

Lesson Plan Week of January 1st, 2018 1 & 2

Warm up: Obstacle course

Paddle Balance: This drill develops hand eye coordination and focus

- **Set up:** Put a starting dot and a cone at each end of the mats.
- **Drill:** Students will place a bean bag on the paddle and try to balance it on top as they walk down to the cone and back. Have the 2nd teacher help the remaining students practice while they wait their turn

Toss the ball through the hoops: This drill develops hand eye coordination and depth perception.

- **Set up:** On one end of the mats put out 4 dots. Place a hoop with 2 balls in it in front of the dots. Spread out several cones with hoops on top at various distances from each other.
- **Drill:** Students will try to toss the ball through 2 hoops. Have the students go to retrieve the balls at the same time and return them back to the hoop on the mats. Each student gets 2 turns.

Scramble to balance: This drill develops speed, balance & coordination

- **Part 1- Put dots out on the mats.** Students lay flat on their stomach or backs on the floor. When the instructor says Hajame students scramble to their feet and stand on 1 foot with their knee in the air in front of them standing on 1 foot as they would when performing a front kick. Repeat several times alternating legs.
- **Part 2- (Only use this drill for 3year olds and older age students)** Students scramble to balance position now holding one foot behind them. Once they are balanced they will bend forward and pick up a bean bag on the floor and stand back upright balancing on one foot. Alternating feet & hands.

Sumo Push: This drill teaches to student's balance and body awareness.

- **Set up: Spread out 2 sets hoops across from each other on the mats.** Students pair up and stand in a hoop across from each other. Students stand inside the hoop and hold black target pads. Then have them lift one leg and push against each other's target pads and see who loses their balance first. Have student's alternate legs then switch partners. **For 2-3 year olds have the stand in Hecko Dachi. You can have older kids get in Shiko dachi.**

Technique Review: Palm Strike, Hammer fist to the side and downward

Outside & Inside block, high block, rear leg front kick, side kick, back kick

1. **Memory test:** Put 2 starting dots on the mats at the other end put a hoop. Call out a technique you just covered and have the students run down and perform that technique. Have each student go 2 or 3 times
2. **Block Back Kicks:** Have 2-4 kid's stand facing the block with their hands on the top of the block. Perform Back kicks putting the knee up to their stomach then kick behind them.
3. **Block kicks:** Have students Jump up and stand on the top of the block. Have each student perform a Front, side and back kick. Instructors hold their hands for balance

Ending Game: Your Choice Have Fun!!!!