



Summer Camp Curriculum

Updated 5/20/2024

5 Week: Soccer Week 1

Curriculum Feedback Link



SEL Overview

| | | |
|---------------|--------------------------------------|---|
| Week 1 | Relationship Skills: Teamwork | Teamwork -Name Learning -Encouragement |
| Week 2 | Self-Awareness: Identifying Feelings | -What we feel and why |
| Week 3 | Self-Management: Managing Stress | -How to react in competitive game -identifying stress in the body -Strategies -Drain breathing |
| Week 4 | Social Awareness: Respect | -Golden Rule -Help others -understand others feelings -People don't always say how they are feeling honestly |
| Week 5 | Responsible Decision Making | -Safety of game play -Deciding games/ making decisions with others Review topics from the summer |

Sports Overview

| Week 1 | Week 2 (3 days) | Week 3 | Week 4 | Week 5 |
|---------------|------------------------|---------------|---------------|---------------|
| Soccer | Basketball | Baseball | Flag Football | Sport Review |
| Handball | | Kickball | | Field Day |

Game Scaffolding

Version 1: Appropriate for 1-3 Grade

Version 2: Appropriate for 2-3 Grade

Version 3: Appropriate for 4-5 Grade

Recommendation: Start with Version 1 and increase difficulty with each round of play. Give students the choice to attempt the more challenging version. If possible, have 1 group continue to play Version 1 and then have a second group opt in to Version 2 or 3.

Version 1
Start:
1st-5th

Version 2
Rd 2: Opt in
(2nd-3rd)

Version 3
Rd 3: Opt in
(4th-5th)

WEEK 1

SEL Focus: Teamwork (Relationship skills)

Sport: Soccer

| <u>Time</u> | <u>Day 1</u> | <u>Day 2</u> |
|-------------|---|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm Up: Favorites | Warm Up: Rock, Paper, Scissors Cheerleader |
| 15 | Sport Intro: Soccer: Passing | Sport Intro: Soccer: Dribbling |
| 20 | Station 1: Pass the Conversation-Sweet Spot Pass | Station 1: Four Corners |
| 20 | Station 2: Gates | Station 2: Stingers |
| 40 | Scrimmage: Soccer | Scrimmage: Soccer |
| 25 | Team huddle & lunch | Team huddle & lunch |

| <u>Time</u> | <u>Day 3</u> | <u>Day 4</u> |
|-------------|---|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm up: Handball | Warm up: Tic-Tac-Toe |
| 15 | Sport intro: Soccer: Shooting | Review Skills |
| 20 | Station 1: Sandcastle Battle | Station 1: Soccer scrimmage |
| 20 | Station 2: Star Wars | Station 2: Handball scrimmage |
| 40 | Scrimmage: Soccer | Scrimmage: Handball/soccer mash-up |
| 25 | Team huddle & lunch | Team huddle & lunch |

SEL Focus of the Day**Relationship Skills: Teamwork**

The purpose of this camp is to do the following:

1. Sample different sports.
2. Improve ourselves and support others so they can improve.
3. Have fun!

When you sample different sports there are going to be some things that you aren't good at right away. What I want you to do is to have a "Growth Mindset."

Growth Mindset means that you believe that you can get better at anything with practice.

So if you get frustrated or feel like you aren't good at one of the sports we do, just remember we only ask that you try and believe that you can get better with practice!

If we encourage each other we can help everyone feel safe and excited to try new things!

This week we are working on Strength of our Team and Yourself.

Goal 1: Learning each other's names.

Goal 2: Self-confidence-believing in ourselves.

Let me introduce your Summer Camp Coaches. Look at how they talk and see how they show Self-Confidence

-Introduce each coach and show self confidence through good posture, smiling, clear voice.

Rules Review

1. What are the boundaries where the students need to stay during camp?
2. Review the Schedule summer camp (1 sport each week). Review the schedule for the day. (we recommend you have this on a clipboard the players can check or on a board/wall somewhere)
3. How and when will they get water and bathroom breaks?
4. How will you get the camper's attention? ([Attention Getter Resource](#))



5. Review the Get SET Rules: [Poster](#)

Get S.E.T and Have Fun

1. **Safety: Keep each other safe physically and emotionally!** (*Shake Hands*) Each team has different ages and all skill levels, giving space for everyone to play.
 - a. Make safe choices that will keep everyone physically well.
 - b. Stop play and check on anyone who may be injured.
 - c. Celebrate respectfully with your team without commenting on the other team.
 - d. Focus on what players do well rather than mistakes.
 - e. Begin and end with congratulations.
2. **Effort**-(*Run in Place*) Give your best effort and be proud of yourself!
3. **Teamwork**-(*High Five*) Focus on passing, helping each other out, and encouragement.
4. And Have **Fun**-(*hands in for cheer*) Have fun and play!

Movements

Safety: Shake Hands

Effort: Run in Place

Teamwork: High Fives

Fun: hands in and cheer

[Make it a Game! Spend 15 minutes of your warm Up reviewing the rules](#)

See Game on Next page

Rules Game: **Get SET** (10 min)

Set Up

- Circle up the team

Equipment

- No Equipment

Objective

To learn the GET Set Rules



Directions

- Have participants circle up. Ask participants: "Why do you think we need rules when we play a game?" (to stay safe, so it's fair for everyone, so we know what we can and can't do)

"For our UI programs we also have rules. We want you to be safe, learn skills, and be able to be independent and creative. Our rules are easy to remember. (Show the poster). Are you ready? Get SET?"

1. **S:** "The letter S stands for Safety. This means that we make sure we are physically safe by respecting our bodies and the bodies of others. We also make sure we are emotionally safe by being kind and respectful to each other. To remember this rule we are going to Shake hands with someone else."
- When I say "Safety"- you shake hands! Now I want you to walk around the space staying within the cones and when I call *Safety* you run to a partner and shake hands. (wait 5 seconds) "Safety." (kids shake hands) "Great Listening! Let's come back the circle."



2. **E:** "The Letter E is for Effort, this means that I try each activity and give my best effort. I am proud of myself and others for the effort they give. We are learning and growing so instead of focusing on winning, I want you to focus on effort and improvement.

- When I say "Effort" You stop and running in place. Walk around the space (wait 5 seconds) "Effort" (run in place), "Safety" (Shake hands), "Effort" (run in place). "Good job, now come back to the circle."



3. **T:** "The Letter T is Teamwork. This means that we work together. When it's time to clean up we all clean up, we all support each other. When we are down, we lift each other up.

- When I say "Teamwork" you walk around and give high fives. Walk around the space. (wait 5 seconds) "Teamwork" (High fives), "Effort" (runs in place), "Safety" (Shake hands), "Teamwork". Good job let's get into a circle."



4. "Now we have learned the 3 rules of Safety, Effort, And Teamwork, but there is one missing. We have to HAVE FUN. It's important that this time together is fun for you because we want you to be happy.

- When I say "Have Fun" I want you to get into a circle with the team and put your hands in the middle and on the count of 3 we say "(choose a cheer or you can have them say "Go Team")



"Now let's see what you remember. Walk around the space"

Continue calling out Safety, Effort, Teamwork, Fun and have the participants practice the motions.

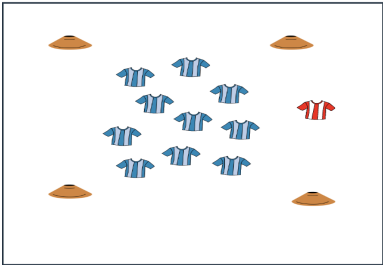
Variations

- Allow a team leader to call out the words
- Explain each Word and have different groups act about a skit that ends in the movement for that word. (Example: Safety-do a scene where someone helps someone else up and then they shake hands at the end)

Warm Up



Favorites-15 min.

Favorites: Find a partner when the whistle blows and get to know each other.

| Diagram | Set-Up |
|--|--|
|  | <p>Create a boundary with four cones that is big enough for the team to run around safely.</p> |
| | Equipment |
| | <p>-4 Cones -Whistle (or attention getter)</p> |
| Directions | |
| <p>Objective: To learn at least 5 of your teammates' names and one of their favorite things.</p> <ol style="list-style-type: none"> 1. Spread inside of the boundary. 2. When I blow my whistle (or say attention getter) You will turn to me and respond _____(coach choice) 3. Practice this 3-4 times 4. Blow Whistle: "Walk around and when I blow my whistle find a partner and tell them your name and your Favorite food" <ul style="list-style-type: none"> o Players walk, blow your whistle, and wait for about 15-30 seconds for students to talk. 5. Find a new partner and tell them your favorite show/movie, etc. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Have students run instead of walk • Stop and ask a pair to share out what they learned • Speed up the whistle blow and movement to challenge students | <ul style="list-style-type: none"> • Join the game during the "Favorites" Section so you can get to know players • Make sure to follow through with your expectation before you move on "Silent and listening" |

Introduction to Soccer: Passing

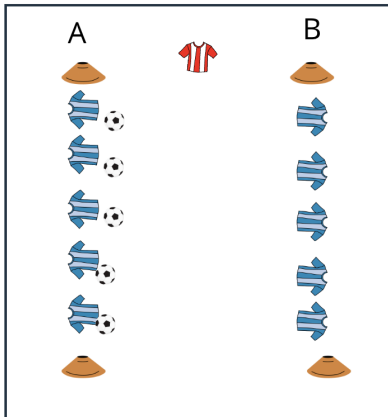
15 min.

| | | |
|------------------------|---|---|
| Definition | Soccer is a game played between 2 teams with a round ball that can't be touched by the hands or arms. You score goals by kicking the ball into the other team's goal. | |
| Fun fact | Soccer is the most popular sport in the world & in many countries it's called "football" or "fútbol" | |
| Skills | <p>Sweet Spot Pass: hit the ball with the inside of your foot. Use the right strength to kick the ball so it goes to your partner.</p> <p>Making an "L" with your foot: plant non-kicking foot next to the ball with its toes pointing where you want the ball to go, now complete a sweet spot pass.</p> | |
| Coaching Points | <ol style="list-style-type: none"> 1. Focus on hitting the "sweet spot" of your foot 2. Don't use your toes "say no to toes" | |
| Resources | Soccer rules for beginners Professional Soccer goal |   |

Station 1

Pass the Conversation-20 min.

Pass the Conversation: Speed dating with passing.

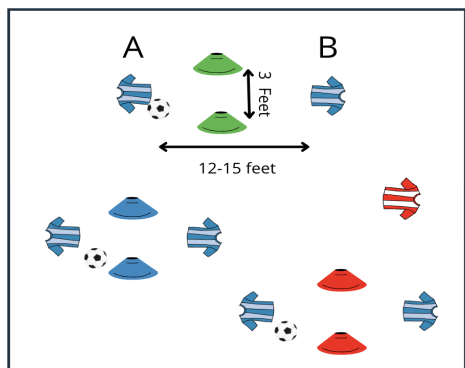
| Diagram | Set-Up |
|--|---|
|  | -Create two shoulder-to-shoulder lines facing each other with one player who has the ball |
| | Equipment |
| | - 1 Ball for Each Pair or per group of 3 - 4 Cones to indicate the beginning and end of the line |
| Directions | |
| Objective: To learn about your partner and practice passing and trapping the ball. <ol style="list-style-type: none">Each person starts standing across from their partner. Line A has the ball.A Passes: My name is _____ B Traps: Hi (their name)B Passes: My names is _____ A Traps: Hi _____A Passes: Ask a Question: This could be a would you rather? A basic question about their age, class, how long they've been playing soccer, etc. Player choice. B Traps: Answers question B Passes: Asks a new question or the same A Traps: RespondsNow Line A Steps to their right and has a new partner. Repeat Pattern | |
| Version 2: Have players step back each time they pass to each other. | |
| Version 3: Have players create a circle of 4 or 5 players. Have 1 person pose a question and then all players have to pass at the same time. The players that receive the ball each answer the questions. Add 2-3 balls to make it more difficult. If balls hit each other everyone has to move places in the circle. | |
| Coaching Points | |
| <ul style="list-style-type: none">Yell out prompts for each pass to remind players<ul style="list-style-type: none">GreetingQuestionStart by having the coach ask the question and then have players choose their own questions.Use the sweet spot | |

Station 2

Gates- 20 min.

Gates: Passing balls through cones

Diagram



Set-Up

- Partners take 2 disc cones and create a gate about 3 ft. apart
- Each partner stands at one side of the gate

Equipment

- Ball for every pair
- Disc cones

Directions

Objective: Pass through the gate without touching the cones.

1. Pair passes the ball through their gate, trying not to let the ball touch the cones.
2. Players begin 12-15 feet apart depending on ability level and understanding of the exercise.

Version 2:

Each pass has partners take a step back to increase distance.

Version 3:

Have players practice 1 touch vs. 2 touch passes. or [More advanced version](#)

Coaching Points

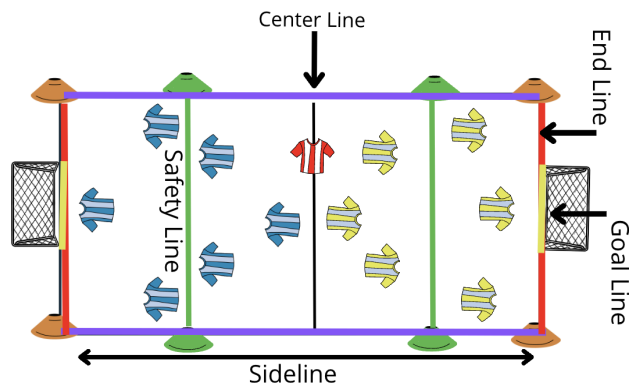
- Use a soft first touch - cushion the ball, don't stop it.

