

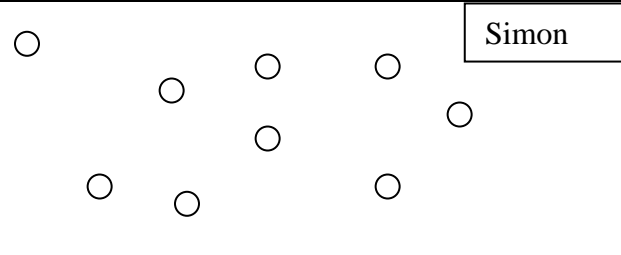
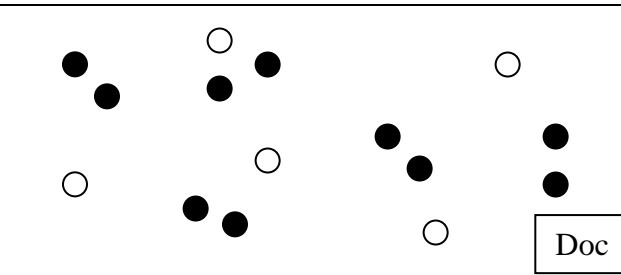
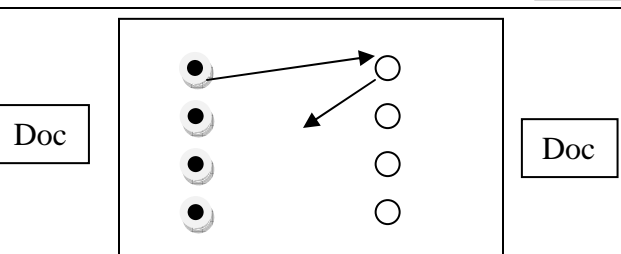
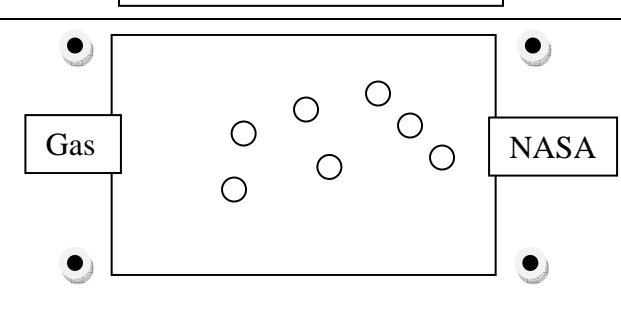
# Practice Plan

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

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

## Activity

## Diagram

<p><b>1<sup>st</sup> Activity</b> <i>Simon says</i></p> <p>Play Simon Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a GOTCHA. See who gets the least number of GOTCHA's. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball... etc. Also, try to throw in a trick or two like: kick the ball as far away as you can.</p>	
<p><b>2<sup>nd</sup> Activity</b> <i>Hospital Tag</i></p> <p>Instruct the players to tag (touch) other players within the grid. Once the player gets tagged they must hold that area of the body that was tagged while still dribbling while avoiding other tags and attempting to tag others. If players are tagged a 2nd time they must hold both tagged areas while dribbling. If the player is tagged a 3rd time, the player must move to the outside of the grid to the doctor (coach) and perform an exercise such as toe touches, 4 juggles, 25 etc before rejoining the game.</p>	
<p><b>3<sup>rd</sup> Activity</b> <i>Doctor Doctor</i></p> <p>The Group is divided into 2. Each gets a doc who stands in Their surgery. Both teams try to freeze each other by kicking the ball between the knee to toe of the other team. If you are frozen you call DOCTOR DOCTOR the doctor must leave the surgery and tag their player to free them. If the Doc gets tagged the game is over and a new doc goes in the surgery.</p>	
<p><b>4<sup>th</sup> Activity</b> <i>Soccer space</i></p> <p>Each player is exploring space with their space ship (soccer ball) . The players name 4 planets (cones) which they would like to visit. When the coach calls the planet everyone dribbles to the planet and touches it with their finger. They count down 10,9,8,7,6,5,4,3,2,1 BLAST OFF and dribble back into space. If the coach calls Gas refill they must dribble to the designated box and do 10 toe taps. If the coach calls NASA they must dribble to the NASA box and do 10 fast feet to repair their ship.</p>	
<p><b>5<sup>th</sup> Activity</b> <i>Jungle Soccer</i></p> <p>Players are dribbling in the jungle with their coconuts (ball) they dribble at different speeds. Ask them what animal goes slow? Ie turtle .....Medium? Ie Elephant .....Fast ? Cheetah..... Zigzag? Snake ...crazy? Monkey.....Have the children making the noises of the animals for more fun.</p>	