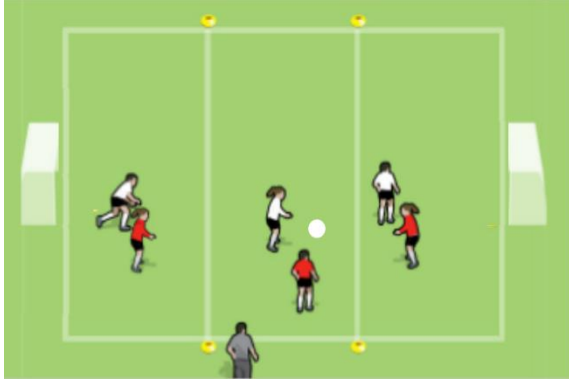


HYS Practice Plan: Grade 1 Week 5

Activity #1: Kids Favorite 10 Mins)

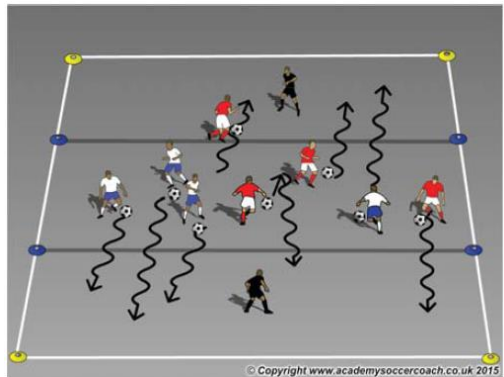
Choose one of the games we have done before

Activity #: 2 RoboCops (10 mins)



Bring one of the pug nets closer. Make the field around 20'x20'. Break the field off into three zones. One team scores on one goal, the other team scores on the other goal. The players have to stay in their zones. They want to pass the ball from their zone to their teammates zone to move the ball towards the goal they can score on. We are working on passing the ball, defending the pass and person with the ball, and then finishing. If you have more people you can put more people in each zone.

Activity #3 : Coyote & Roadrunner (10 mins)



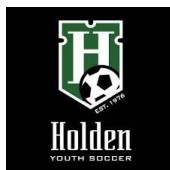
In a 15Wx20L yard grid and a 5 yard zone in the middle (Roadrunner's hideout), 1 player in each end (Coyote), the rest of the players in the cave dribbling a soccer ball (Roadrunners), When the coach calls out "Dinner Time," the Roadrunners must dribble out to either end line. If the Coyote tags them, they become Coyotes too.

Activity #4: Knockout

- Round 1: 1 Player from each team enters the field.
- Round 2: Multiple 1v1 games played at the same time.
- Round 3: Coach can adjust the number of players on the field to: 1v1, 2v1, 2v2, 3v2 or 3v3; no bigger than 3v3.
- Round 4: Knockout. Put all of the kids in the middle, they have to knock the other players out of the center while keeping their ball. They can come back in when they do 10 toe taps.

Alternative Activity: Fishy Fishy, Simon Says, Messy Backyard, Red Light Green Light, Passing Gates, Rumble in the Jungle, Pirate Ship

Scrimmage (20 mins)

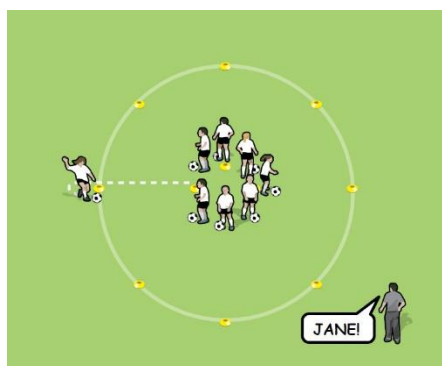


HYS Practice Plan: K Week 5

Activity #1: Planets (10 mins)

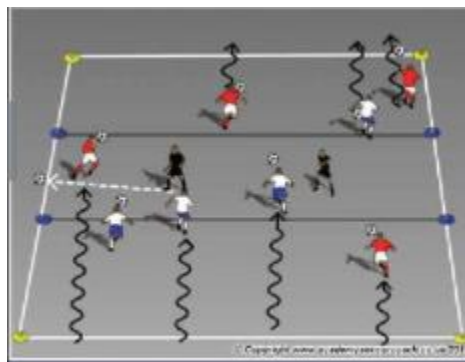
Set up four sets of planets (four cones). Let the kids pick the planets. When you callout a planet they have to dribble to that planet. First time they just dribble. The next time they have to use only the left foot, then only their right, then only the inside (tic tocs). Then they have to go inside, outside, laces, inside, outside, laces (do right foot first then left foot). Last they have to roll the ball backwards.

