

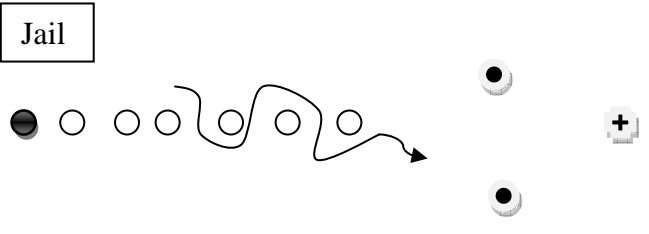
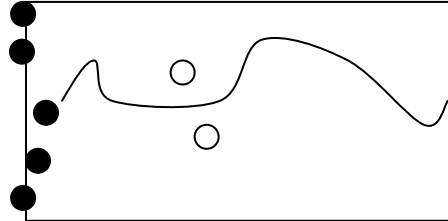
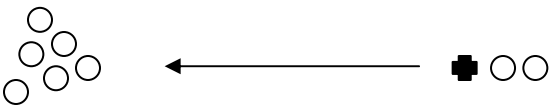
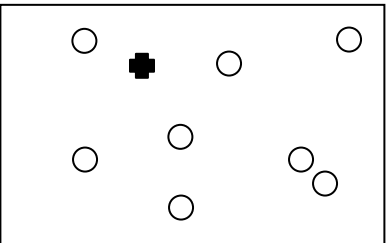
# Practice Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age Group: \_\_\_\_\_ Theme: \_\_\_\_\_

## Activity

## Diagram

<p><b>1<sup>st</sup> Activity <i>Star Wars</i></b></p> <p>The players line up and they are Jedi knights. One by one they dribble through the cones. At the last cone they pass the ball through the gate to Darth Vader. (Coach) who throws the ball up in the air for the jedi to catch. If they catch it with no bounces they save everyone in jail. If it bounces once they save themselves and line up. If it bounces more than once they go to jail. Also if they miss the pass through the gate they go to jail.</p>	
<p><b>2<sup>nd</sup> Activity <i>Crab Soccer</i></b></p> <p>Shrimps line up on the end of the grid. They have to dribble through the ocean without being tagged by a crab (coach starts as crab) who is sat in the grid. The shrimps have to make it to the other side. If they are tagged they become a crab. The last shrimp to be eaten is the winner. The shrimps sing..IM a little shrimp..wiggle.wiggle..wiggle and I don't like crabs .wiggle wiggle wiggle The crabs reply snap it to the left snap it to the right snap it in the middle eating shrimp tonight.</p>	
<p><b>3<sup>rd</sup> Activity <i>Soccer Bowling</i></b></p> <p>Place 6 balls on the cones . Players line up and one by one see who can know the most balls off. The coach places the balls back on the cones.</p>	
<p><b>4<sup>th</sup> Activity <i>Shreks Swamp</i></b></p> <p>Fairytale people (players) are dribbling inside shreks swamp. Shrek has to tag their ball. If the ball is tagged the players holds the ball over their head and yells DUDE IM STUCK IN THE SWAMP another fairytale player will pass the ball through their legs to free them. If a players dribbles out of the grid, they are stuck and stand in the middle of the swamp. Change shrek with other characters such as donkey, princess Fiona, puss in boots</p>	
<p><b>5<sup>th</sup> Activity <i>What time is it Mr Wolf?</i></b></p> <p>Sheep line up on the end line with their balls. They dribble towards the wolf (coach) who has their back to the sheep. They ask WHAT TIME IS IT MR WOLF? And he replies with a number 1-12. I.e 3 o'clock the sheep then do 3 toe taps before dribbling closer to the wolf. When the wolf yells DINNER time ..the sheep turn and dribble back to the line. The wolf tries to tag their ball. If tagged they become a wolf . The last sheep to be tagged is the winner.</p>	