Scrimmage

Soccer - 40 min.

Players use the skills they learned to play soccer!

Diagram



Set Up

- A rectangular playing field with one goal at each end
- Have one team on each side of field to start
- One team wears pinnies

Equipment

- Ball
- Goals
- Pinnies
- Cones

Directions & Rules

Objective: Kick the ball into the goal

1. Kick-Off- Begin the game with the following:
 - Rock, Paper, Scissors-Winning team will start with the ball at the Centerline. Both teams will start on their side of the field.
2. Recommended Length of games: 8-10 minutes
3. Restarts:
 - Free Kick- The opposing team starts with the ball in the same place that the play was stopped. Players move back a safe distance and play resumes. Play a freekick when a player touches the ball with their hands, does a header play a free kick, or fouls another player.
 - Goal Kick-If the ball goes out of bounds past the end line the goalie kicks the ball to their team once the opposing team is behind the safety line.
 - Corner Kick- when the defending team kicks the ball out of play behind their own end line, gameplay stops, and one player of the opposing team can kick the ball in from the closest corner to the goal.
 - Sideline Throw-In- when a player from either team kicks the ball out of play past the sideline, gameplay stops, and one player from the opposite team throws in the ball from the line to resume play. Both feet must stay on the ground when the ball is thrown in (note: players can kick the ball back in if playing indoors or in a tight/restricted space).
4. No hands- If a player touches the ball with their hands, stop play and remind them not to use their hands, the ball can then be played as a free kick for the other team.
5. Rotate Goalies- Every 5-10 minutes we recommend rotating goalies.
6. No Headers- According to the US Soccer Federation this can be dangerous for players younger than age 11. If a player does a header stop play and resume with a Free Kick.



Variations

- Have multiple fields at once, depending on numbers and space

Coaching Points

Give shout-outs when you hear team communication
Encourage the teams to make team names!

1. This week you might be meeting new people! Can anyone share something interesting they learned about a fellow camper?
2. How can you start a conversation with a camper that you never met before?
3. Who can remember each coach's name?

SEL Focus of the Day**Relationship Skills: Teamwork**

Let's review this week's goals.

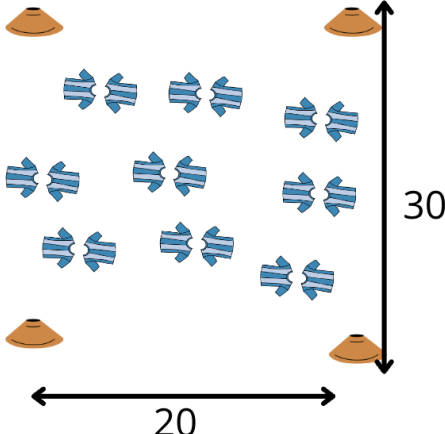

Goal 1: Learning each other's names.

Goal 2: Encouraging each other.

How can you encourage another player today?

-Cheer for them, say their name

Warm Up**Rock, Paper, Scissors...Cheerleader-30 min.****Tournament that encourages cheering on teammates**

| Diagram | Set Up |
|--|--|
|  | -Pair Up players |
| | Equipment -Can create a boundary if needed  |
| Directions | |
| Objective: To win all games of Rock, Paper, Scissors or to cheer for your team. <ol style="list-style-type: none"> 1. Coach reviews rock paper scissors rules (rock beats scissors, scissors beat paper, paper beats rock) 2. Students start in pairs and play against each other in rock, paper, scissors 3. The student who wins will move on to find another student who won their game 4. The student who loses will cheer for the person that beat them 5. Once someone has several cheerleaders and they lose, everyone will cheer for the winner. 6. Eventually, it will be two people playing each other in the championship, both with large fan groups. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Have cheerleaders follow their leader in a conga line to add excitement/engagement! | <ul style="list-style-type: none"> • Coaches should walk around and make sure students are cheering for the appropriate person • Play multiple times, usually the 2nd round more students understand the game better |

Introduction to Soccer


15 min.

| | |
|------------------------|--|
| Definition | Soccer is a game played between 2 teams with a round ball that can't be touched by the hands or arms. You score goals by kicking the ball into the other team's goal. |
| Fun fact | Soccer is the most popular sport in the world & in many countries it's called "football" or "fútbol" |
| Skills | Dribbling - when a player repeatedly touches the ball with their feet while walking or running to move it in the direction they want it to go. |
| Coaching Points | <ol style="list-style-type: none"> 1. Focus on hitting the "sweet spot" (inside) of your foot 2. Look up! 3. Do small touches to keep the ball close to you and to have control |
| Resources | See page 3 |

Station 1

4 Corners- 20 min.

4 Corners: Dribble to the corner called by the coach

| Diagram | Set Up |
|---------|--|
| | <p>- Make 4 corners designated by making 4-20x20 squares (large enough for all players to fit)</p> |
| | <p>Equipment</p> <p>- 4 Different Color Cones (You can also place a captain in each corner and designate the corner by person's name)</p> <p>- 1 Ball for Each Player</p>  |

Directions

Objective: Dribble to the corner designated by your coach fastest and stop in freeze position.

1. Separate the Group into teams of 5.
2. Place 4 students at each corner, and 1 student in the middle.
3. Players in the middle begin dribbling their ball inside the area.
4. When the coach calls out a number (1-4) players dribble to that corner and stop in the freeze position and then pass it to their teammate.
5. Their teammate then dribbles the ball in the middle until a corner is called.
6. Players waiting to receive the ball should cheer!

This exercise can be started without a ball to support players' understanding-have them tag each other instead.

Version 2

Coach calls the numbers out faster or calls out more than 1 number.

Version 3:

Have players work in partners and they can only move around the space by passing to each other. When a number is called out one player should be in the number box while the other player passes to them.

Coaching Points

- Soft touches - close control.
- Head up for awareness of side, space, and players.
- Hype up the waiting players having them cheer for their teammates by name!

Station 2

Stingers-20 min.

Stingers: Players try to avoid being "stung" with the ball

Diagram



Set Up

- A large open space with boundaries
- Choose 2-3 players to be stingers

Equipment

- 1 Ball per Stinger
- Disc cones to create boundary



Directions

Objective: Stingers to try to tag the runners by passing the ball and hitting them below the knee.

1. Each tagger has a ball, runners do not.
2. Stingers must be within 1 foot of the runner when trying to tag them.
3. When a runner is tagged, the coach gives them a ball to become a stinger.
4. Play several rounds and switch out the taggers.

Variations

- Once a runner is tagged, have them squat down and be frozen and one of their teammates can leap over them like leapfrog to unfreeze them

Coaching Points

- Encourage stingers to keep their head up to see who to kick towards.
- Encourage stingers to work together to be more successful in the game.

Scrimmage

Soccer- 40 min.

See page # 9

Team Huddle

Relationship Skills: Teamwork

1. Raise your hand if you learned 1 person's name...., 2 people's names, 3 people's names..
2. Who can go around the circle and name at least 4 people?
3. If we don't know someone's name, how can we respectfully ask them?

SEL Focus of the Day**Relationship Skills: Teamwork**

Today we are continuing working on creating strong relationships.

Let's review our goals.

Goal 1: Learning each other's names.

Goal 2: Encouraging each other.

Look around the circle (or field) and count on your hands how many people you can name.

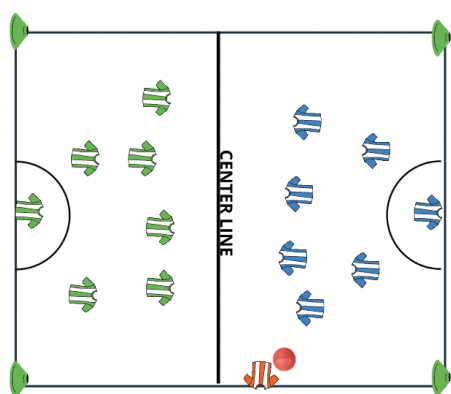
-Who can name 5 people, 10 people, 20 people?

Today make sure to ask campers their names so you can learn everyone's.

Choose 3 people that you want to encourage today during games. You will cheer for them when it's their turn and shout them out when you see them doing great work.

Warm Up**Handball- 20 min.**

Players use the skills they learned to play handball!!

Diagram**Set Up**

- A rectangular playing field with one goal at each end
- Have one team on each side of field to start
- One team wears pinnies

Equipment

- Ball
- Goals
- Pinnies
- Cones

Directions & Rules

Objective: Throw the ball into the goal.




1. Players use their hands, throwing the ball to teammates to keep possession.
2. Once a player receives the ball, they can take 3 steps with the ball in their hand, and then they must pass to a teammate.
3. When a player does not have the ball, they are allowed to run anywhere.
4. The opposing team may try to intercept the ball only during passes. Players cannot grab the ball out of other players' hands.
5. If the team who is passing drops the ball, it is a turnover and the other team gets the ball.
6. Players cannot pass the half circle- only the goalie is allowed in that space.
7. Each team scores by throwing the ball into the opponents goal.

*Recommend starting without a goalie at first, Handball courts generally have a bigger goal than pugg goals so you can also use cones to make it larger.

| Variations | Coaching Points |
|---|--|
| <ul style="list-style-type: none"> Have multiple fields at once, depending on numbers and space Create endzones instead of goals to make it easier to score | Remind players to not cross the half circle where the goalie is Communication is key! |

Soccer Shooting

15 min.

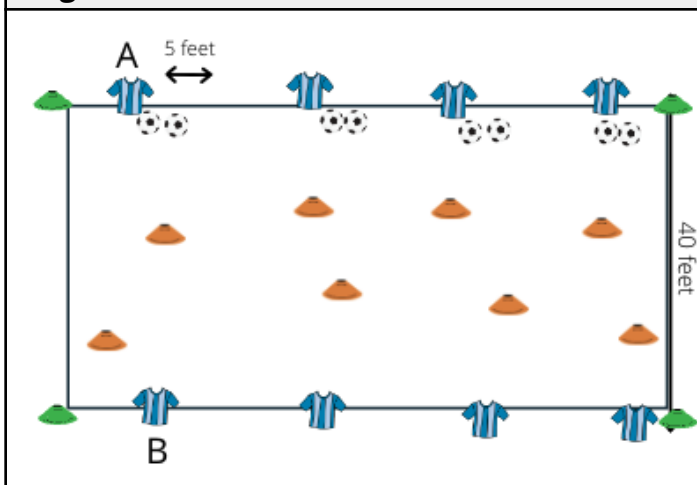
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|------------------------|---|
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| Fun Fact | Soccer is the most popular sport in the world & in many countries it's called "football" or "fútbol" |
| Skills | <p>Shooting:</p> <p>Inside of Foot Shot- Way to shoot accurately using the sweet spot (inside) part of your foot. Use the same form as a sweet spot pass but kick the ball harder.</p> <p>Laces Shot: to strike the ball with power, using the top of your foot, the top part of the shoe.</p> |
| Coaching Points | <p>Inside Foot Shot: (use for accuracy)</p> <ol style="list-style-type: none"> 1. Plant your non-kicking foot next to the ball pointed at your target (the goal) 2. Use the sweet spot and pass the ball into the net <p>Laces Shot: (use for power)</p> <ol style="list-style-type: none"> 1. You still make an "L" with your non-kicking foot next to the ball, pointed at the goal 2. Use the top of your foot or "laces", where there is the big bone to shoot the ball 3. Follow through, the players should land on the foot that they kicked with |
| Resources | <p>UI Video  Additional Resource </p> <p></p> <p>Laces Shot UI Video</p> |

Station 1:

Sandcastle Battle-15 min

Sandcastle Battle: Players practice aim by shooting at cones set up by their partners.

Diagram



Set Up

- Divide players into pairs
- Players begin 40 ft. apart with 2 cones (sand castles) placed in between them (tall cones are better if you have them)

Equipment

- 2 Ball for every pair
- 2 cones for each pair

Directions

Objective: To hit the cone and make it move.

1. Player B places two cones at various distances between A and B. (they choose the spots)
2. Player A kicks the ball while trying to hit and move each cone.
3. Player B collects the balls and Player A moves the cones to new spots.
4. Player B takes a turn trying to hit the cones.
5. Players earn points each time they hit the sand castle.

Variations

- Increase/decrease space between sand castles.
- Use non-dominant foot
- Add balls on top of cones to knock them off

Coaching Points

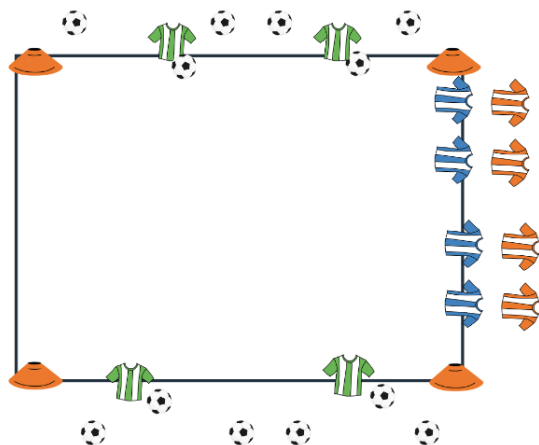
- Remind players to make an "L" with their feet
- Point your non-kicking foot at the target

Station 2

Star Wars-15 min

Star Wars: Players try to cross the field without being hit by the ball.

