

Lesson Plan Week of December 4th 2017 Reminder Blocking Patches next week , please Remind Directors & Teachers!

At some point during class Review all blocks while students are on their dots!

Cone Grab *Students must use their listening skills to win the grab game!*

- **Set up:** Pair up students facing each other on the mats. Between the students put a small cone
- **Drill:** Sensei will call out head, knees, toes in different sequences and the students will put their hands on whichever body part sensei calls out. Then sensei will say grab and students will grab the cone as fast as they can before their partner grabs the cone.

Rabbit hole run: This drill works on speed and agility.

- **Set up:** Put 3 starting dots at one end of the mats and at the other place 3 sets of 2 hoops spaced 3ft apart.
- **Drill:** Students will run to the 1st hoop and pick it up put it over their head, and then they will drop it over their body, when the hoop hits the floor they will move to the 2nd hoop repeating the process. When the 2nd hoop hits the floor they will run back to the starting dot, the 1st one back wins.

Squish the Head & Squish the body

- **Set up:** On the mats place a starting hoop. Instructors will need 2 target pads each.
- **Drill:** Sensei will call out head or body and students will perform the correct block to keep from getting squished. No Squish Block Hiji Uke for the head and for the body have them move their arms from a guard position back with their hands against their chest at arm pit level and their arms & elbows protecting their ribs. **(Tell them to give their sides a hug like a bird tucks their wings in tight)** To make it more difficult you can place 2 hoops on the floor and have them move side to side and perform the correct block in the color hoop you called out.

Jump Open Blocks

- **Set Up:** On the mats place a row of 4-5 dots spaced 1-2 feet a part
- **Drill:** Students jump from one dot to the next, once they land they jump open placing each foot outside the dot. After jumping open they perform 2 blocks and jump to the next dot. Give them a different block to perform at each block

River rock Balloon Kick:

- **Set up:** Set up a series of river rocks Triangle blocks on both mats. You will also need 2 balloons for this drill.
- **Drill:** Students will walk across the river rocks while holding a balloon above their head, when they reach the last rock they will balance on 1 foot drop the balloon and try to kick it before it hits the ground. 2's will step off the rock before they try to kick the falling balloon.

Tire Run- Punch & Block:

- **Set up:** Set hoops up on the mats in a tire run format on 1 side of the mats. After the hoops put feet on the floor in a Shiko Dachi position. 1 Instructor will hold black target pad for students to punch or palm strike. On the other side put a row of cones.
- **Drill:** instruct students to run through the rings with 1 foot in each ring then perform 2 reverse punches or palm strikes in Shiko Dachi position. Run, or bear crawl through the cones and perform 2 blocks at the end.

Don't Get Caught With the Cookie: Choose two players to be "It." Give about half the remaining student's beanbags these are the cookies. Put a hoop on the floor at one end of the room—this is the cookie jar. When you say "Go," the 2 It students try to tag players with cookies. If they succeed, those players must run to the cookie jar and put their cookie inside. To save themselves from being tagged, they can throw their cookie to another player. You can stop the game when all the cookies are back in the jar, or allow players to retrieve the cookies from the jar at designated times.