

HYS Practice Plan: Grade 1 Week 2

Activity #1: Fishy Fishy (10 mins)

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.

Activity #2: Red Light/Green Light (10 mins)

All players have a ball and dribble in a limited space. When coach says “red light,” players must stop the ball and put a foot on top of the ball. When coach says “yellow light,” players must dribble very slowly. When coach says “green light,” players dribble fast. Once players catch on to this game, add light of other colors and affix different actions to them (i.e., blue light = go in reverse, orange light = get on all fours and push the ball with your head, purple light = juggle the ball on your thigh, etc.) Let the players pick the colors and let them pick some of the actions (dance, lay on the ground, etc.).

Activity #3: Passing Gates (10 mins)

Setup four sets of two cones, three feet apart. Pair the kids off into teams of two. They get a point when then pass the ball through the cones to their teammate. First time do it with their right foots, second time with their left foots, then you can do laces, roll the ball backwards, etc. Have them go for a minute or two and count how many gates they pass through.

Alternative Activity

Fishy Fishy, Messy Backyard, Ouch

Scrimmage (20 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.