Diagram



Set Up

- 4 Sith-Each pair has a ball and lines up at the sideline
- Set up a square boundary

Equipment

- Ball on either sideline
- Disc cones



Directions

Objective: To hit the Jedi (running players) with the ball below the knee.

1. Choose 4 Sith and put 2 on either Sideline with a lot of balls.
2. Divide the remaining players and have them stand on each End Line.
3. When the coach blows the whistle one group will run to the opposite end line and try not to get hit with a ball. If they are hit they have to join the Sith on the sideline.

Variations:

- Have players dribble with a ball across the field while avoiding getting hit
- Try just having the Coach as a target seen [here](#)



Coaching Points:

- Focus on accuracy over power
- Keep heads up to see teammates and avoid getting hit
- Be Dramatic! Try jumping over the ball

See pg. 9

Team Huddle**Soccer/Teamwork****Soccer Shooting:**

1. What are the two ways to shoot the ball?

Teamwork:

1. Let's say you saw a friend who was upset during the scrimmage today because their team lost. What are some words of encouragement you could say to your friend?
2. Who did you encourage today? Who can you shout out for today for being a great teammate?

WEEK 1, DAY 4

SEL Focus of the Day

Relationship Skills: Teamwork

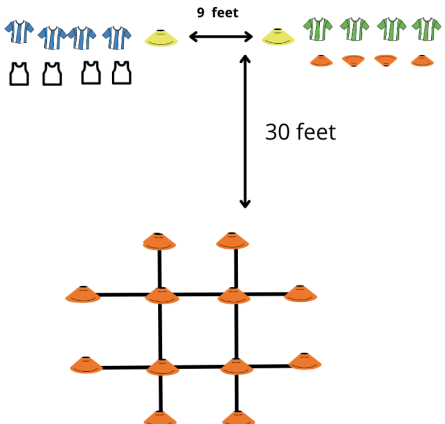

Remember the Purpose of our camp is to have a Growth Mindset. Believing that with practice you can improve your skills!

1. Raise your hand if you tried something new this week.
2. Raise your hand if you tried your best even if it was hard.
3. Let's all clap for each other.
4. Today I want you to continue to learn each other's names and to encourage each other as we play games.

Warm Up

Tic-Tac-Toe- 30 min.

Players play a relay race of high-speed tic-tac-toe using soccer objects.

| Diagram | Set Up |
|--|---|
|  | <ul style="list-style-type: none"> - Set two cones about 3 yards apart as the starting point. - Using cones, create a tic-tac-toe board about 10 yards from the starting cones. - Divide the team into two groups. - Give the first three players in each group 1 one color of pinnies/flat cones |
| | Equipment <ul style="list-style-type: none"> - Disc cones - Ball <i>*optional</i> - pinnies  |

Directions

Objective: To have their team win tic-tac-toe by getting three objects in a row.

1. On the coach's command, the first players in each line race to the tic-tac-toe board and drop a pinny in one of the nine spaces.
2. Player 1 races back to the line and high-fives Player 2.
3. Player 2 races to the tic-tac-toe board and drops a pinny in one of the spaces and so on.
4. Since player 4 does not have a pinny in hand, this player races to the tic-tac-toe board and can move ONE of their colored pinnies to an open space.
5. This continues until one of the teams wins the game.

Version 2: Have players do different dynamic stretches/runs while racing to the tic tac toe board (high knees, lunges, backward jog, etc).

Version 3: Have players dribble to the tic tac toe board and dribble back.

Coaching Points

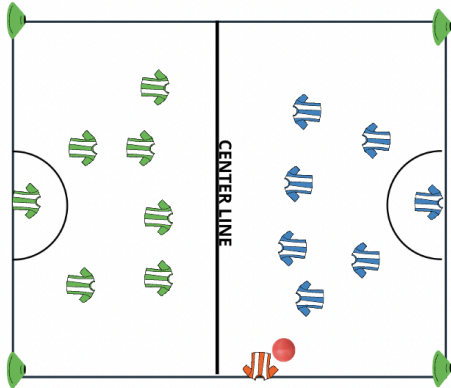
- Encourage teams to cheer for each other
- Review Tic-tac-Toe rules

Station 1**Soccer Scrimmage 20 min.**

See page # 9

Station 2**Handball Scrimmage- 20 min.**

Players use the skills they learned to play handball!

| Diagram | Set Up |
|--|--|
|  | <p>- A rectangular playing field with one goal at each end</p> <p>- Have one team on each side of field to start</p> <p>- One team wears pinnies</p> |
| Directions & Rules | |
| <p>Objective: Throw the ball into the goal.</p> <ol style="list-style-type: none"> 1. Players use their hands, throwing the ball to teammates to keep possession. 2. Once a player receives the ball, they can take 3 steps with the ball in their hand, and then they must pass to a teammate. 3. When a player does not have the ball, they are allowed to run anywhere. 4. The opposing team may try to intercept the ball only during passes. Players cannot grab the ball out of other players' hands. 5. If the team who is passing drops the ball, it is a turnover and the other team gets the ball. 6. Players cannot pass the half circle- only the goalie is allowed in that space. 7. Each team scores by throwing the ball into the opponents goal. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Have multiple fields at once, depending on numbers and space • Create endzones instead of goals to make it easier to score | <p>Remind players to not cross the half circle where the goalie is</p> <p>Communication is key!</p> |

| Resources | <div>    </div> <div> Handball Basic Rules Dribbling Passing </div> | | |
|-----------|--|--|--|
|-----------|--|--|--|

Mash-up

Handball and Soccer 40 min.

| | |
|------------------------------|--|
| Rules | <ol style="list-style-type: none"> 1. Present the Team with the possible rules below 2. Allow them to change 1-2 items. (Take 2 steps instead of 3, number of players etc) 3. Play the game and then pause to see if the team wants to make any new alterations 4. Focus on Creativity and Fun-The game may be very hard or too easy, we are making it up as we go along! |
| Possible Rules | <p>Objective: Score by throwing or kicking the ball into the goal.</p> <p>Equipment: 2 goals, 1 soccer ball</p> <p>Rules:</p> <ul style="list-style-type: none"> -Set up a normal soccer game. -Rules: Players can touch the ball with their hands or dribble the ball with feet -If the players are touching the ball they can only take 3 steps and then they have to pass. -If the players are using their feet they can take as many steps as they want or only dribble 3 times and then pass. Coach's choice! -Players can throw the ball into the goal or kick it. |
| Equipment | <ul style="list-style-type: none"> - 2 goals - Cones as needed - 1 soccer balls |
| Diagram | |
| # of players per team | <ul style="list-style-type: none"> - 6-8 (Coach choice, depends on space and number of students) |

Team Huddle

Relationship Skills: Teamwork

1. What were some challenges to inventing the mash-up game?
2. What was fun about the mash-up game?
3. What does it mean to be a "good teammate?"
4. Who can shout out another person for their hard work?

WEEK 2

SEL Focus: **Self-awareness**

Sports: **Basketball**

| <u>Time</u> | <u>Day 1</u> | <u>Day 2</u> |
|-------------|--|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome- Rules Review | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm Up: Cat & Mouse | Warm Up: Boss of the Ball |
| 15 | Sport Intro: Basketball: Dribbling & Shooting | Sport Intro: Basketball: Passing |
| 20 | Station 1: Dribbling knockout | Station 1: Monkey in the Middle |
| 20 | Station 2: Around the World | Station 2: Knockout |
| 20 | Scrimmage: Basketball | Scrimmage: Basketball |
| 20 | Scrimmage: Basketball, Handball, or Soccer | Scrimmage: Basketball, Handball, or Soccer |
| 25 | Team huddle & lunch | Team huddle & lunch |

| <u>Time</u> | <u>Day 3</u> |
|-------------|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm Up: Relay Races |
| 15 | Sport Intro: Basketball Skills Review |
| 20 | Station 1: Basketball Scrimmage |
| 20 | Station 2: Soccer Scrimmage |
| 40 | Scrimmage: Handball + Basketball Mash Up |
| 25 | Team huddle & lunch |

WEEK 2, DAY 1

Rules Review

1. I wanted to shout out the team for a great 1st week of camp.
2. Let's review some rules from week 1.

Get S.E.T

1. **Safety**-Make decisions that support physical safety and emotional safety.
2. **Effort**- Give your best effort and be proud of yourself!
3. **Teamwork**-Focus on passing, helping each other out, and encouragement.

3. This week's Attention getter has to do with basketball. (You can ask the team to make one or you can do one) Example: Coach: "Kobe!" Team: Makes shooting motion "Swish"

4. Review the week-We will only have 3 days this week because of July 4th. We will be focusing on Basketball: Day 1: Dribbling and Shooting, Day 2: Passing, Day 3: Scrimmage

Coach Note: We combined Basketball skills so that you can have half of the group practicing on hoops and half practicing on a concrete area. This way you don't have students waiting around for a chance to shoot.

SEL Focus of the Day

Self-Awareness: Identifying Feelings

This week we are working on Self-Awareness. That means that we are aware of our feelings.

Let's start with a body scan:

- Close your eyes or look at the ground
- Focus on your head and face- think about how they feel.
- Now scan down and focus on your shoulders, chest-how do they feel?
- Now scan down your arms-how do they feel?
- Scan down to your stomach-how does it feel?
- Scan down to your legs and feet-how do they feel?

Now that we have done a body scan. It warms up our body. Someone raise their hand and tell us a part of the body that you would like to warm up.

-Proceed to do stretches to warm up the body.

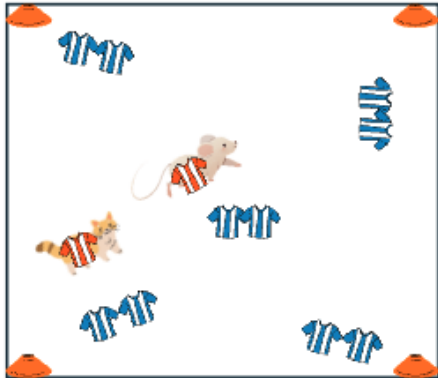
How does your body feel now? Stretching can help us warm up for play and also make us feel better. Sometimes we are frustrated or stressed out and we need our body to move.

Warm Up

Cat & Mouse Tag- 30 min.

2 players play tag and can join a partner and bump them off to be chased.

Diagram



Set-Up

- Large, square playing space marked by boundaries

Equipment

- 4 cones for boundaries

Directions

Objective: The goal of the game is for the player who is the Cat to tag the Mouse.

1. Demonstrate proper tagging before beginning play.
2. Instruct all players to find a partner, link elbows with that partner, and find a spot to stand in the given space.
3. Choose 2 players to start with one designated as the "Cat" and the other as the "Mouse". On GO, the player who is the Cat will try and tag the runner.
4. The runner can avoid being tagged by running throughout the space and connecting elbows with one of the standing groups.
5. When the runner connects arms, the player connected to the other arm of the chosen players must leave the group and now becomes the new runner. 5. If the player who is the Cat tags the Mouse, the round ends and a new Cat and Mouse are selected.

Variations

- The game requires a lot of running for the player who is the Cat. If they do not tag the runner within 2-3 minutes, add two more cats to the mix.
- Play "Train Tag" where the pairs lie on their stomachs like railroad ties and switch positions by lying next to a pair, and the outside "tie" gets up and runs.






Coaching Points

- [Video:](#)



Introduction to Basketball

15 min.

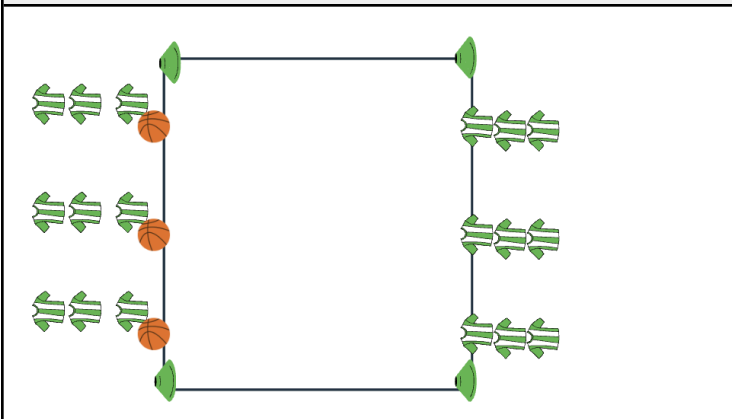
| | | | |
|------------------------|---|---|--|
| Definition | A game played between two teams of five players in which goals are scored by throwing a ball through a netted hoop fixed above each end of the court. | | |
| Fun Fact | James Naismith, a YMCA sports teacher, invented basketball in 1891. Michael Jordan is one of the most famous basketball players of all time, and he played on the Chicago Bulls! Michael Jordan Highlights | |  |
| Skills | <p>Dribbling- Moving the ball by repeatedly tapping it with your fingers. If you stop dribbling, you must shoot or pass to a teammate</p> <p>Shooting - Hold the ball with both hands. One hand is on the side of the ball facing up helping to hold the ball up. The other hand, the shooting hand, is under the ball. Use the shooting hand to push the ball up and then release, aiming for it to go through the net on the hoop.</p> | | |
| Coaching Points | <p>Dribbling Pointers:</p> <ul style="list-style-type: none"> • Keep your head up and your eyes on the game. Don't look at the ball. • Extend your arm and snap your wrists to send the ball into the ground. • Use your fingers, not your palm, to control the ball. • Bounce from one hand to another at a time to start. • Do not bounce the ball too high while dribbling. That will give you more control over the ball and make it harder for defenders to steal the ball. • Use your body and your non-dribbling arm to shield the ball from defenders. <p>Shooting Pointers</p> <ul style="list-style-type: none"> • B-- Balance. Keep feet shoulder- width apart with the foot on the shooting side of the body toe-to- heel in front of the other foot; knees bent, hips square to target, and back straight. • E -- Elbow in. ... • E -- Eyes on Target. ... • F-- Follow Through. <div style="text-align: right;">  <p><small>WIKI: How to Shoot a Basketball</small></p> </div> | | |
| Resources |  Basketball Basic Rules |  Shooting a Basketball |  Dribbling |

Station 1

Dribbling Relay- 20 min.

