

U4 Practice Plan Games and Ideas

4/28/2018

Theme: Transportation

Large Group 10:15 - 10:15

1. Stretches and Balance
 - Bridge stretch
 - Wheels on the bus: rotate to go round, jump for up and down,
2. Show kids how to keep control of the ball how to dribble for the day

Breakouts: 5-7 minutes each

1. Red Light Green Light
 - Go on yellow, stop and place a foot on the ball with red.
 - Incorporate other colors (ie: windshield wipers, radio, get gas by dribbling to a corner,
2. Cars
 - Dribble through gates
 - Have kids honk through certain colors
 - Try going in reverse
3. Piston Cup
 - Set up a race track to dribble around, encourage the kids to make car noises
 - Everyminute or so reverse directions
4. Trash Trucks
 - Collect the trash (balls) and bring them to the dump (boxed of section of cones)
5. Police Chase
 - Take turns being the 'bad guy' between the kids and the coach. The cops are trying to get the ball that was stolen.
6. Construction Site
 - build a pile of cones, balls in front of the goal