

U4 Practice Plan Games and Ideas

4/21/2018

Theme: Bugs

Body Awareness — activities that emphasize the use of body parts, motion, coordination, balance with and without the ball.

Target Games — activities that involve solving the objective by going from “point A to B.”

In contrast to Maze Games, these activities are more directionally defined and can be done both with and without the ball.

Maze Games — activities in which the player has the opportunity to move in a 360° or circle environment with and without the ball.

Even though the area is defined, it does not necessarily have a specific target or boundary to go to.

Large Group 10:15 - 10:25

1. Stretches and Balance

- Butterfly
- Hop like a grass hopper
- Flap wings like a bug

2. Try and encourage water breaks between all activities

Breakouts: 5-7 minutes each

1. Bug Catchers - Body Awareness

- To work on gross motor skills
- Have kids toss their ball and catch then catch it.
- Add in clapping while its in the air, make it a game of copy cat
- Take suggestions, incorporate jumping etc.

2. Busy Bees - Target Game

- Players are bees chasing the coach (beekeeper). Encourage them to buzz
- The goal is to have the kids kick the ball at the coach (their stinger)
- Ask them to keep track of how many times they hit you. (2-3 minutes)
- For subsequent rounds ask them to try and beat there previous score. The numbers don't actually matter.

3. Beekeepers Revenge - Maze / Target

- Have the kids dribble around like bees by flowers (cones scattered around) (again buzzing encouraged) until the coach "bee keeper" comes.
- When the beekeeper wakes up / turns around etc. they get back to the nest as quick as possible without getting caught (make a circle of cones)
- If the group can handle it, if kids get caught they can become bee keepers too.

4. Bug Farm - Maze Game

- Call out bugs and have the kids do different items
- Examples: Snail - Dribble slow, Grass hopper - Pick up the ball and hop around, Butterfly - flap their wings as they go
- Ant - Run and dribble, ask kids for different bugs and what they might do.

5. Ant Hill - Target

- Use small cones as ant hills (have at least enough for each player).
- Have the ants collect food (balls) and bring them back to the ant hill. The goal will be stop the ball on top of the cone