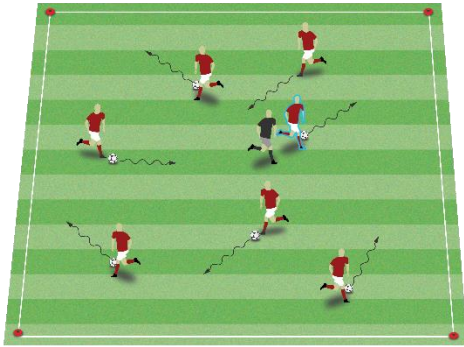


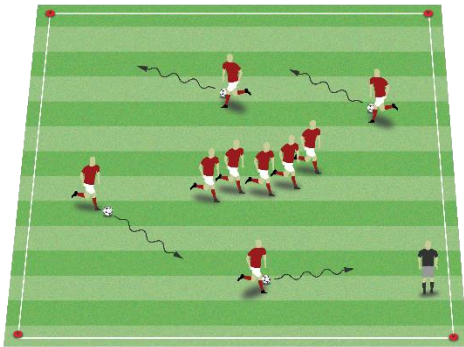
HYS Practice Plan: Pre-K Week 6

Activity #1: Freeze Tag (10 mins)



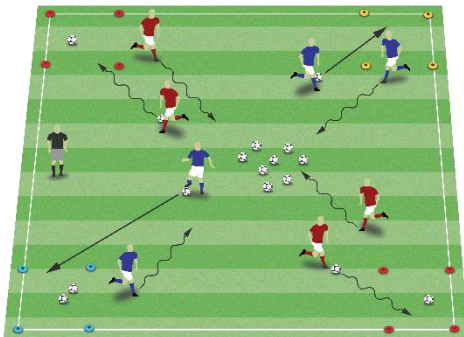
Start with one of the coaches being the freeze tagger. The players start by dribbling around. If the tagger touches a player's ball they become frozen. They need to stand with their legs apart and ball over their head. They can become unfrozen if one of their teammates passes their ball through their legs. Then switch and have one of the players be the freeze tagger, if you can try to have the tagger dribble their ball while they are tagging people.

Activity #2: Snake (10 mins)



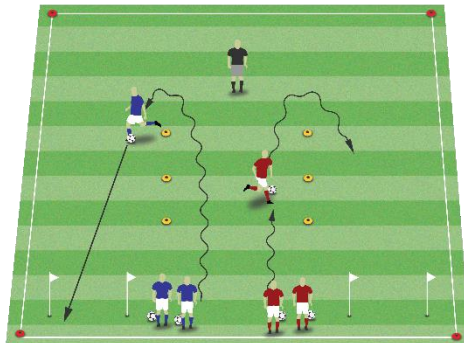
Players dribble in a grid trying to stay away from the Snake (coach to start), when the coach kicks one of the players ball, they become part of the snake by holding hands and try to get another player out, the snake grows and grows until all the players are part of the snake.

Activity #4: Treasure Hunt(10 mins)



Put all the balls in the middle of the field (treasure) and set up for corners of corners (treasure chest). Once you say 'Fine me Treasure' players (pirates) have to run to the middle and dribble balls back to their corner, once all the balls in the middle are gone, they can steal treasure from other corners. Only one pirate can leave the ship at any one time. Then play it that all pirates can leave at one time.

Activity #4 : Down-Hill Racing (10 Mins)

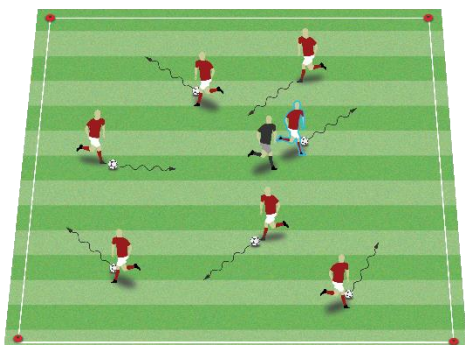


Players are placed in two groups as shown. Coach says go and players have to dribble the ball as fast as they can around the cones. Once they get around the cones the first person to score a goal gets a point. **Progression** - Add a player or parent as a goalie. Players have to dribble through the cones first. Can only shot with certain feet.



