in:

Imagine you have clay. What living thing would you want to create and give life to?

## Warm Up:

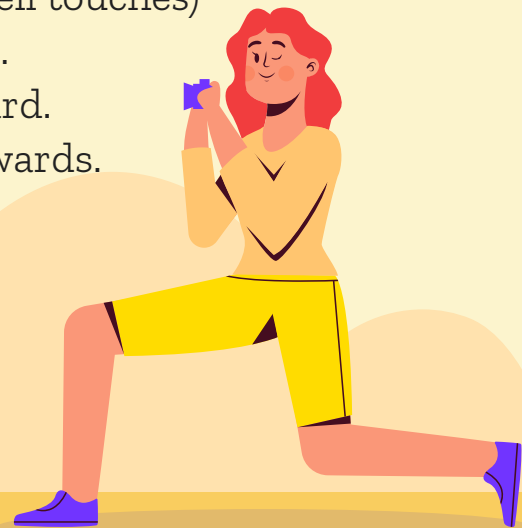
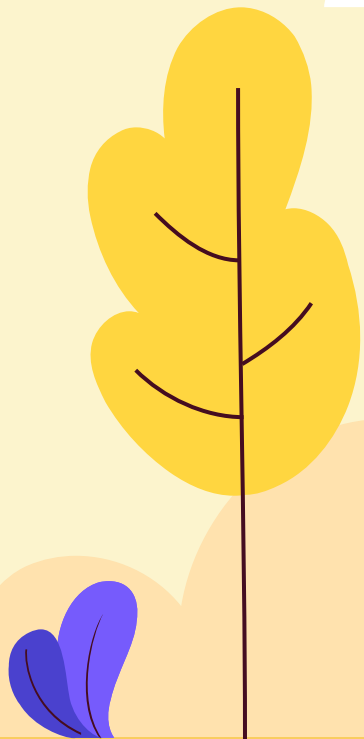
This is a great dribbling warm-up drill that will get players many touches on the ball in a short time.

Foundation side-to-side while moving forward (bell touches)

Foundation side-to-side while moving backwards.

Foundation on top of the ball while moving forward.

Foundation on top of the ball while moving backwards.



# Main Activity

## Level - 1

Hold the ball straight out in front of you so that it is at the height of your chest. Drop it and let it bounce. As the ball begins to descend after this bounce, kick it back up into the air. Try to kick it with your dominant foot hard enough that it reaches chest height. Try to kick the ball with your foot angled slightly upward. Make sure to kick the ball with your laces.

- Make sure that your laces are not double knotted at first. The ball may bounce off of your laces at a weird angle if your laces are tied in a large knot.
- If you deflate the soccer ball a little bit, you will reduce the intensity of its bounce. The ball will be easier to control and won't go flying every time you miss a kick.
- Keep your ankle 'locked' so that it stays angled and strong. A wobbly ankle leads to a wobbly kick.

## Level – 2

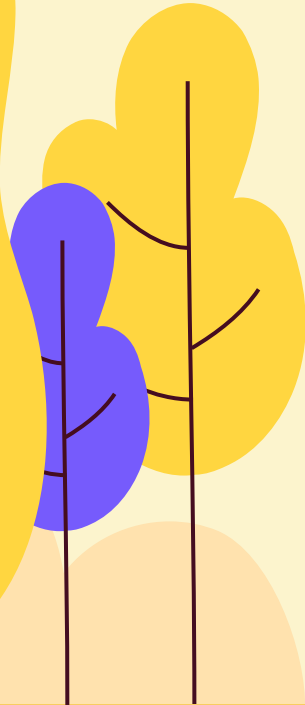
Keep your knees slightly bent. Doing this will help you have better control over the ball. Do not lock your knees. Keep the foot you are not kicking with (your controlling foot) flat and firmly planted on the ground.

- It is important to be balanced while juggling the ball. In between touches, it is risky but useful to try to re-balance yourself such that you can maintain control of how you hit the ball each time. Always try to stay balanced on your toes, ready to make quick movements. The biggest key to balancing is to keep your knees bent and your eyes on the ball.

## Level – 3

Practice until you can easily and consistently catch the ball in front of your stomach.

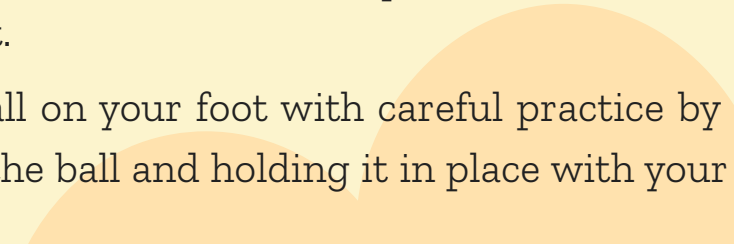
- You should not have to lean or reach out to catch the ball. Do the same with your other foot. Keep in mind that juggling with your non-dominant foot will be harder. Keep at it!





