

HYS Practice Plan: Grade 2 Week 2

Activity #1: Fishy Fishy (10 mins)

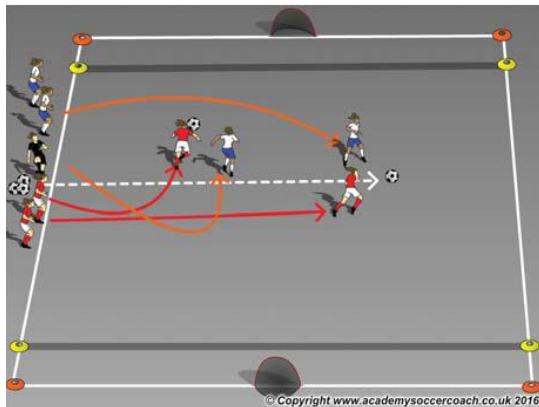
Line players up on one side of the field. Pick two “sharks” who will try to steal the ball. When you say “Fishy, fishy, cross my ocean,” players have to dribble to the other side and avoid the sharks. If a shark steals the ball, he/she becomes a fish, and the fish becomes a shark. Play different variations 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: Rumble in the Jungle (10 mins)

Split the kids up into two lines. One team tries to score on one goal, the other side goes to the other goal. The first two in line go after the ball when the coach kicks it in. While they are going, kick another ball in and the next two go. Once the first group is done (one of them scores), the coach kicks another ball in and the next two go.



Alternative Activity

Fishy Fishy, Simon Says, Messy Backyard

Scrimmage (25 mins)

