

HYS Practice Plan: Pre-K Week 1

Activity #1: Fill the Cones

Spread out the cones around your field with them facing upside down. The first round the kids run without the ball and touch their foot to a cone, run back to the coach and say "One". Then they have to run to another cone touch their foot to the cone, run back to the coach and say "Two". Do this for a minute and then ask them how many they got. Next do it with a ball, they have to dribble over to the cone and roll the ball into the cone, then dribble back to the coach and say "One".

Activity #2: Ouch

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: Animal Hunt

Get four parents to volunteer (or just pick four if they don't). Spread them out to the four corners of the field. Have the kids pick an animal for each parent. The coach will say "It's time to hunt the.....Elephant." The parent will have to make an elephant sound and act like an elephant. The kids will dribble as fast as they can to that parent. Once the kids are all at that parent have them make the animal sound. Then pick out one of the other parents animals and have the kids dribble over to them.

Activity #4 : Get out of Here

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?

Alternatives: Simon Says, Red Light Green Light