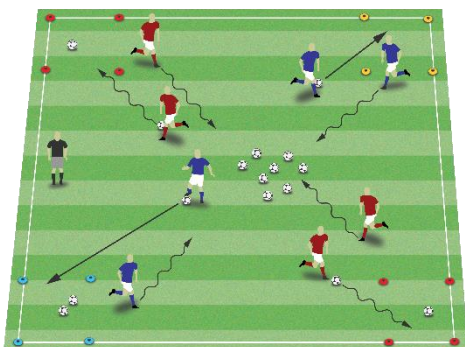
HYS Practice Plan: K Week 6

Activity #1: Freeze Tag (10 mins)



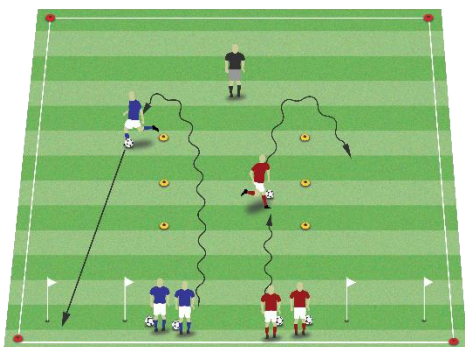
Start with one of the coaches being the freeze tagger. The players start by dribbling around. If the tagger touches a player's ball, they become frozen. They need to stand with their legs apart and ball over their head. They can become unfrozen if one of their teammates passes their ball through their legs. Then switch and have one of the players be the freeze tagger, if you can try to have the tagger dribble their ball while they are tagging people.

Activity #2: Treasure Hunt (10 mins)



Put all the balls in the middle of the field (treasure) and set up for corners of corners (treasure chest). Once you say 'Fine me Treasure' players (pirates) have to run to the middle and dribble balls back to their corner, once all the balls in the middle are gone, they can steal treasure from other corners. Only one pirate can leave the ship at any one time. Then play it that all pirates can leave at one time.

Activity #3: Down-Hill Racing (10 Mins)



Players are placed in two groups as shown. Coach says go and players have to dribble the ball as fast as they can around the cones. Once they get around the cones the first person to score a goal gets a point. Progression - Add a player or parent as a goalie. Players have to dribble through the cones first. Can only shot with certain feet.

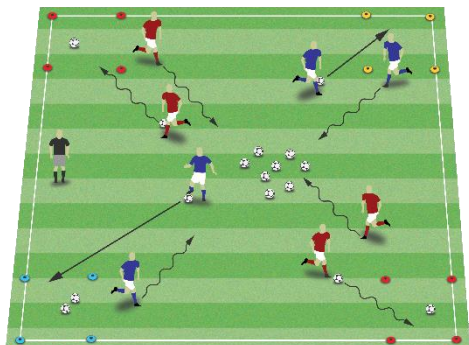
Activity #4: Kids Choice or Scrimmage

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



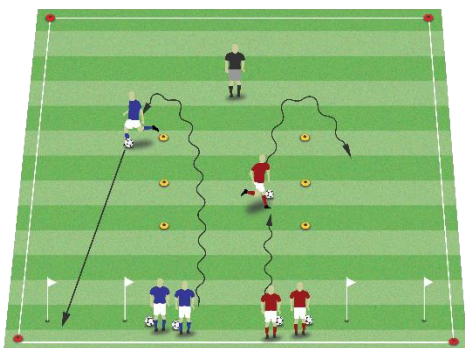
HYS Practice Plan: Grade 1 Week 6

Activity #1: Treasure Hunt 10 Mins)



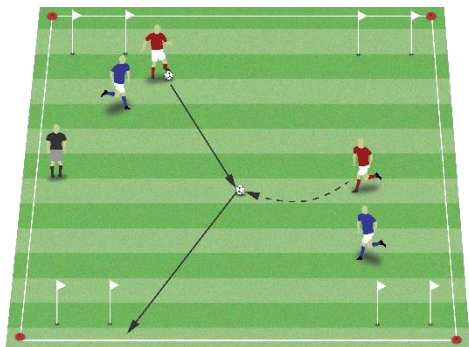
Put all the balls in the middle of the field (treasure) and set up for corners of corners (treasure chest). Once you say 'Fine me Treasure' players (pirates) have to run to the middle and dribble balls back to their corner, once all the balls in the middle are gone, they can steal treasure from other corners. Only one pirate can leave the ship at any one time. **Progression** Then play it that all pirates can leave at one time. Try passing back to the corner vs dribbling.

