

HYS Practice Plan: K Week 1

Activity #1: Simon Says (10 mins)

Each player has a ball. Play Simon Says but without eliminations. (Just say "I got you" or something when you trick a player.)

- Make it fun. Add in goofy things like put the ball on your head, lay down, dance, etc
- Work in fundamentals: roll the ball with the bottom of your foot, dribble in a circle with the outside/inside of your foot, do tic tocs, do toe taps, bounce the ball off your right thigh, etc.

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Activity #2: Ouch (10 mins)

Each player has a ball. The coaches move around while players try to hit them with the ball below the knee. Play several rounds as follows:

- Round 1: Shoot with the inside of your right foot (2 min) – one point for each hit
- Round 2: Shoot with the inside of your left foot (2 min) – two points for each hit
- Round 3: Shoot with the laces on your right foot (2 min) – five points for each hit
- Round 4: Shoot with the laces on your left foot (2 min) – 10 points per hit

Activity #3: Get out of Here (10 mins)

Have the kids dribble the ball over to you and then pass it to you. The coach should kick the ball away and say "Get out of here". The kids run after it and then dribble back to you.

Coaching Questions: How do we pass the ball? How do we dribble the ball back?

Alternative Activity

Fishy Fishy

Line players up on one side of the field. Pick two "sharks" who will try to steal the ball. When you say "Fishy, fishy, cross my ocean," players have to dribble to the other side and avoid the sharks. If a shark steals the ball, he/she becomes a fish, and the fish becomes a shark. Play different variations where they have to use their right/left foot, where they have to roll the ball, etc.

Scrimmage (15 mins)

Break off into two games if you have enough players. If you can try to even the teams up, the goal is for the games to be close and the kids to have fun. If one team is beating the other by a lot add a player to the other team.