Activity #2 : Circles (10 Mins)



Make a large circle of cones, have the players stand in the middle. Count off the kids, 1,2,3,1,2,3, etc. When you call out 1, all of the kids that are 1s have to dribble out, go around a cone, and dribble back. When they get back call out a different number. We are working on dribbling and making a sharp turn around the cone. You can mix in trying to turn with the left and right feet.

Activity #: 2 Boston Bulldogs (10 mins)



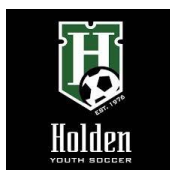
In a 15Wx20L yard grid and a 5 yard zone in the middle (the dog pound), have all 2 players start in the dog pound (no ball and must stay in the pound), All other players have a soccer ball and start on one end line. On the coach's command, all players with a ball must sneak through the dog pound without waking the bulldogs. If you wake the dogs and they steal your ball, you are a bulldog.

- o Round 1: Coaches start as the Boston Bulldogs.
- o Round 2: Coach can choose players to start as Bulldogs. Players switch roles if ball is lost.
- o Round 3 & 4: The number of Bulldogs accumulates. Bulldogs must dribble the ball out of the pound when the ball has been won.

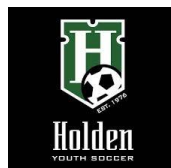
Alternative Activity

Fishy Fishy, Get out of Here, Simon Says, Ouch, Red Light Green Light, Tunnel balls, Foxes v Bunnies, Pirate Ship, Momma Bird, Ice Monster, Rumble in the Jungle, Animal Hunt

Scrimmage (15 mins)



HYS Practice Plan: K Week 5



HYS Practice Plan: Pre-K Week 5

Activity #1: Pirate Ship (10 mins)

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.

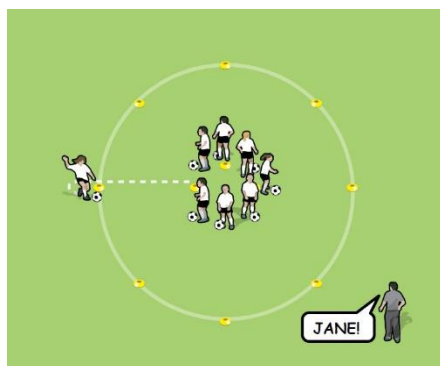
"Fire the Cannon" = the kids kick their soccer ball using the inside of their foot as away as possible outside of the ship toward other pirates. Once all balls have been kicked the kids can retrieve their soccer balls and carry on dribbling.

"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.

Activity #2: Planets (10 mins)

Set up four sets of planets (four cones). Let the kids pick the planets. When you callout a planet they have to dribble to that planet. First time they just dribble. The next time they have to use only the left foot, then only their right, then only the inside (tic tocs). Then they have to go inside, outside, laces, inside, outside, laces (do right foot first then left foot). Last they have to roll the ball backwards.

Activity #3 : Circles (10 Mins)



Make a large circle of cones, have the players stand in the middle. Count off the kids, 1,2,3,1,23, etc. When you call out 1, all of the kids that we 1s have to dribble out, go around a cone, and dribble back. When they get back call out a different number. We are working on dribbling and making a sharp turn around the cone. You can mix in trying to turn with the left and right feet.

Activity #4 : Kids Choice or Scrimmage

Alternatives: Fill the Cones, Ouch, Animal Hunt, Bunnies v Foxes, Red Light Green Light, Simon Says, Tunnel Ball, Momma Bird, Fishy Fishy, Ice Monster

