

Lesson Plan Week of May 7th, 2018 V1

Hoops with dot pick up races:

- **Set up:** Set out 2-3 rows of 4 hoops with dots between the hoops. Divide the students into teams and line them up at the end of the mats.
- **Drill:** Students pick up the dot and jump to the next hoop and then jump back inside the hoops.

Stay in your lane:

- **Set up:** Divide your students into lines at the end of the mats. Pretend the mat is a road and you must stay in YOUR lane or you will crash! The students will practice their ROLLING in this drill by rolling in a straight line and rolling fast.
- **Drill:** The students will lie on their backs sideways in the middle of the mat. With their hands above their head holding a foam ball they will log roll to the end without rolling off the mats

Hoop Ball Catch:

- **Set up:** Set up 4 lines of 3 hoops on the mats. Space the hoops about 2-3 feet apart. Instructors will need 2 foam balls each.
- **Drill:** Select 4 students and have them stand in the closest hoop to the instructor. Instructors will toss a ball to each student. When they catch the ball they toss it back to the instructor then move back to the next hoop. Repeat the toss, catch and throw back drill at each hoop. See who can catch all 3 balls.

Up and Over Jumps:

- **Set up:** Divide the students into 2 lines at the end of the mats. On each mat place 2 large triangle river rocks. In front of the triangle blocks put a large blue target pad. (short side for 2's and long side for 3-5's)
- **Drill:** Students will step up onto the triangle block and balance then jump over the target pad. **Have students try to land without putting their hands down on the floor.** After jumping they return to the end of the line. After a couple of turns move the pads further away from the step to make the drill more challenging. Move quickly so everyone gets at least 3 jumps

Nailed it Ball Roll:

- **Set up:** For this drill you will need 2 cones and 2 Rubber balls.
- **Drill:** The 1st student will lie down on their stomach and they will arch up so they can roll their ball into the cone in front of them. Start with the cone about 3 feet from the student. Each time they hit the cone, the instructor will move it back a foot or more. Give each student 3 rolls before they have to return to their dot.

Back Knuckle Strike: (Uraken Uchi) Have all the students on the mats standing on dots facing the front. Start in a chamber and then have them do a back knuckle strikes. Walk by with pads and have students strike on both sides.

Balance on black pads: Duck as to not get hit by the sword then jump up over the sword staying on the pad and perform 2 reverse punches (Sieken Tsuki) & 2 front kicks Mi Geri

Tuck jumps on pad. See how many jumps they can do without falling off the pad

Ending Game: Tree Freeze or Ninja Freeze