## Level – 4

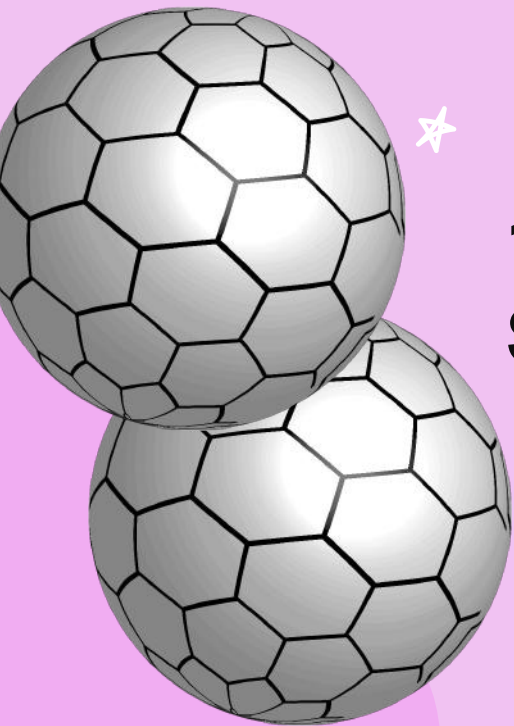
Increase the number of times you let the ball bounce off your feet.

- Instead of catching the ball every time you kick it, kick it up into the air and as it falls, kick it up again rather than letting it bounce on the ground. Try to keep the ball under control. Focus on juggling with one foot until you feel confident, then switch to the other foot. Practice until you feel confident juggling with both feet.
  - You can "catch" the ball on your foot with careful practice by cushioning the fall of the ball and holding it in place with your foot and shin.
- 

# Reflections:

1. Describe your feelings towards the activity
2. What was most engaging about this activity?
3. A lesson from the activity.



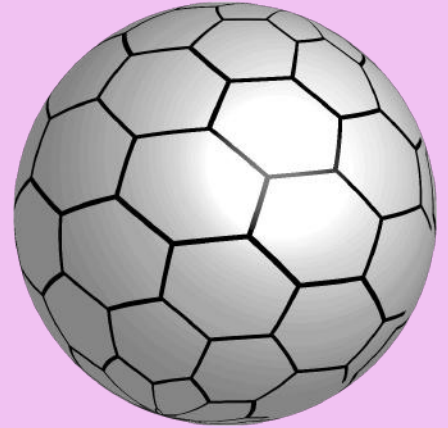


## **13. Soccer Dribbling Skills**



# Warm Up:

- *Forward Jogging*
- *Backward Jogging*
- *Side Shuffles*
- *Skipping With Backward Arm-circles*
- *Two Foot Jumps*
- *Single Leg Hops*
- *Forward Lunges*
- *Backwards Lunges*





# Main activity

## Level 1 - Closed-Space Dribbling Drill

- Place three cones on the ground in a triangle or line, spaced 2 feet apart.
- Dribble the ball between the cones, using all surfaces of your feet.
- Perform quick touches to guide the ball around the cones in a controlled pattern.

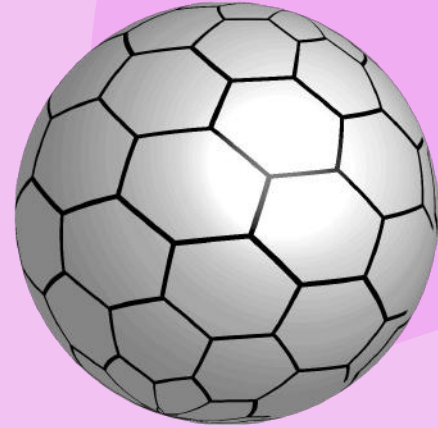
Sets/Duration: Perform daily for 10-15 minutes

## Level 2 - Cone Drill

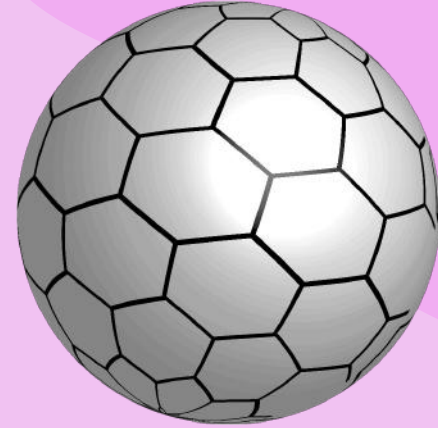
- Line up six to 10 cones 5 yards apart.
- Weave through the cones, dribbling the ball with the inside of your feet.
- Repeat the drill alternating between the inside and outside of your feet



## Level 3 – Eye fold dribbling



- Line up the 6 to 10 cones 1-2 yards apart
- Use a scarf as a blindfold
- Now dribble the ball between/through the cones.
- Practice until you succeed
- Try not to touch the cones.



## Reflections:



1. How were all three levels for you?
2. What is the challenge that you felt while doing blind folded dribbling ? Was it easy or difficult?
3. What is one lesson to take away from today's session?

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