Don't let your ball get knocked out.

Diagram



Set-Up

- Rectangular, basketball court size

Equipment

- Cones for boundaries, if necessary
- Basketballs-1 per team

Directions

Objective: Dribble your ball without losing control or going out of bounds.

1. Set up a relay race with each team having players on both sides.
2. The first player dribbles down to the end of the line and passes off their ball to the next player who dribbles back.
3. The first team to have all of their team go and sit down wins.

Version 2: Set up obstacles the players can dribble through like a maze.

Version 3: Add a Dribbling Red Light, Green Light, Yellow Light. As they are doing the relay call out Red light and they must stop. Anyone who keeps moving has to go back to the start line. Yellow-dribble slowly. Green-Start dribbling again.

Coaching Points

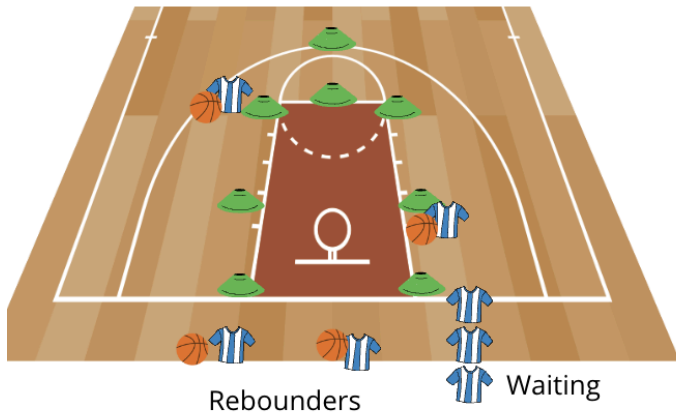
- Look up while dribbling
- Use your fingertips to have a good grip
- If there aren't enough balls for your group, have students be "it" and they're without a ball trying to steal other students' balls

Station 2

Around the World- 20 min.

Fast-paced shooting game

Diagram



Set-Up

- Set cones around the Hoop and 1 on the 3 point line (20 ft from hoop), free throw line (14 ft)
- The first 2 players have a ball

Equipment

- Hoop or bucket
- For younger kids you can draw an X on a wall to indicate where they need to hit the ball
- Basketball hoops-Can use large trash cans for smaller kids



Directions

Objective: Score before the person behind you scores to stay in the game.

1. The first player in line goes to the first cone and shoots their ball.
2. Once the first player shoots their ball, the rebounders collect it and pass it back to the shooter.
3. When the first player is on the 3rd cone the next player can begin shooting.
4. Players take 1 shot from each cone and keep track of how many baskets they make.
5. When a Player is done shooting they become a rebounder and the rebounders go into the waiting line.

Version 1: Move the line closer to the hoop, lower the hoop or have players use buckets.

Version 2: Move the cones back further.

Version 3: Knockout - Players get 2 tries at each cone if they miss they have to go to the back of the line.

Coaching Points

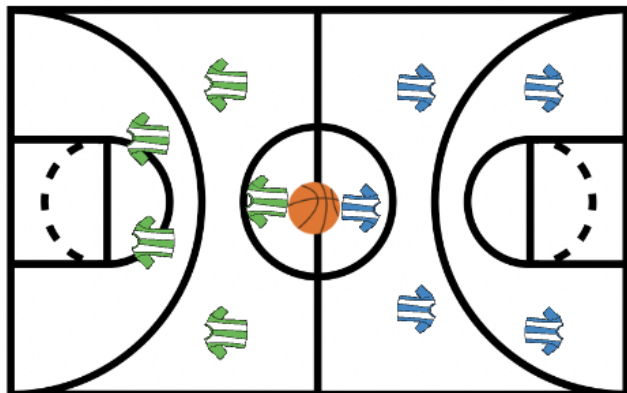
- Encourage students to hustle to get their ball and try again
- Great opportunity to foster a growth mindset by encouraging the students to try again if they missed
- Option to use gator balls (decrease weight) or small basketballs for young students

Scrimmage

Basketball - 40 min.

Players use the skills they learned to play basketball!

Diagram



Set Up

- A rectangular playing field with one basket at each end
- Five players on each side of the court, with one team wearing pinnies

Equipment

- Basketball
- Basketball hoops-Can use large trash cans for smaller kids
- Pinnies
- Cones

Directions & Rules

Objective: Shoot the ball into the hoop to make a basket

1. Jump Ball- Begin the game: The coach throws the ball up in the air in the middle of the court and one player from each team jumps up to try and grab the ball. Whichever team gets the ball has possession to start.
2. Recommended Length of games: 8-10 minutes
3. Defending players can make their body large (feet wide apart, arms high in the air) to block the attacking player from passing, dribbling or shooting. If the defender hits the attacker's arm, it's a foul.
4. Restarts:
 - Travelling/double dribble- if a player dribbles the ball, picks up the ball and takes more than 2 steps, then dribbles again, gameplay stops and the other team starts with a throw-in
 - Free throws- if a team makes a foul, gameplay stops and the other team gets to take 2 free throws, about 10-15 ft. away from the hoop. Free throws are free shots where nobody from the other team is obstructing them from the hoop.
 - Throw-In- when a player from either team throws the ball out of play past the sideline, gameplay stops, and one player from the opposite team throws in the ball from the line to resume play. Players must use two hands to throw the ball in.
5. Rotate positions- Every 5-10 minutes we recommend rotating goalies.

Coaching Points

Basketball Basic Rules

- If students are struggling to dribble with defense, you can put restrictions on the game such as: Defenders can only steal during passes or shots (dribblers can only take X steps - to force them to pass)
- Defenders need to be an arms distance away when the dribbler has picked up the ball. (Kids may try to be body on body when defending)

Scrimmage 2

Soccer or Handball 20 min.

Soccer See page # 9 and Handball See page #20

Team Huddle

Self-Awareness

Basketball:

1. What are two types of passes used in basketball?

Self-awareness:

1. How does basketball make you feel? (When you make a basket, when the ball is stolen, when you run up and down the court)
2. How does your body (face, arms, etc.) react when you feel these different emotions during games?
 - a. Happiness
 - b. Anger
 - c. Tired

WEEK 2, DAY 2

SEL Focus of the Day

Identifying Feelings

This week we are recognizing our feelings.

1. Let's identify things that make us happy?

- What do we do physically when we are happy?

2. What are things that make us frustrated or angry?

- What do we do physically when we are angry?

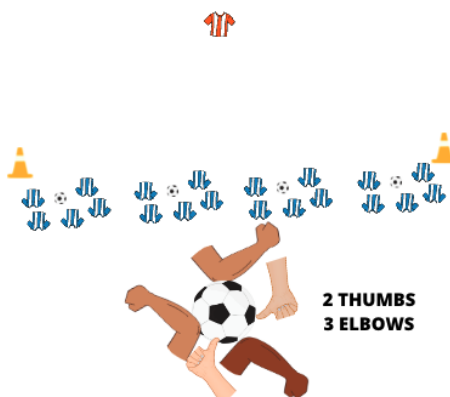
Remember-Feelings are not bad or good. They tell us that we may need something.

For example, if you are feeling sad you might need to talk to someone about why you are sad. If you are feeling frustrated, you might need to run around the field to feel better or talk to someone. (ask players what they do to feel better if they are frustrated or sad)

Warm up

Boss of the ball- 30 min

Players creatively carry the ball to the coach in different ways.

| Diagram | Set Up |
|--|--|
|  <p>2 THUMBS 3 ELBOWS</p> | <ul style="list-style-type: none">- Separate the group into five teams, or the same number of teams as the number of balls that you have at your disposal. |
| | Equipment |
| | <ul style="list-style-type: none">- One ball per team |

| Directions | |
|--|---|
| Objective: for each team to retrieve the ball in the way that the leader says! <ul style="list-style-type: none">1. Tell each team that you are going to say a WAY to bring the ball back by touching the ball with certain body parts. Examples for 6 person groups: 8 thumbs, 2 foreheads and 5 fingers, 3 knees and 4 hands, etc.2. Every member of the team has to be in contact with the ball.3. Teams should bring the ball back as fast as possible. When all the teams are back, start a new round. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none">• Have a kid call out the way to bring the ball back• Make kids hold the position for a certain amount of time before they count as “back”• Have kids go to you in different ways with the ball (crab walk, backwards, etc.) | <ul style="list-style-type: none">• Encourage students to communicate |

Directions




Objective: for each team to retrieve the ball in the way that the leader says!

- Tell each team that you are going to say a WAY to bring the ball back by touching the ball with certain body parts. Examples for 6 person groups: 8 thumbs, 2 foreheads and 5 fingers, 3 knees and 4 hands, etc.
- Every member of the team has to be in contact with the ball.
- Teams should bring the ball back as fast as possible. When all the teams are back, start a new round.

| Variations | Coaching Points |
|--|---|
| <ul style="list-style-type: none"> Have a kid call out the way to bring the ball back Make kids hold the position for a certain amount of time before they count as "back" Have kids go to you in different ways with the ball (crab walk, backwards, etc.) | <ul style="list-style-type: none"> Encourage students to communicate |

Introduction to Basketball


15 min.

| | |
|------------------------|---|
| Definition | A game played between two teams of five players in which goals are scored by throwing a ball through a netted hoop fixed above each end of the court. |
| Fun Fact | James Naismith, a YMCA sports teacher, invented basketball in 1891. Michael Jordan is one of the most famous basketball players of all time, and he played on the Chicago Bulls! |
| Skills | <p>Dribbling- Moving the ball by repeatedly tapping it with your fingers. If you stop dribbling, you must shoot or pass to a teammate.</p> <p>Passing-</p> <ul style="list-style-type: none">- Bounce pass: hold the ball with both hands at your chest, step forward, and extend your arms to pass the ball at an angle, bouncing it once to get to your teammate- Chest pass: hold the ball with both hands at your chest, step forward, and extend your arms to pass the ball straight, not letting it bounce to get to your teammate |
| Coaching Points | <p>Dribbling</p> <ul style="list-style-type: none">- Remind players to try and look up when dribbling- Remind players to use their fingers to dribble, not their full palm- Keep the ball low to have more control <p>Passing</p> <ul style="list-style-type: none">- Thumbs Down- Receiving the Ball make a target with your hands |
| Resources | <div> Dribbling</div> <div> Bounce Pass</div> <div> Chest Pass</div> |

Station 1

Monkey in the middle- 20 min.

Monkey in the middle with a basketball

| Diagram | Set-Up |
|---|--|
|  | <ul style="list-style-type: none">- Divide the students into teams of 4- One person will be in the middle without the ball (monkey) |
| | Equipment |
| | <ul style="list-style-type: none">- 1 basketball/group |

Directions

Objective: pass the ball to your teammates without letting the person in the middle steal it

1. Have students practice passing for a few minutes in their group of 4
2. Once ready, students can start playing monkey in the middle, with one person in the middle of the group trying to steal the ball as the other 3 players pass
3. Once the middle person steals the ball, whomever made the last pass has to go in the middle
4. If a student is in the middle for more than 2 minutes, have them switch with someone.

Version 2: Have students only use bounce passes.

Version 3: Increase the number of people in the middle to 2 and increase the distance. Encourage players to try a no look pass.

Coaching Points

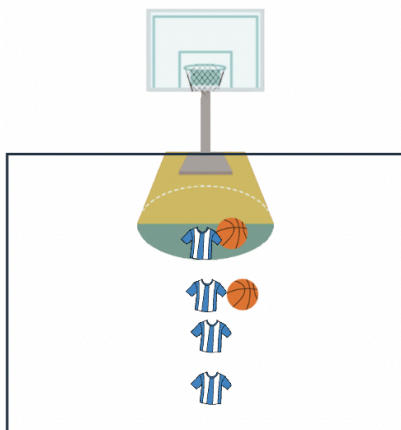
- Receiving Teammate make a target with your hands
- Chest Pass: Square to your teammate, thumbs down, extend arms and step forward with 1 foot
- Bounce Pass: bounce ball $\frac{1}{2}$ to $\frac{3}{4}$ of the way to your teammate, thumbs down
- Call for the ball when you are open
- "Fake a pass to make a pass"-Fake like you are going to one teammate but throw to a different teammate

Station 2

Knockout- 20 min.

Fast-paced shooting game

Diagram



Set-Up

- Have students line up single at the free throw line on a basketball court (15 ft. from the hoop)
- The first 2 players have a ball

Equipment

- Hoop or bucket
- For younger kids you can draw an X on a wall to indicate where they need to hit the ball
- Basketball hoops-Can use large trash cans for smaller kids



Directions

Objective: Score before the person behind you scores to stay in the game.

