

Lesson Plan Week of February 19th, 2018 V2

Ball Roll Races: This drill develops hand eye coordination.

On the mats set 2 rows of 4 cones with a starting dot. Students roll the ball weaving through the set of cones at the end they pick up the ball and run back through the row of cones.

Target Punch:

- **Set up:** Divide your students into lines. Place 2 target blocks on top of the Yellow & Purple blocks, In front of the blocks put a set of feet in Shiko Dachi. 2-3 feet behind the block put 2 rectangle blocks with poles and attach a hoop to the poles at the same height as the block.
- **Drill:** Students will get into Shiko Dachi, chamber for a reverse punch. Each student will have 4 chances to punch the block through the hoop using both hands. **The goal is to punch straight so the block flies through the ring.**
- **Things to remember:** Punch the target block in the middle. Punch straight. Punch strong for more distance.

Hoop Side Kicks:

- **Set up:** On each side of the mats place a line of 4 cones with a hoop on top. Alternate the size cones so the students have to kick at different levels. Instructors will hold target pads behind the hoops for students to kick.
- **Drill:** Students will perform a sidekick through each hoop. The object is for them to kick the target pad as they kick through the hoop and retract the foot without hitting the hoop. Once they kick on one side they will kick through the other set of hoops with the opposite foot.

Switch kick over the pads:

- **Set up:** Divide the students into lines at the end of the mats. For each line you will need 2 small blocks for students to kick over. Instructors will need 1 target pad. Place 1 bean bag on the left side of the block and a different colored bean bag on the right side of the block. Put a row of hoops leading up to the blocks.
- **Drill:** Students will jump through the hoops to the end of the mat stop and turn around facing away from the instructor. The instructor will call out the color of 1 of the bean bags or (right or Left for older students). Once the instructor calls out the color the students will turn towards that color and then perform 2 sidekicks over the block the hand pad. Instructor calls out each bean bag color twice.

Hurdle jump back kicks:

- **Set up:** Keep the same lines as you had for the last drill. On the mats set up 2 sets of cones with poles as a broad/ hurdle jump. After the 2nd set of cones put a standing bag. For younger students use sets of feet before and after the bars so they understand that they need to jump over both bars and not jump over one bar at a time.
- **Drill:** At the 1st set of bars students will perform a broad jump over the bars and then do a Ushiro Geri back kick over the bars hitting the target pad being held by the instructor. Then run and jump over both bars and perform 4 front kicks against the standing bags.

You Missed Me:

- **Set up:** Pair your students up with a partner and divide the pairs into 2 lines. One each mat have 1 student stand in a hoop and hold a target pad. About 3 feet away put a dot for the thrower to stand on.
- **Drill:** Each student will throw a ball at the student holding the blocker pad. The student will use the target pad to block the balls from hitting them. Each student's gets 3 attempts to hit their partner with the ball then they switch places.

Ending Game Parachute games