

Lesson Plan Week of February 19th, 2018 V1

Ladder feet switch jumps:

- **Set up:** Layout the cross fit ladder on the floor have 4-5 students stand on the side of the ladder and put 1 foot inside the ladder and the other outside the ladder.
- **Drill:** When sensei says SWITCH students will jump up and switch feet so the foot inside the ladder moves to the outside and vice versa. After several times to get a rhythm down try to speed up the switch, see how fast they can react to your call out.

Balance Front Kicks

- **Set up:** Put the 2 balance beams on the mats with 2 students on each beam. Instructors hold target pads
- **Drill:** Students perform as many front kicks as they can without falling off the beam using both feet.

Cloth Catch:

- **Set up:** Spread out all the dots on the mats and place a net cloth on each dot.
- **Drill:** Have the students toss the cloth into the air and catch it with both hands first, then with one hand. For the older students have them toss it up and perform a 360 degree turn and catch it. Call out "Toss" so everyone tosses and catches at the same time, see who can catch it the most times without dropping it.

Side kick by the color

- **Set up:** On both sets of mats set up a series of colored cone with the same color hoop on top. In front of each cone place 1 foot marker
- **Drill:** Sensei will call out 2 different colors and students will perform sidekicks through the colored hoops sensei called out. Call out 4 colors on both sides of the mats so students kick using both legs.

Target pad don't get Chopped

- **Set up:** Set up 2 stations with 2 target pads placed side by side about 1ft apart. Instructors will use swords.
- **Drill:** Students will jump sideways back and forth between target pads to keep from getting chopped by the sword. Also have students turn and jump forwards over the sword from pad to pad. Remind them to land and balance on the pads without putting their hands on the floor or stepping off the pad.

Forward and sideways karate stance jumps

- **Set up:** On each mat set up several sets of feet in karate a stance. Set the feet so students can jump forward and sideways into a karate stance.
- **Drill:** Students jump from stance "Kai" and perform a technique then jump to the next set of feet. **Techniques punches, blocks, strikes & rear leg front kicks.**

Roller Ball Demonstrate how to roll the ball by holding it with 2 hands and roll the ball from between your legs

- **Set up:** At one end of the mats place 4 dots and 4 rubber balls. With cones mark out a playing area. Select 4 players to be the rollers and 4 players to be the dodgers
- **Drill:** Students will roll the balls at the dodgers; if they hit a dodger they will trade places. If no one get hit have them retrieve the balls and play again. Give each player 3 rolls

Ninja Freeze Catch Sensei