1. The first player in line shoots their ball.
2. Once the first player shoots their ball, the second player can shoot.
3. The first player has to keep shooting until they make it. Once they make it, they give their ball to the 3rd person in line
4. If the second player makes their shot before the first, they give their ball to the 3rd person in line and the first player gives theirs to the 4th person in line.
5. Since the first player didn't make their shot first, they are out.

Version 1: Move the line closer to the hoop, lower the hoop or have players use buckets.

Version 2: Move the line back to the free throw line.

Version 3: Rapid fire knockout- two lines of students shooting at the same time and the first team to make 5 baskets wins

Coaching Points

- Encourage students to hustle to get their ball and try again
- Great opportunity to foster a growth mindset by encouraging the students to try again if they missed
- [Video](#)
- If using Trash Cans, freeze players when the ball is made in the can so that they can remove the ball and bounce it back to the next person quickly. Unfreeze players when ball is out of the bucket

Scrimmage 1

Basketball 30 min.

See page #28

Scrimmage 2

Soccer or Handball 20 min.

Soccer See page # 9 and Handball See page #20

Team Huddle

Self-Awareness/Basketball

Basketball:

1. Ask players to define the goal of basketball in their own words.

Self-Awareness:

1. This week we are working on Self-Awareness.

-Put 3 fingers up if you feel like you can always name your emotions when you are feeling them

-put 2 fingers up if you feel like you can sometimes name your emotions when you are feeling them

-put 1 finger up if you can only name your emotions after you are feeling them

2. What were some feelings you felt at camp today? What do you do physically when you feel this feeling?

-I was excited so I jumped up and down, I was mad so I

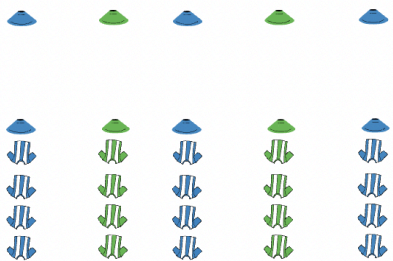

SEL Focus of the Day**Identifying Feelings**

This week we are recognizing our feelings.

1. **How does playing basketball make you feel?**
2. **Remember, we are also working on Growth Mindset-the idea that practice will help us get better. What basketball skill: dribbling, shooting, passing do you want to keep working on to get better?**
3. **Today we are going to be focused on scrimmaging. How do you feel about this challenge? What can you do today to stay positive even when something is challenging?**





-Self-Coaching-tell myself I can do it, -Taking Breaths and breaks when needed -encourage myself and others

Warm Up**Relay races-30 min****Race to the cones and back**

| Diagram | Set-Up |
|---|--|
|  | <ul style="list-style-type: none"> - Separate the group into equal teams - Each time lines up in single file at a cone, with another cone about 30 ft. away |
| | Equipment <ul style="list-style-type: none"> - Cones - Sports equipment (<i>optional</i>) |
| Directions | |
| Objective: Every player on the team goes to the cone and back before the other teams <ol style="list-style-type: none"> 1. Coach tells the students a movement they have to do going to/from the cone (ex: run, walk, crab walk, hop) 2. The first person in line does the action and when they get back to their team, high-five the next person in line and that person goes 3. The first team that has all of their players complete the movement to/from the cone, wins! 4. Repeat and introduce different movements | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Separate students by age to provide different challenges based on grade • Increase/decrease distance between cones • Involve sports equipment- dribble a soccer ball to/from the cone, dribble basketball, etc. • If it's hot out, get creative with this game:  | <ul style="list-style-type: none"> • Have students sit down after completing their part so you can easily see which group finishes first • Great space to show your creativity to the kids as you come up with different races |

Introduction to Basketball

15 minutes

| | |
|------------------------|---|
| Definition | A game played between two teams of five players in which goals are scored by throwing a ball through a netted hoop fixed above each end of the court. |
| Fun Fact | James Naismith, a YMCA sports teacher, invented basketball in 1891. Michael Jordan is one of the most famous basketball players of all time, and he played on the Chicago Bulls! |
| Skills | <p>Review: Dribbling, Passing (pg. 22) , Shooting Fundamentals (pg. 28)</p> <p>Dribbling- Moving the ball by repeatedly tapping it with your fingers. If you stop dribbling, you must shoot or pass to a teammate.</p> <p>Passing-</p> <ul style="list-style-type: none"> - Bounce pass: hold the ball with both hands at your chest, step forward, and extend your arms to pass the ball at an angle, bouncing it once to get to your teammate - Chest pass: hold the ball with both hands at your chest, step forward, and extend your arms to pass the ball straight, not letting it bounce to get to your teammate <p>Shooting - Hold the ball with both hands. One hand is on the side of the ball facing up helping to hold the ball up. The other hand, the shooting hand, is under the ball. Use the shooting hand to push the ball up and then release, aiming for it to go through the net on the hoop.</p> |
| Coaching Points | <p>Dribbling</p> <ul style="list-style-type: none"> - Remind players to try and look up when dribbling - Remind players to use their fingers to dribble, not their full palm - Keep the ball low to have more control <p>Passing</p> <ul style="list-style-type: none"> - Thumbs Down - Receiving the Ball make a target with your hands <p>Shooting</p> <ul style="list-style-type: none"> - Keep your knees slightly bent - Follow through with your shooting hand |
| Resources | <div>  <p>Dribbling</p> </div> <div>  <p>Bounce Pass</p> </div> <div>  <p>Chest Pass</p> </div> <div>  <p>Shooting</p> </div> |

Station 1

Basketball Scrimmage 20 min.

See page #28

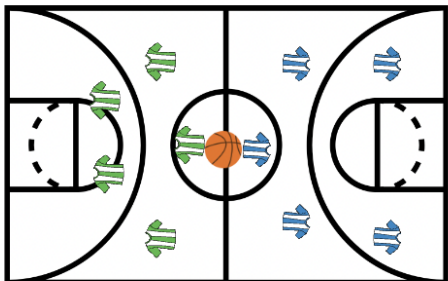
Station 2

Soccer Scrimmage- 20 min.

See page #9

Mash-up

Basketball & Handball 40 min.

| | |
|------------------------------|--|
| Rules | <ol style="list-style-type: none"> 1. Present the Team with the optional rules below 2. Allow them to change 1-2 items. (Take 2 passes instead of 3, number of players etc) 3. Play the game and then pause to see if the team wants to make any new alterations. 4. Focus on Creativity and Fun-The game may be very hard or too easy, we are making it up as we go along! |
| Possible Rules | <p>Option 1: Objective: Score a point by shooting the ball into the hoop.</p> <p>Equipment: Basketball hoops-Can use large trash cans for smaller kids, Basketball</p> <p>Rules:</p> <ul style="list-style-type: none"> -Set up a normal basketball game. -Players can only take 3 dribbling steps before they have to pass the ball. |
| Equipment | - Hoops -Basketball |
| Diagram |  <p>The diagram shows a simplified basketball court layout. It features a central circle with a basketball icon. To the left and right of the center are rectangular areas representing the key. Green arrows indicate one team's movement, and blue arrows indicate the other team's movement. The arrows show a circular flow of passing around the key and the center circle.</p> |
| # of players per team | 5-8 |
| Coaching Points | <ul style="list-style-type: none"> • If you are using a trash can, decide if the ball is counted as in if it goes in the trashcan and comes out or if it has to stay in the can. • If dribbling is an issue you can use a smaller ball or a dodgeball and focus on passing. |

Team Huddle

Basketball/Identifying Feelings

Basketball:

1. Which skill do you think you are improving in: Shooting, Dribbling, Passing? What skill do you want to keep practicing?

Identifying Feelings

2. How do you feel now as camp is ending for the week?
3. Who can you shout out for being a good teammate this week? (Encouraging others, staying positive, being kind)

WEEK 3

SEL Focus: Managing Stress (Self-Management)

Sports: Baseball

| <u>Time</u> | <u>Day 1</u> | <u>Day 2</u> |
|-------------|--|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome, Rules Review | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm Up: Kickball | Warm Up: Rock, Paper, Scissors Tag |
| 15 | Sport Intro: Baseball: Throwing | Sport Skill: Baseball: Batting |
| 20 | Station 1: Outfield Relay | Station 1: Soft Toss Slugging |
| 20 | Station 2: Target Toss | Station 2: Baseball Obstacle Course |
| 20 | Scrimmage: Baseball | Scrimmage: Baseball |
| 20 | Scrimmage: Baseball, Basketball, Soccer, Handball | Scrimmage: Baseball, Basketball, Soccer, Handball |
| 25 | Team huddle & lunch | Team huddle & lunch |

| <u>Time</u> | <u>Day 3</u> | <u>Day 4</u> |
|-------------|---|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm up: Clean the Yard | Warm up: Capture the flag |
| 15 | Skill: Baseball: Fielding | Skills Review |
| 20 | Station 1: No Man's Land | Station 1: Baseball scrimmage |
| 20 | Station 2: Kickball | Station 2: Soccer or Kickball |
| 40 | Scrimmage: Baseball or 20 min: Scrimmage: Baseball 20 min: Soccer, Handball | Scrimmage: Baseball/Basketball mash-up |
| 25 | Team huddle & lunch | Team huddle & lunch |

WEEK 3, DAY 1

Rules Review

1. I wanted to shout out the team for a great 1st week of camp.
2. Let's review some rules from week 1.

Get S.E.T

- 1. Safety:** Make decisions that support physical safety and emotional safety.
- 2. Effort-** Give your best effort and be proud of yourself!
- 3. Teamwork-** Focus on passing, helping each other out, and encouragement.

3. This week's Attention getter has to do with baseball. (You can ask the team to make one or you can do one) Example: Coach: "Batter Up" Team: Pretends to swing a bat "Homerun"

4. Review the week-We will only have 4 days this week. We will be focusing on Baseball, these games are straight from the Cubs! : Day 1: Throwing and Catching Day 2: Batting, Day 3: Fielding, Day 4: Scrimmage

SEL Focus of the Day

Managing Stress

This week we are talking about Self-Management: Managing Stress.

Stress is the body's response to pressure, and can be caused by many different situations or life events. You might feel pressure about a school exam or a race you have to run in. Positive stress short term and can inspire and motivate you. This type of stress challenges us-like learning a new sport. This week we are going to talk about positive stress and how we can manage these feelings so that we can get through challenges.

*Negative stress, however, is the kind that wears you out, leaves you jittery and is harmful to your health. We might have trouble sleeping, headaches, stomach aches and have trouble concentrating. If you are experiencing that type of stress I encourage you to talk to a coach or your parents. We can help.

1. When is a time you felt stressed? What did you do to feel better?

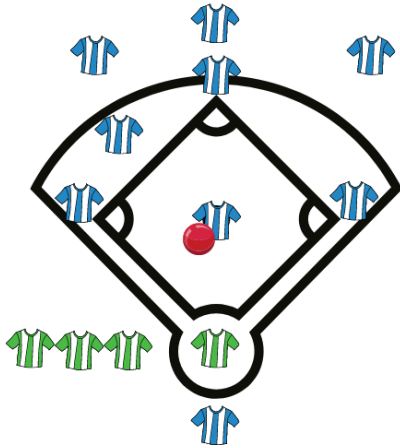
Examples: Cool exam, in a competitive game, when you are late to something, when a pet was lost.

Warm Up

Kickball- 30 min.

A classic summer game!

Diagram



Set-Up

- Set up four bases to make baseball diamond
- Divide group into two teams
- One team is on defense and spreads out in the field
- Other team is on offense and lines up at home plate

Equipment

- 4 bases
- 1 kickball

Directions

Objective: to score the most points by completing a run.

1. Same rules as baseball but instead of throwing a ball, the pitcher is rolling a kickball.
2. Students on offense have to kick a ball and run around the bases.
3. Outs are made by the defense catching the ball out of the air before it bounces, pitching 3 times without the offense completing a kick, and touching a base with the ball before the runner gets there.
4. An inning ends after 3 outs. Then offense/defense switches.

Variations

- Students have to do different movements when going around the bases (skipping, crab walk, etc.)




Coaching Points

- Encourage team cheers
- [How To Video](#)



Introduction to Baseball

15 min.

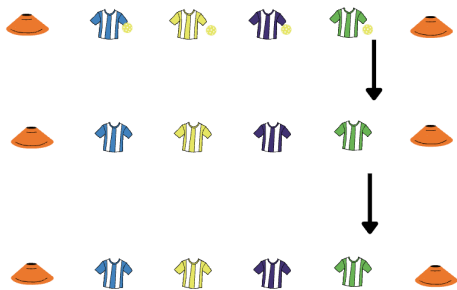
| | | | |
|------------------------|--|--|---|
| Definition | A ball game played with a bat, ball, and gloves between two teams of nine on a field with a diamond-shaped circuit of four bases. | | |
| Fun Fact | Chicago has TWO professional men's baseball teams! The Chicago White Sox last won the World Series in 2005 and the Chicago Cubs last won the World Series in 2016. | | |
| Skills | Throwing - get a good grip on the ball with your dominant hand, stand sideways with your non-dominant shoulder facing your target and throw the ball to your target Catching - use two hands to trap the ball before it falls to the ground | | |
| Coaching Points | <ul style="list-style-type: none">- Communicate with your teammates if you are going to catch the ball by saying "me!"- Have your feet in a wide stance when throwing the ball | | |
| Resources |  <u>Baseball Basic Rules</u> |  <u>Cubs win world series!</u> |  <u>White Sox win World Series!</u> |

Station 1

Outfield Relay- 20 min.

Practice Throwing the ball a variety of distances.