Activity #: 2 Down-Hill Racing (10 mins)



Players are placed in two groups as shown. Coach says go and players have to dribble the ball as fast as they can around the cones. Once they get around the cones the first person to score a goal gets a point. **Progression** - Add a player or parent as a goalie. Players have to dribble through the cones first. Can only shot with certain feet.

Activity #3 : 2v2 to Multigoal (10 mins)



Set up 4 small goals, one in each corner of your 30L x 20W gird. Split the kids into two teams and put even numbers of kids on each corner. The first person in each corner enters the field when the coach passes a ball in. Kids play 2vs 2 until a goal is scored or the ball goes out of play.

Activity #4: Alternative Activity or Scrimmage

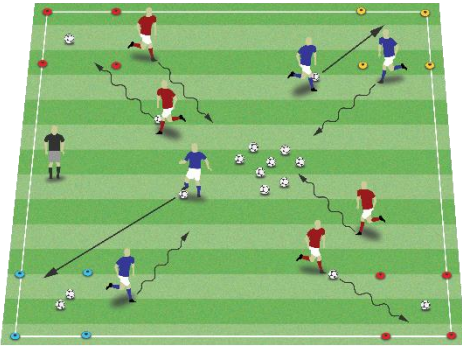
Alternative Activity: Fishy Fishy, Simon Says, Messy Backyard, Red Light Green Light, Passing Gates, Rumble in the Jungle, Pirate Ship

Scrimmage (20 mins)



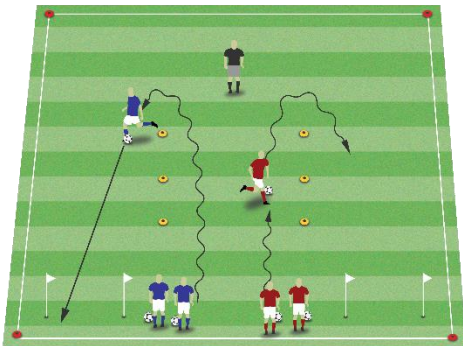
HYS Practice Plan: Grade 2 Week 6

Activity #1: Treasure Hunt 10 Mins)



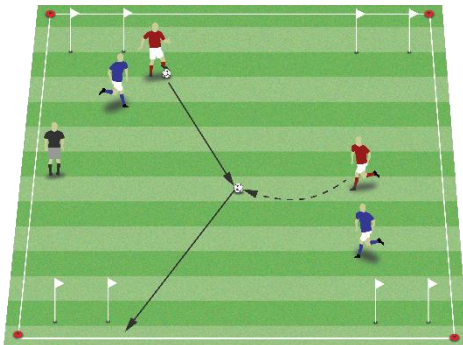
Put all the balls in the middle of the field (treasure) and set up for corners of corners (treasure chest). Once you say 'Fine me Treasure' players (pirates) have to run to the middle and dribble balls back to their corner, once all the balls in the middle are gone, they can steal treasure from other corners. Only one pirate can leave the ship at any one time. **Progression** Then play it that all pirates can leave at one time. Try passing back to the corner vs dribbling.

Activity #: 2 Down-Hill Racing (10 mins)



Players are placed in two groups as shown. Coach says go and players have to dribble the ball as fast as they can around the cones. Once they get around the cones the first person to score a goal gets a point. **Progression** - Add a player or parent as a goalie. Players have to dribble through the cones first. Can only shot with certain feet.

Activity #3 : 2v2 to Multigoal (10 mins)



Set up 4 small goals, one in each corner of your 30L x 20W gird. Split the kids into two teams and put even numbers of kids on each corner. The first person in each corner enters the field when the coach passes a ball in. Kids play 2vs 2 until a goal is scored or the ball goes out of play.

Activity #4: Alternative Activity or Scrimmage

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

Scrimmage (20 mins)

