

E3PCP for HSC Intramural U4 Tykes Lesson Plan: Wk 6 Dribbling / Changing Directions

	<p><u>RHYTHMIC WARM UP</u> Movement education. Ask players to find some space where they can see you. Ask them to stand on one foot. Place leg behind, front and sideways. Hop around one foot, find a cone and hop over a cone 6 times with one foot then change foot. Jump up and land and bend knees to cushion. Show how to run on balls of feet on spot. Run thru and then jump thru ladder or cones or over pinnies in a straight line.</p>	<p>0-5 mins</p> <p>Guided Discovery / Coach Pts: Can you do this?</p>
	<p><u>BEE STING</u> Activity leader / coach informs players he is taking their honey {can use cones to signify honey}. As he/she is moving around the field collecting honey – the bees [making buzzing sounds] sting the activity leader with their ball. Progress to act leader as bee keeper who tries to tag the bees' ball with his ball. Move slowly when taking their honey so they have a lot of success...say ouch a lot. When the bee keeper – it may take the players a little time to grasp they must keep their ball while avoiding you, Play in 1 Half of Field Square /Grid is 20 by 12.5 yds</p>	<p>6-11 mins [6 Mins Total]</p> <p>Act Leader asks players: Can you catch me and sting me with your tail /ball? When they are been chased...where can you go to get away from the bee keeper? If using cones as honey – can ask the bees where can you get more honey from? Encourage them to look around and fly quickly away from you by taking a heavier touch on the ball.</p> <p>Goal is to allow children to feel comfortable moving the ball, changing direction and keeping the heads up.</p>
<p>WATER BREAK</p>		



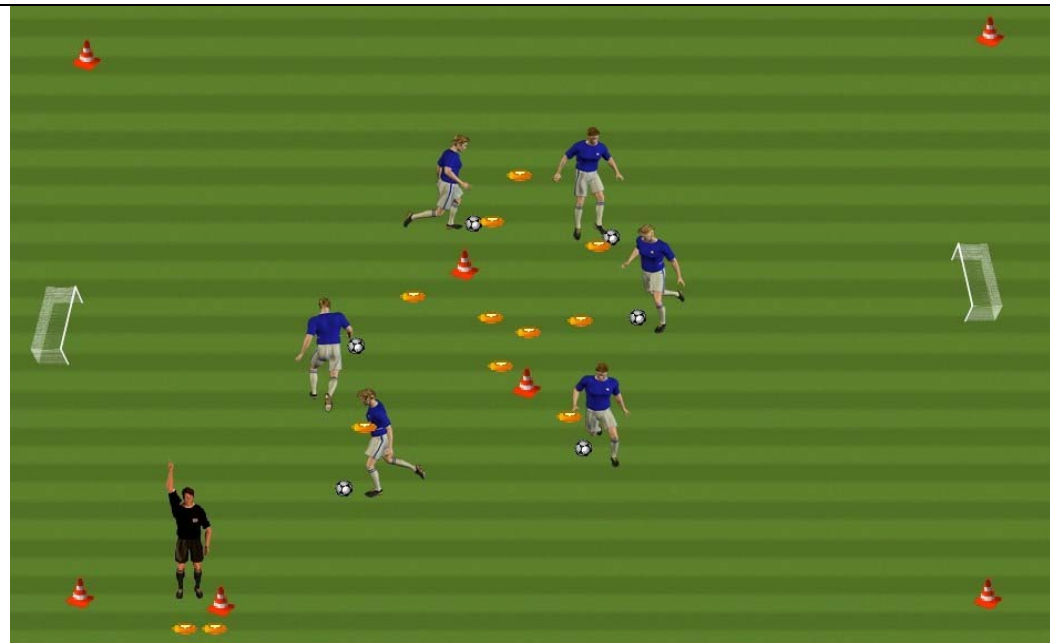
TOP HAT

Activity leader / coach asks players to stop the activity leader from turning the hats upside down, If the player sees a hat turned upside down they should dribble their ball over the hat and then turn it back so the base is on the ground. Activity leader (DEMONSTRATES) and asks the players to stop him/her from turning them all over. To progress – the activity leader could ask the players to dribble and shoot their ball after turning a cone over. They then go back to another cone and repeat.

Play in 1 Half of Field
Square /Grid is 20 by 12.5 yds

13-18 mins

Act Leader asks players: What should they do if the Act Leader turns a hat/cone over? After turning a hat over what should you do next? If group progresses – act lead can ask where do players go after turning over a hat...and after the goal what can they do next? Goal is to allow children to move and control the ball while also dealing with their own coordination and finding a new hat. The next step is for them to then go to the goal and then find a new hat.



CLEAN UP

Activity leader / coach ask players if they would like to help clean up his/her room. The players dribble to the trash – move their vacuum cleaner/hoover ball over/the trash and bring 1 piece back at a time to the act leader. The act leader can stand to the side with a bag for the trash. To progress – he/she can stand next to the goal and before the player gives the trash to the act leader they must put their vacuum cleaner /ball into the cupboard/goal.

Play in Whole Field
Square /Grid is 25 by 20 yds

20-25 mins [6 Mins Total]

Act Leader asks players: How quickly can you vacuum up the trash? What trash should you collect now? Where do you put the vacuum after collecting the trash? Goal is to allow children to begin to grasp they should move and head in one specific direction. Also helps with reinforcing the premise they should keep their bedrooms/play rooms tidy.

WATER BREAK - 27-40 mins- GAME 2 vs. 2 or 3 vs.3 will depend on # players and interest

Play Two - 5 to 6 Mins Periods

Finish with Tunnel and Snacks ☺