Diagram



Set-Up

-Cones indicating 3 different lines

Equipment

- 3-4 wiffle balls
- cones

Directions

Objective: Catch the ball without letting it fall.

1. Split the group into 3 or 4 small groups.
2. The baseball starts at one end of the line. After the whistle, the players throw the ball to the next person who catches the ball and throws it to the next player.
3. If a team drops the ball they must start over.
4. The line that has had all their players catch and throw the ball wins!

Version 2: Create more distance between Players.

Version 3: After a player throws the ball they should run past the furthest person on their team so the ball can continue to be thrown until they reach the end of the field.

*You can also have them throw the ball differently- Throw it high to simulate a pop up vs. straight at their teammate.

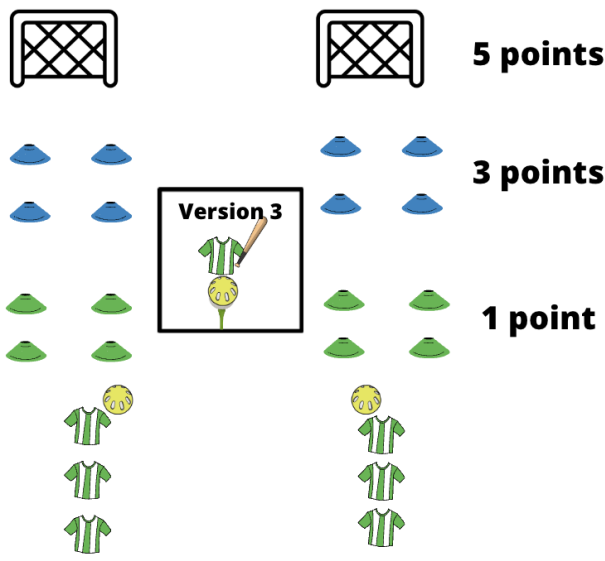
Coaching Points

- "Soft hands" when catching the ball
- Quick throw to people who look ready to receive the ball
- Emphasize that players should work together and talk to each other

Station 2

Target Toss- 20 min.

Score points by accurately throwing a ball.

| Diagram | Set-Up |
|---|--|
|  | <ul style="list-style-type: none"> - Rectangular playing space with a line of cones down the middle - Split group into 2 teams - Each team is on one half of the field |
| | Equipment <ul style="list-style-type: none"> - 6-10 Wiffle balls - 2 PUGG goals - Cones to created target squares (you can also use other items like tall cones or water bottles that they can knock down) |

Directions

Objective: For your team to have the least amount of balls on your side when the time is up.

1. Split the group into two teams
2. Set up two lines of three target scares and pugg goals at various distances.
 - a. Closest target is 1 point, the middle target is 3 points, and farthest target is 5 points.
3. Have teams practice throwing into the targets.
4. The team with the most points wins!

Version 1: Have players practice throwing into each target adjusting their throw for the distance. You can have other players practice catching in the boxes or just have them toss it to land on in the square

Version 2: Split the group into teams and have them try and play for points-choosing which nets they are going to focus on. Give them a timer to see who can make the most points in 1 minute. (plays kids in the field to throw back balls)

Version 3: Have the first student on each team field a pop up or ground ball from the coach and then throw the ball into one of the nets.

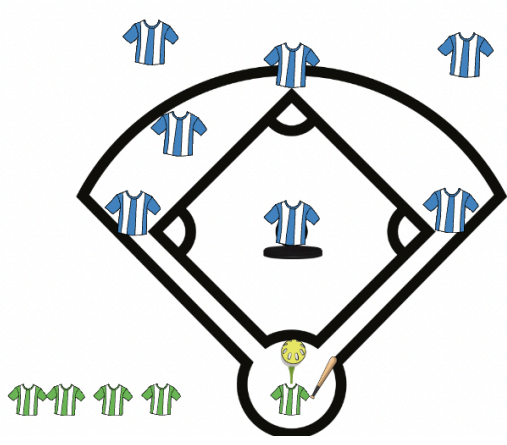
Coaching Points

- May have everyone start with the pugg goal closest and try throwing at that distance then moving the pugg goal farther back, if throwing at targets is too difficult.
- Point your non-throwing hand towards your target (where you want the ball to go)
- Have your feet in a wide stance when throwing the ball
- Follow through with your throw

Scrimmage

Baseball - 40 min.


Players use the skills they learned to play baseball

| Diagram | Set Up | |
|---|---|-----------|
|  | <ul style="list-style-type: none"> - A diamond field with four bases at each corner - An additional base in the center, closer to home plate where the pitcher goes (<i>optional</i>) - Tee at home plate (<i>optional</i>) - Split group into 2 teams, one team is on offense and will bat first and the other is on defense and will be in the outfield first | |
| | <th data-bbox="737 632 1520 682">Equipment</th> | Equipment |
| | <ul style="list-style-type: none"> - Baseball - Bat - Tee (<i>optional</i>) - Balls - 4 Bases | |

Directions & Rules

Objective: run around all the bases after hitting the ball to win a point

1. Rock, paper, scissors to start- the winning team can pick if they want to be on defense (outfield) or offense (batting) first
2. The batting team will line up to the side of the field in a safe zone so they can't get hit by the ball
3. The defense team spreads out on the field, with one player at each base (1st, 2nd, 3rd)
4. Students can pitch to the batter or use a tee, it's coach choice depending on ability
5. A batter gets three attempts at hitting the ball. If they hit the ball into the field, they run to 1st base before a player from the defending team tags them with a ball or touches 1st base with a ball before they do
6. If the batter hits the ball far, they can continue to run to 2nd, 3rd, or even all the way home!
7. An out occurs if the defense tags the runner or touches the base with the ball before the runner gets there, catches the ball in the air before it bounces, or if the batter swings and misses three times
8. Once the batting team has 3 outs, the teams switch offense/defense
9. A team scores 1 point when a player runs around all the bases
10. Recommended Length of games: 30-40 minutes
11. Rotate positions- Every time the team switches back to defense

| Variations | Coaching Points |
|---|---|
| <ul style="list-style-type: none"> • Play tee ball if batting is too difficult • Have players throw the ball underhand for slower pitches | <p>Encourage players to get to know their teammates when waiting to bat or start team cheers!</p> <p>"Three strikes, you're out!"</p> <p>Baseball Basic Rules</p>  |

Baseball:

1. What is the difference between offense (batting) and defense (fielding) in baseball?

Managing Stress:

1. Let's say you swung three times but didn't hit the ball so you got an "out."

-What kind of thoughts could you have at that moment?

-What kind of thoughts will help you improve next time?

Remember our camp is all about Growth Mindset-I believe I can get better at anything through practice!

SEL Focus of the Day**Managing Stress**

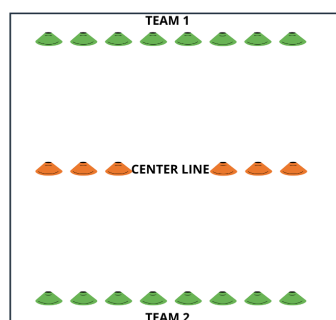
This week we are focused on Stress Management.

Sometimes the best way to manage stress is to be our own coach.

1. When I am playing a game like baseball and I feel stress about batting I tell myself. "You can do it!" "Focus and Breath" (feel free to make this your own)
2. What can you tell yourself today to encourage yourself?

Warm Up**Rock, Paper, Scissors Tag-30 min**

Players play RPS and winners chase the opposing team

Diagram**Set Up**

- Rectangular space with two sidelines and a centerline.

Equipment

- Cones
- Balls ***optional*

Directions

Objective: To win Rock, Paper, Scissors and then tag someone on the opposing team.

Before You Start:

1. Review the rules of [Rock Paper Scissors](#) - Rock beats Scissors, Paper beats Rock, Scissors beats Paper
2. Split the group into two teams fairly. Have each player choose someone in their grade to partner with on the other team.

Directions:

1. Have each team, on their endline, quietly pick what item everyone will play (has to be the same for the whole team) - rock, paper, or scissors. They will all play the same item.
2. Coach calls players to the center line.
3. When teams meet at the center line, everyone pairs up and plays on Coach's Call "3, 2, 1... rock, paper, scissors...SHOOT!"
 - a. If no one wins they play again until someone wins.
4. The winning players then chase the other team back to their line.

- If a player is tagged, that player must join the other team.

Variations


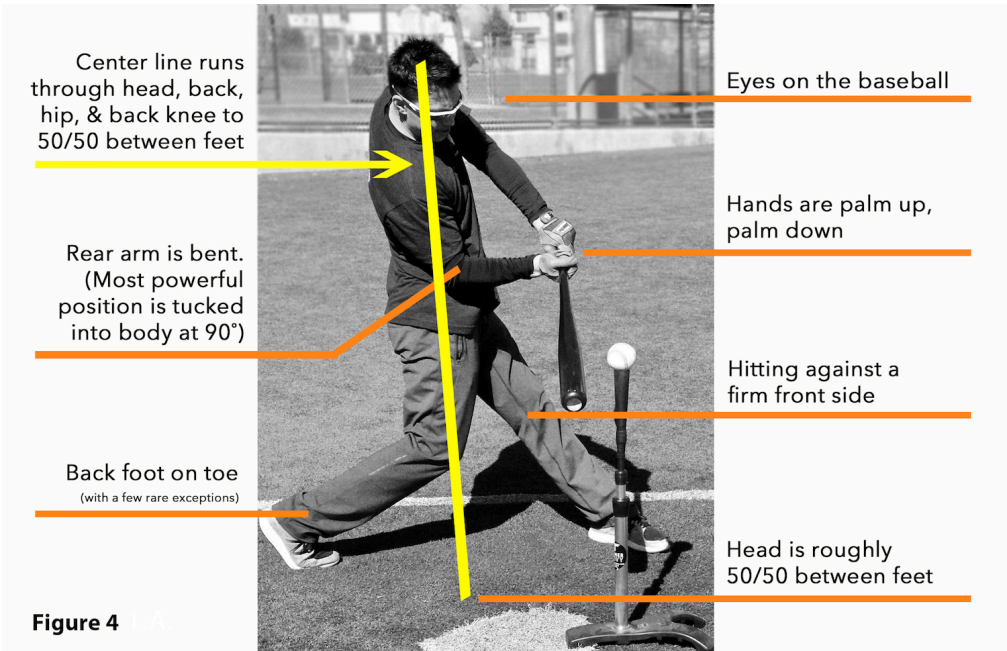
- Challenge: have players dribble a soccer ball up to the line for the rock, paper, scissors.
- If it is too difficult for the whole team to decide what they will do, you can have them break into pairs and play RPS tag with one other person

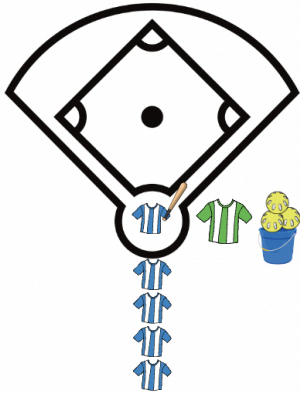
Coaching Points

- Encourage strong, quick communication between teammates!

Introduction to Baseball

15 min.

| | |
|------------------------|---|
| Definition | A ball game played with a bat, ball, and gloves between two teams of nine on a field with a diamond-shaped circuit of four bases. |
| Fun Fact | <p>Chicago has TWO professional men's baseball teams!</p> <ul style="list-style-type: none"> - The Chicago White Sox last won the World Series in 2005 - The Chicago Cubs last won the World Series in 2016. |
| Skills | Batting- line up your legs and feet straight below your shoulders, face the pitcher sideways or "square." When the ball comes towards you, step forward with your leading foot and time your arms swinging the bat forward to meet the ball and hit it away. |
| Coaching Points | <ul style="list-style-type: none"> - Keep your knees bent - If it's a pitch way too far from you, don't swing and wait for a pitch you can hit |
| Resources | <p>Batting video </p>  <p>Center line runs through head, back, hip, & back knee to 50/50 between feet</p> <p>Eyes on the baseball</p> <p>Hands are palm up, palm down</p> <p>Rear arm is bent. (Most powerful position is tucked into body at 90°)</p> <p>Hitting against a firm front side</p> <p>Back foot on toe (with a few rare exceptions)</p> <p>Head is roughly 50/50 between feet</p> <p>Figure 4</p> |

Station 1**Soft Toss Slugging- 20 min.****Practice hitting without a tee****Diagram****Set-Up**

- Coach sits next to the batter with plenty of wiffle balls
- Students line behind home plate with plenty of space behind the batter

Equipment

- Wiffle balls
- Bat

Directions**Objective: Hit the ball without using a tee.**

1. Coach slowly tosses the ball underhand to the person at bat.
2. Player gets three attempts to hit the ball before the next player goes.
3. If they hit the ball, the player should run to get their ball and bring it back to the coach.
4. Next player goes up to bat and the one who just hit the ball goes to the back of the line.

Version 1: Practice hitting with a tee.

Version 2: Partner up players and have player 1 stand to the side of player 2 to and throw the ball up for player 2 to hit.

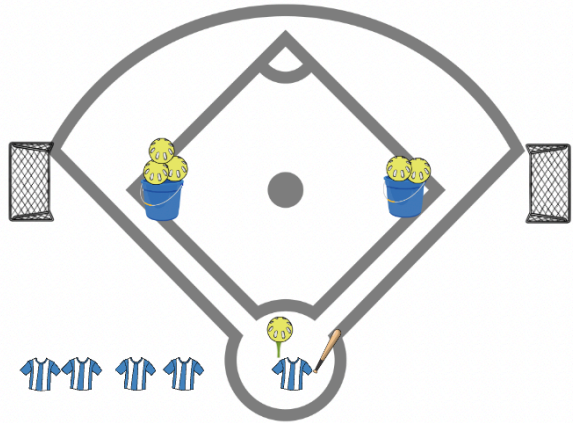
Version 3: Have the coach pitch to players and when they hit the ball they run the bases.

