

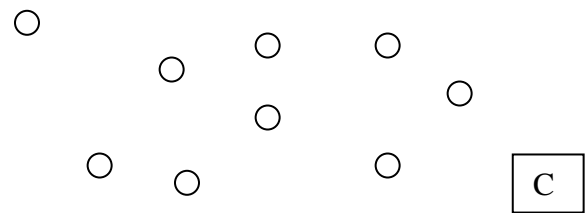
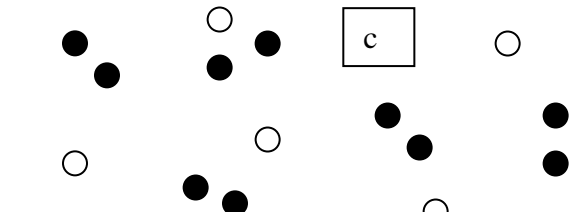
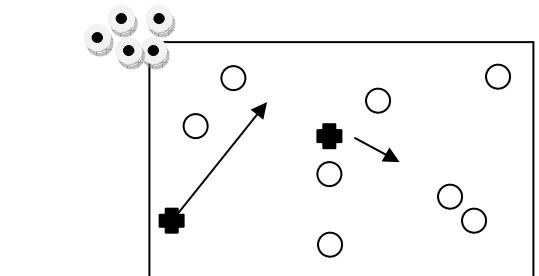
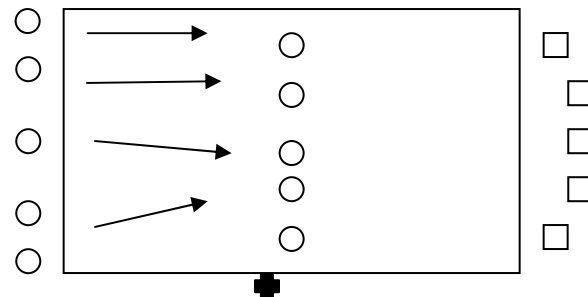
# Practice Plan

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

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

## Activity

## Diagram

<p><b>1<sup>st</sup> Activity Soccer City</b></p> <p>Everyone is exploring the city in their car. (soccer ball) they dribble at different speeds ..slow....truck...medium...motorbike.....fast...sports car. They make the noise of the the car. If you call red light they stop and screech the breaks. If someone is in their way they beep their horns. The coach calls the speeds and light colors.</p>	
<p><b>2<sup>nd</sup> Activity Spongebob</b></p> <p>Scatter crabbie patties (cones) around the grid. the sponge bobs have to dribble their ball up on the cone. They then pick up the cone and move on to find another. If the coach tags them they have to drop their patties and the coach scatters them. The player with the most patties wins. Add different colored cones for added points</p>	
<p><b>3<sup>rd</sup> Activity Pacman</b></p> <p>Place all the balls at the corner of the grid. The coach starts as pacman. Pacman has to kick and tag the player's knee down to change them into pacmen. If a player is tagged they help the coach get the remaining players. The last player to be tagged is the winner and the new pacman next game. The players must stay inside the grid or they turn into a pacman.</p>	
<p><b>4<sup>th</sup> Activity Sink the Ship</b></p> <p>Split the group into 2 teams. Give them team names. The teams stand on opposite sides of the grid outside the cones. One team starts with balls. The coach says ready aim fire and they kick the ball to try and knock off balls that are sat on cones in the middle of the grid. The 2<sup>nd</sup> team retrieve the balls and follow the same process. Its important they wait for the coach to say Fire. And they all shoot at the same time. The team that knocks the most balls off wins.</p>	
<p><b>Scrimmage 3v3</b></p>	