

VISUAL INSTRUCTIONS



Visual instructions show players how to do a skill or activity step-by-step with pictures and short statements. This can help them understand how to do the task. You could put the visual instructions on a flipchart or whiteboard, or even have smaller cards or sheets for players to refer to. Two examples are provided below, as well as a blank template for you to create your own visual instructions.

EXAMPLE 1: HOW TO KICK

STEP 1

Hold the ball vertically (up and down) with your hands on either side of the ball and the laces of the ball facing forward



STEP 2

Hold the ball over the leg that you want to kick with



STEP 3

Step forward with your non-kicking leg and drop the ball



STEP 4

Point your toes and kick the ball before it touches the ground



EXAMPLE 2: HANDBALL HEROES



STEP 1

Stand behind a cone



STEP 2

Run forward and pick up the ball



STEP 3

Pass the ball to the helper in front of you



STEP 4

Run around the helper



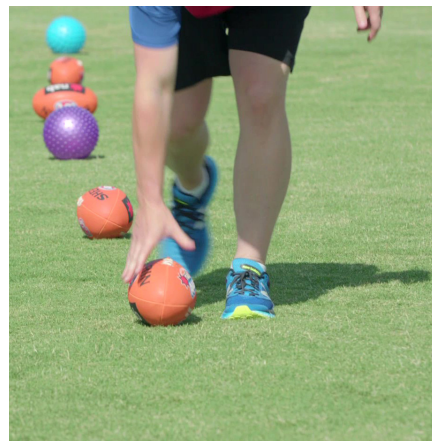
STEP 5

Get the ball back off the helper



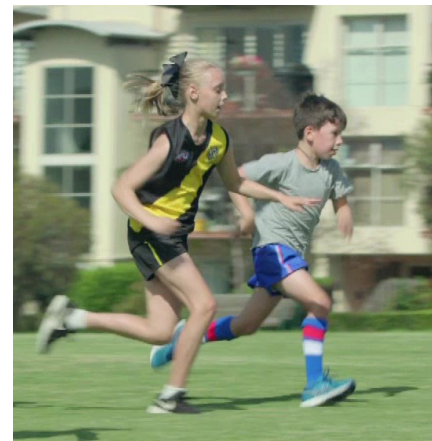
STEP 6

Put the ball down in between your cone and the helper



STEP 7

Run back to the cone that you started at



STEP 8

Stand behind the cone. Finished.



VISUAL INSTRUCTIONS TEMPLATE



STEP #	STEP	STEP	STEP	STEP
BRIEF INSTRUCTION				
VISUAL				