Coaching Points

- [Video \(6:54\)](#)



Station 2**Baseball Obstacle Course- 20 min.****Practice hitting with a tee**

| Diagram | Set-Up |
|--|---|
|  | <div data-bbox="852 275 1511 415"> <ul style="list-style-type: none"> - Set up a traditional diamond baseball field with 4 bases on each corner - Put a bucket of balls just past 1st & 3rd bases - Put a goal about 10 feet past the bucket </div> <div data-bbox="808 430 1544 472">Equipment</div> <div data-bbox="852 485 1040 625"> <ul style="list-style-type: none"> - Wiffle balls - Bat - Goals - Bases </div> |
| Directions | |
| <p>Objective: Practice hitting, running around the bases, and throwing the ball in one activity</p> <ol style="list-style-type: none"> 1. Players line up to the side of home plate where they can't get hit by the ball 2. First player in line hits the ball off the tee 3. First player runs to 1st base, takes a ball out of the bucket and tries to throw it into the goal 4. First player runs to 2nd base, touches it with their foot, and runs to third base 5. First player runs to 3rd base, takes a ball out of the bucket and tries to throw it into the goal 6. First player runs to home plate and touches it with their foot, then goes back to the end of the line. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Have multiple people going at once (second player c. starts when the first is at 2nd base) | <ul style="list-style-type: none"> • Make sure you have plenty of balls for this activity! • Remind players to be touching the base with their foot as they run around the bases |

Scrimmage**Baseball- 40 min.**

See page #44

Team Huddle**Managing Stress**

1. Who feels like they improved their baseball skills today?
2. Who practiced coaching themselves today? Telling yourself you can do it!
3. How did you respond to feeling nervous or stressed during the baseball stations today?

WEEK 3, DAY 3

SEL Focus of the Day

Managing Stress

This week we are talking about stress management.

Sometimes stress comes from feeling frustrated.

Let's say that you are playing a game today and you lose, this might make you feel frustrated.

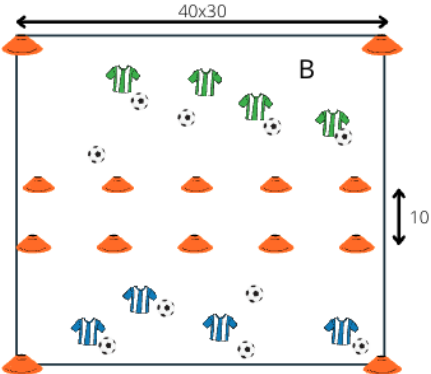
What are some actions you can take to feel better?

- Ask to take a run around the field
- Take a water break
- Talk to a coach or a friend
- Tell yourself, it's okay to lose you are learning
- Shout out someone from the other team (helping others often lowers our stress)

Warm Up

Clean the Yard- 30 min.

Throw balls to the other side of the field

| Diagram | Set-Up |
|---|---|
|  | <ul style="list-style-type: none"> - Divide the players into 2 teams and have teams on opposite end lines of the field. - Create a neutral area between the two teams where players cannot step (smaller area for younger players). |
| Equipment | |
| <ul style="list-style-type: none"> - Cones - Dodgeball balls or soccer balls | |
| Directions | |
| <p>Objective: For your team to have the least amount of balls on your side when the time is up.</p> <ol style="list-style-type: none"> 1. On "GO" each team will try to keep their "yard" clean by <i>tossing</i> balls across the neutral area. Make sure players are not throwing balls at other students. 2. Have a penalty (maybe 5 balls added to the final score) if a player on the opposite team is hit above the shoulders. 3. After a determined amount of time, stop the game and the team with the fewest amount of balls on their side is the winner. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Play with soccer balls and have the players pass with their feet. • Play a never ending game where players have to get their yard entirely clean | <ul style="list-style-type: none"> • Walk around throughout the game so you aren't standing in just one spot |

Baseball: Fielding**15 min.**

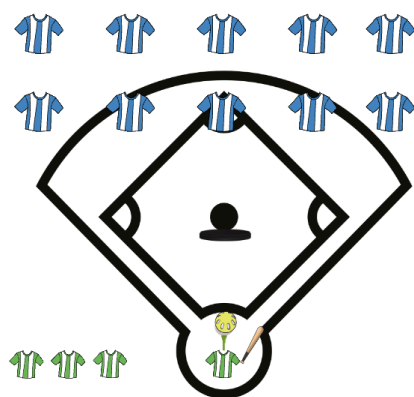
| | |
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| Fun Fact | Chicago has TWO professional men's baseball teams! <ul style="list-style-type: none">- The Chicago White Sox last won the World Series in 2005- The Chicago Cubs last won the World Series in 2016. |
| Skills | Fielding: to catch or pick up the ball after it has been hit in a game |
| Coaching Points | <ul style="list-style-type: none">• Keep your eye on the ball• Catch the ball with 2 hands when possible• Draw it into your chest to protect it from falling• Try and catch it with finger tips so it doesn't hit your palm and bounce out |
| Resources | <p>Catching a ball: Ground Fielding</p> <div></div> |

Station 1

No Man's Land -20 min.

Field the balls in the outfield!

Diagram



Set-Up

-Baseball Field
2 Lines in the outfield
1 line ready to run the bases

Equipment

- Wiffle Balls
- Bats for Coaches

Directions

Objective: to catch the ball and throw it back to home before the runner runs the bases.

1. Split the group into two teams- 1 team will be in the outfield, 1 team will be running the bases
2. Players form two lines in the outfield about 40 ft. apart
3. The ball is hit into the air between the two lines.
4. The team who is running the bases begins to run.
5. The outfield players must communicate and decide who will catch the ball by saying "I got it!" or "Me, me, me!". The other player will respond with "You got it!" or "You, you, you!" and then peel off and give the other player space to catch the ball.
6. After the ball is caught the players work together to pass it into home.
7. If the runners make it home before the outfield can pass it in they receive a point.
8. After 5-8 hits, have the outfield and running teams switch.

Version 1: Just focus on outfield catching.

Version 2: Add 2nd team to run the bases.

Version 3: Allow the running team to hit the ball or throw the ball if they are able to get to the outfield.

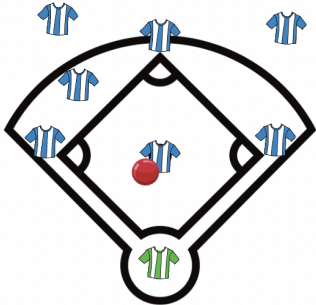

Coaching Points

- Call for the ball and identify your area that you should be focused on (as the coach make sure to alternate tossing it into each person's area)
- Keep your eye on the ball
- Catch the ball with 2 hands when possible
- Draw it into your chest to protect it from falling
- Try and catch it with finger tips so it doesn't hit your palm and bounce out

Station 2

Kickball- 30 min.

A classic summer game!

| Diagram | Set-Up |
|--|---|
|  | <ul style="list-style-type: none"> - Set up four bases to make baseball diamond - Divide group into two teams - One team is on defense and spreads out in the field - Other team is on offense and lines up at home plate |
| | Equipment |
| | <ul style="list-style-type: none"> - 4 bases - 1 kickball |
| Directions | |
| <p>Objective: to score the most points by completing a run.</p> <ol style="list-style-type: none"> 5. Same rules as baseball but instead of throwing a ball, the pitcher is rolling a kickball. 6. Students on offense have to kick a ball and run around the bases. 7. Outs are made by the defense catching the ball out of the air before it bounces, pitching 3 times without the offense completing a kick, and touching a base with the ball before the runner gets there. 8. An inning ends after 3 outs. Then offense/defense switches. . | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Students have to do different movements when going around the bases (skipping, crab walk, etc.) | <ul style="list-style-type: none"> • Encourage team cheers • How To Video  |

Scrimmage

Baseball Scrimmage 40 min.

See page #44

Team Huddle

Stress Management/Baseball

Baseball:

1. What happens if you don't touch the base when you are running? (If you are tagged, you're out!)

Stress Management:

This week we are working on stress management.

1. What are some ways you deal with stress at camp?

Let's check in on how well you dealt with stress today:

Put 3 fingers up if you feel like you dealt with stress safely today

Put 2 fingers up if you feel like you sometimes dealt with stress safely today

Put 1 finger up if you weren't able to handle your stress safely today

2. What are some ways you deal with stress at school?
3. What are some ways you deal with stress at home?

SEL Focus of the Day**Managing Stress**

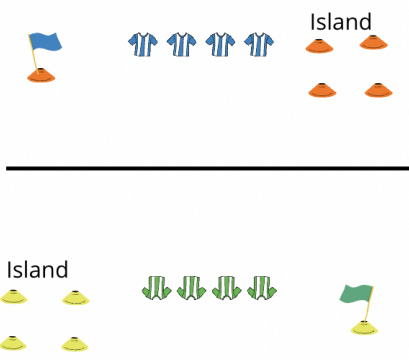

1. What are some things you can do to help deal with stress throughout your day?
2. Let's try Drain Breathing together to calm our bodies.

Drain Breathing

- Extend your arms out in front of you parallel to each other
- Tighten your fists on your inhale
- On your exhale make a "shshshsh" sound and open your hands
- Let your stress "drain" out of you

**Warm Up****Capture the Flag-30 min.**

Find the other team's flag first!

| Diagram | Set-Up |
|---|--|
|  | <ul style="list-style-type: none"> - Split playing space in half with cones - Divide the players into 2 teams and have teams start on opposite sides of field Equipment <ul style="list-style-type: none"> - 2 flags (can use any 2 items) - Cones - Pinnies  |
| Directions | |
| Objective: Retrieve the other teams flag & return across the center line without being tagged <ol style="list-style-type: none"> 1. When guarding the flag zone or the holding zone, a defender must be at least 2 feet away from the flag zone boundaries. 2. If a player is tagged while on their opponent's side, they must go to their holding zone. 3. If a player who has stolen the flag is tagged, the flag is returned to the flag zone, and the player goes to the holding zone. 4. A player can be freed from the holding zone when a teammate crosses the center line and tags the player on the island; both players then receive a free walk back to their side. 5. A player can only free one teammate at a time. 6. If an opposing player can get both feet into the flag zone without being tagged, they can remain there safely before attempting to cross the centerline. 7. Once the flag is retrieved the game resets. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Have students hide the flag in an open space, depending on their ability/age • Coaches vs. players game! | <ul style="list-style-type: none"> • Flag can be a pinny or different object |

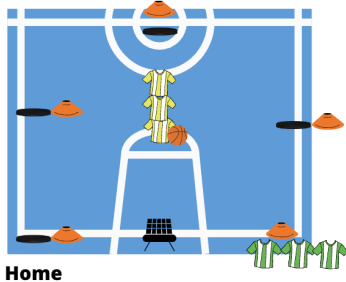

Station 1**Baseball Scrimmage 20 min.**

See page #44

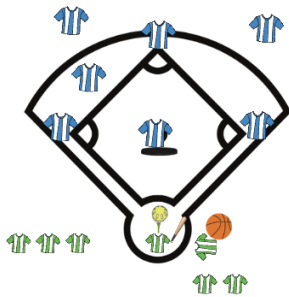
Station 2**Soccer, Basketball, or Handball Scrimmage- 20 min.**

See pg. 9, pg. 28 , pg. 20

Mash-up**Baseball/Basketball- 40 min.**

| | |
|------------------------|--|
| Rules | <ol style="list-style-type: none"> 1. Present the Team with the optional rules below 2. Allow them to change 1-2 items. (length to the base, add a basket, etc) 3. Play the game and then pause to see if the team wants to make any new alterations 4. Focus on Creativity and Fun-The game may be very hard or too easy, we are making it up as we go along! |
| Possible Rules | <p>Objective: Run around the bases to score.</p> <ul style="list-style-type: none"> - Equipment: Basketball, Hoop, Bases - Rules: - Set up a Basketball Court with a Free Throw Line, Create a Baseball Diamond around the court. You can also use a trash can as a hoop. - Create 2 Teams: Team 1 Shooters, Team 2 are the runners - Team 1 Lines up at the freethrow line and shoots baskets 1 at a time. - Team 2: When the time starts, the first player from the running team starts running around the bases. If a running player makes it around the bases, they have scored a run. - If a player scores a basket the running player must freeze where they are. Immediately, the next running player must start running. - The Final Runner is the "golden child" and as they run around the court, they can unfreeze the frozen players by tagging them. The defrosted players can continue running around with the golden child. However, if a shot is scored while they are all running around, then the whole team is out. However if the runners all make it back, then each gets a point. |
| Equip. | - Basketballs and Bases |
| Diagram |   |
| # of players | Teams of 7 or more |
| Coaching Points | <p>*If playing with a trash can, institute a rule where someone is the rebounder and people stop shooting so that the rebounder retrieves the ball and throws it back to the shooting line.</p> <p>*You can add a rule where if a player makes it to a base without being frozen they can stay there until they are ready to run again.</p> |

Mash-Up option 2:

| | |
|-----------------------|---|
| Possible Rules | <p>Objective: Score a basket before the other team.</p> <ul style="list-style-type: none"> - Equipment: Bat, Wiffle Ball, 1 Basketball, Bases - Rules: - Set up a regular Baseball game - Team 1 is batting and Team 2 is fielding - Team 1 should make 1 line for batting and 1 line for dribbling the bases. - When the batter hits the ball 1 player from the batting team dribbles the basketball to the base. - Team 2: Fields the ball and must tag out the basketball player at the base. - After hitting the batter goes to the back of the dribbling line. If a dribbler is not on base they go to the back of the batting line. (make sure players remember the order of the line so that they can get back in it next inning) |
| Equipment | <ul style="list-style-type: none"> - Bat, Wiffle Ball, 3 Basketballs, Bases, 1 hoop |
| Diagram |  |
| # of players | Teams of 7 or more |

Team Huddle

Managing Stress

1. How are you feeling after our camp today? Were you able to manage any stress?
2. Let's take a moment to calm our body again using Drain Breathing. This is a great technique to manage your stress.

