

Young Athletes Playdate Activities

Warm up: Begin with having the athletes stand, shoulder to shoulder facing the lead coach. Lead coach should emphasize the importance of warming up and stretching before being active. Suggested warm up progression:

- Jog/hop/skip/gallop from one side of field to other (dynamic)
- Toe touch for 10 seconds (encourage athletes to count out loud) (static)
- Arm circles, pull arm across body to stretch shoulders (static)
- Straight leg kicks (Frankenstein's) (dynamic)

Activity Overview	Structure	Modifications
<p>Balloon Tap – Athletes will repeatedly tap a balloon into the air using their hand and equipment, without touching the floor, for as long as possible.</p>	<ul style="list-style-type: none"> • Coach will demonstrate how to tap the balloon into the air, using a flat open hand, contacting the palm <p>Round 1 – Give each child a balloon and challenge them to try to keep the balloon from touching the floor using their hand.</p> <p>Round 2 – Coach will demonstrate how to use a piece of equipment to keep the balloon in the air. Coaches will give each athlete a “racket” and challenge them to keep the balloon up using the racket.</p>	<p>(MC) – Challenge the athletes to tap the balloon in the air while walking</p> <p>(LC) – Throw the balloon into the air and catch, stationary</p>
<p>Bean Bag Toss – Athletes will underhand toss a bean bag landing it on the corresponding color Polly spot.</p>	<ul style="list-style-type: none"> • Using a cone to mark the throwing line, set up 5-7 Polly spots on the ground, 4-6 feet away ensuring the bean bags and Polly spot colors correspond • Coach must demonstrate how to underhand toss a bean bag landing it on the Polly spot. • Each Athlete gets three tosses, no more than four athletes per group 	<p>(MC) – Move throwing cone further distance away from Polly spots</p> <p>(LC) – Reinforce underhand toss</p>
<p>Balance Beam – Athletes will use their balance skills to walk from one side of a balance beam to the other without touching the floor</p>	<ul style="list-style-type: none"> • Athletes will begin by standing on their Polly spots facing coach as they demonstrate how to balance on one leg. (Stand tall, arms extended out to help with balance) <p>Round 1 – Instruct athletes to balance on one leg stationary, alternating feet. After group understands balancing, choose a line on the gym floor (approx. 10 ft.). Begin with a demonstration of how to walk on the line, heel to toe, then challenge group to try. Introduce bean bags if appropriate. Use Polly spots as “steppingstones” if appropriate.</p> <p>Round 2 – After group attempts walking on floor line, reset and introduce the balance beams from equipment kit. Create a series of balance beams and steppingstones athletes will now attempt to walk through. Use multiple pieces of equipment to build course (balance beams, steppingstones, Polly spots, floor lines). Introduce bean bags if appropriate.</p>	<p>(MC) – Add bean bags to challenge athletes to balance on their heads</p> <p>(LC) – If athletes are struggling take steps back to stationary 1 leg balancing or line walking</p>
<p>Balance Ball – Athletes will balance a ball on top of a circle cone and knock it off using their bodies and equipment</p>	<ul style="list-style-type: none"> • Coach will make a large rectangle using the colored circle cones. Coach will also spread a variety of balls within rectangle. Balls must vary in size. Athletes will be seated/standing on their Polly spots <p>Round 1 – On “go”, athletes will run, collect a ball, and balance it on top of the bordering circle cones. Repeat until all balls are on top of cones. When all balls are on cones, athletes will return to their seats.</p> <p>Round 2 – On “go” athletes will run and knock the balls off the cones, using a body part of the coach’s choice (foot, elbow, head, bottom, hand). Repeat until all balls are knocked off.</p> <p>Repeat rounds 1 and 2 challenging the athletes to strike the ball using different part of their bodies</p>	<p>(MC) – Challenge athletes to knock all balls off as fast as possible</p> <p>(LC) – Individualized instruction</p>

Bring out the parachute for a fun, closing activity!