

HYS Practice Plan: K Week 3

Activity #1: Foxes vs Bunnies (10 mins)

Foxes start with a ball and bunnies start without a ball. The foxes can catch a bunny by kicking their ball and hitting a bunny below the knees. Bunnies can only hop, they can't run around. If the foxes 'catch' a bunny they get a point. Start with the coaches being the bunnies and they have some of the kids do it. If the kids are up for it, you can give them different points for using different parts of their foot.

Activity #2 : Ice Monster (10 Mins)

Start with one of the coaches being the ice monster. The players start by dribbling around. If the ice monster touches a player's ball they become frozen. They can become unfrozen if one of their teammates touches their ball to unfreeze. Then switch and have one of the players be the ice monster, if you can try to have the ice monster dribble their ball while they are tagging people.

Activity #3: Pirate Ship (10 Mins)

Organization: This game is similar to Simon Says. Have the kids start dribbling around and when the coach yells out a command they have to act it out. Slowly add in new commands.

The different commands are as follows:

"The captain's coming" = the kids stop, place one foot on the ball and salute saying "ay, ay captain!"

"climb the riggin" = do 'toe-taps' on the ball and with their hands climb up an imaginary ladder.

"Scrub the decks" = roll the ball backwards and forwards using the bottom of their foot. Use both feet!

"Polish the decks" = move the ball from left-to-right using the bottom of their foot.

"Captain's wife" = the kids love this one. All they do is freeze, put one foot on the ball, hands on their hips and go 'oooh la la'

"Starboard turn" = Get the kids to stop, put one foot on the ball, and roll the ball behind them using the bottom of their foot.

"Man overboard" = the kids dribble quickly to the edge of the ship (area), place their foot on the ball, hand on their forehead as if their looking for somebody. On your command the kids wil continue dribbling.

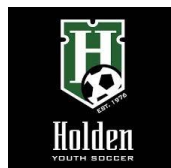
"Fire the Cannon" = the kids kick their soccer ball using the inside of their foot as away as possible outside of the ship toward other pirates. Once all balls have been kicked the kids can retrieve their soccer balls and carry on dribbling.

"Seagulls are coming" = You pretend to be a seagull who wants to eat their soccer ball. The kids on hearing this command will drop to the floor quickly and protect their ball with their body and hands.

Alternative Activity

Fishy Fishy, Get out of Here, Simon Says, Ouch, Red Light Green Light, Tunnel balls

Scrimmage (15 mins)



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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.