Drain Breathing

- Extend your arms out in front of you parallel to each other
- Tighten your fists on your inhale
- On your exhale make a "shshshsh" sound and open your hands
- Let your stress "drain" out of you



WEEK 4

SEL Focus: Respect (Social Awareness)

Sports: Flag Football

| <u>Time</u> | <u>Day 1</u> | <u>Day 2</u> |
|-------------|---|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm Up: Switch! | Warm Up: Heads, Shoulders, Knees, and Ball! |
| 15 | Sport Intro: Football: Running with the Ball | Sport Intro: Football: Throwing |
| 20 | Station 1: Grab the Flag | Station 1: Passing Relay |
| 20 | Station 2: Flag Tunnel | Station 2: Battleship |
| 20 | Game Realistic: Team Touchdown | Scrimmage: Football |
| 20 | Scrimmage: Baseball, Basketball, Soccer, Handball | Scrimmage: Baseball, Basketball, Soccer, Handball |
| 25 | Team huddle & lunch | Team huddle & lunch |

| <u>Time</u> | <u>Day 3</u> | <u>Day 4</u> |
|-------------|---|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm up: Dead fish | Warm up: Banana tag |
| 15 | Sport intro: Flag football: Catching | Sports Review: Review Football Fundamentals |
| 20 | Station 1: Hot Potato | (25) Scrimmage 1: Baseball scrimmage |
| 20 | Station 2: 500! | (25) Scrimmage 2: Flag football scrimmage |
| 20 | Scrimmage: Flag football | (40) Scrimmage: Baseball/Flag football mash-up |
| 20 | Scrimmage: Baseball, Basketball, Soccer, Handball | |
| 25 | Team huddle & lunch | Team huddle & lunch |

WEEK 4, DAY 1

Rules Review

1. I wanted to shout out the team for a great 1st week of camp.
2. Let's review some rules from week 1.

Get S.E.T

- 1. Safety:** Make decisions that support physical safety and emotional safety.
- 2. Effort-** Give your best effort and be proud of yourself!
- 3. Teamwork-** Focus on passing, helping each other out, and encouragement.

3. This week's Attention getter has to do with baseball. (You can ask the team to make one or you can do one) Example: Coach: "From Downtown" (throwing motion) Team: Touchdown! (catch motion)

Coach: "Hut, Hut" Team: Hike!

4. Review the week-We will only have 4 days this week. We will be focusing on Football. : Day 1: Running with the Ball Day 2: Throwing, Day 3: Catching, Day 4: Scrimmage

Reminder for Next Week:

Schools were notified at the beginning of camp that we need access to a hose or sink to fill buckets for the last week of camp.

- Reach out this week and identify how you will get water and create a plan on how the coach and players will help you retrieve and dispose of water for next week.

SEL Focus of the Day

Respect

In the past weeks we have been thinking about ourselves and this week we are focused on how we can be a good teammate.

- 1. People say to follow the Golden Rule: "Treat others the way you want to be treated" Why do you think this is called the Golden Rule?**
- 2. Why is it important to try to understand other peoples' feelings?**

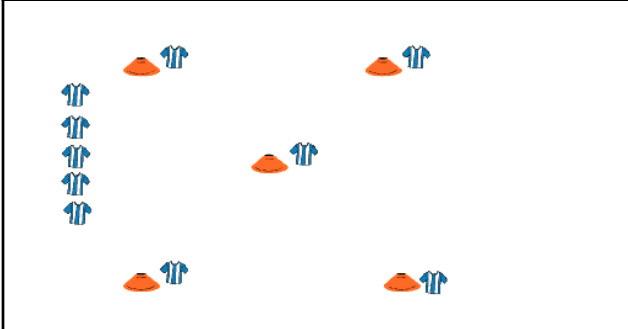
Today in camp I want you to find ways to support others through encouragement and being a good teammate.

Warm Up

Switch! -30 min.

Musical chairs spin-off

Diagram



Set-Up

- Set up 4 corners with cones and 1 cone in the center
- Have one student at each of the 5 cones and the rest of the students lined up on the outside of the square

Equipment

- 5 cones

Directions

Objective: to switch to a new cone quickly before other players.

1. Place 4 cones in a square (at least ~5 yards apart) with one cone directly in the middle.
2. 5 people begin the game with one person standing at each cone. The rest of the players can stand in line.
3. The person in the middle cone claps their hands once and yells "SWITCH!"
4. Students must switch cones but CAN NOT switch to the middle cone which means one player will not find a spot.
5. If two students make it to the same cone at the same time, they can play "rock, paper, scissors" to determine who the winner is.
6. The person who does not find a cone returns to the end of the line, and the first person in line is the new switch master!

Variations



- If you play this game outside, make the square very large so the distance is longer to run
- If you have lots of players, make another square!

Coaching Points

- Coach should play too!
- Encourage good sportsmanship, if they are bumped out of the game use stress management techniques to stay positive

Introduction to Flag football

15 min.

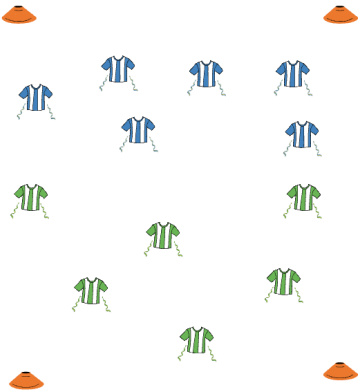
| | |
|------------------------|---|
| Definition | A modified form of football in which ball carriers are downed by pulling off a marker, or flag, loosely attached to a belt, rather than by tackling |
| Fun Fact | Flag football was developed on military bases in the 1940s as a recreational pastime for members of the military. It was known as “touch and tail.” |
| Skills | Flag Tackle: Pulling the flag from your opponent. Running with the Ball: securing the ball as you run. |
| Coaching Points | <p>Flag Pulling:</p> <ul style="list-style-type: none">• Eyes on hips• Stay low, stay square• Reach for the hip <p>Cues for securing the football:</p> <ul style="list-style-type: none">• Outside hand blocks• Cover the tips• Tuck to the chest |
| Resources | <div><p><u>Flag Pulling</u></p></div> <div><p><u>Hand Offs and Running with the Football</u></p></div> |

Station 1

Grab the Flag-20 min.

The Defense tries to take the offense's flags.

Diagram



Set-Up

- Give teams flags belts and help them put them on
- Separate teams on each side of the playing area

Equipment

- Flag Belts
- Cones

Directions

Objective: For the team to grab their opponents flag.

Level 1:

1. Create 2 teams. Help everyone put on their flag belts. Show them how to pull the flag and how to put the flags back in their holders.
2. On the whistle players try to take each other's flags. Flags can not be tucked into clothes.
3. If a player has 2 flags taken they go to the sidelines to cheer.
4. The team that has the most players left after a certain time, or that have the last person standing wins.

Level 2:

1. If a player has 1 tag taken they must do 5 jumping jacks before joining back in the game. (their 2nd flag can not be taken during their jumping jacks)

Level 3:

1. Try this [Anchor Drill](#).
 - a. Create a 3x3 square where 1 player must stay in one place as the offense tries to run through the square without getting their flag taken.



Coaching Points

- Remind players to pull flags down, stay low, and reach for the hip
- Make sure players are not covering their tags or tucking them into clothes
- Make sure players do not have clothes hanging that can be grabbed or ripped

Station 2

Flag Tunnel -15 min.

The Defense tries to take the offense's flags.

Diagram



Set-Up

- Offensive players need pennies tucked into their waistbands
- Create a tunnel with defensive players facing each other

Equipment

- Pennies or large socks
- Football



Directions

Objective: For the defender to grab the opponents flag.

Level 1:

1. Create 2 teams. Team 1 are the defenders and will create a tunnel by getting a partner and facing them.
2. Team 2 will be the offense they will line up ready to run down the tunnel.
3. Tell Player 1 when to go and they will run down the tunnel while trying to avoid getting their flag/s removed.
4. When one team has finished, switch and have the next team try.

Level 2:

1. Have offensive players hold the ball when they run down the tunnel. Defensive players should not try to take it.
2. Have offensive players throw the ball back to the next teammate who will run down the tunnel.

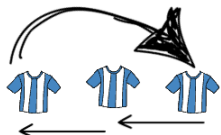
Level 3:

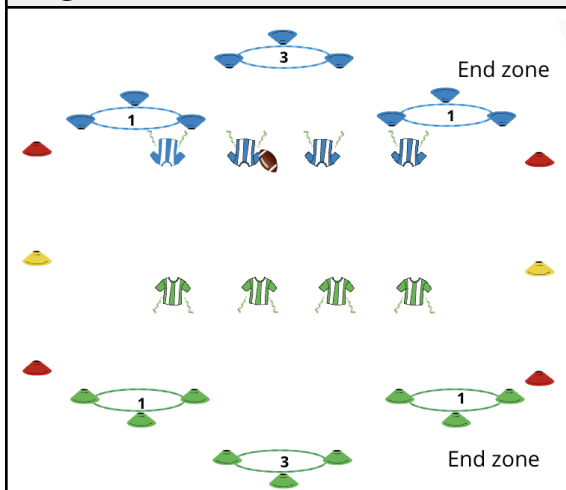
1. Try this [Anchor Drill](#).
 - a. Create a 3x3 square where 1 player must stay in one place as the offense tries to run through the square without getting their flag taken.



Coaching Points

- Remind players to pull flags down, stay low, and reach for the hip
- When players are holding the ball remind them to Cover the tips and Tuck to the chest
- Have players in the defensive tunnel step down after every turn in order to have a different place in line



To score in the opponents**Diagram****Set Up**

- Create a field with two sides
- Using cones or hula hoops create different scoring stations
- Give a point value to each scoring station here we chose 1 point for the closer hula hoops and 3 points for the farther

Equipment

- Disc cones or hula hoops
- flags (if possible each team should have a different color)
- Football

Directions

Objective: To run with the football into the other teams' territory and place the football into their scoring station.

1. The students will be divided into 2 teams on opposite sides of the field.
2. Have two players to rock, paper, scissors to determine which team will start with the ball.
3. The offense starts at their endzone.
4. Offense throws the ball to teammates in order to score. If you have the ball you are frozen in your spot you can not run, you must throw to continue going down the field.
5. When the offense is past the midline, defenders can pull the offensive flags.
6. When a student's flag is pulled he/she must give the ball to the opposing team and possession switches-defense is now on offense.
7. When a team has scored, both teams return to their sides and give the ball to the other team.

Version 1: Have the offense start with 2 balls that they can score. Can start with smaller balls like Dodgeballs which are easier to throw.

Version 2: Remove 1 ball. Allow each team to have 2 flags taken before they have to give up the ball to the other team. This means that if a player's flag is taken they can stay in the spot and throw the ball to a teammate.

Version 3: Play the version above.

Coaching Points

- Create a line for the end zone that defenders can't pass so they aren't standing in the way of scoring
- During gameplay, periodically remind the students of the cues for ball-carrying and flag pulling.

Cues for Flag Pulling:

- Eyes on hips
- Stay low, stay square
- Reach for the hip

Cues for securing the football:

- Outside hand
- Cover the tips
- Tuck to the chest

Football:

1. Who can demonstrate how to run with the football?

Respect:

2. Who can remind us what the golden rule is?
"Treat others the way you want to be treated" Why do you think this is called the Golden Rule?
3. How did you support your teammates today?

WEEK 4, DAY 2

SEL Focus of the Day

Respect


This week we are focused on respecting others by using the golden rule. "Treat others how you would like to be treated."

1. What is one way you would like to be treated at camp?
2. What can the other campers do to support you?

Station 1

Head, Shoulder, toes... BALL! 20 min.

Quick reflexes game

| Diagram | Set-Up |
|---|--|
|  | - Players line up across from their partner with a volleyball between them |
| | Equipment |
| | - Soccer ball, Basketball, or Wiffle balls |

Directions

Objective: Grab the ball before your partner and score!

1. Coach will shout out different body parts one at a time ("head!" "shoulder!" "toes!")
2. Students touch that body part
3. When the coach shouts "BALL!" players try to grab the ball before their partner.
4. The person who grabs the ball first wins
5. Repeat

Version 2: Once the player has the ball have them run to a cone behind them with the other player chasing them. If they get to the cone first they win, if they are tagged before they get there their partner wins.


Version 3: Once the player has grabbed the ball, give them an opportunity to score and have the other player play defense. Example: Dribble the ball to a goal and try and score or dribble the ball to a basket and try and score.

Coaching Points

- You can use a variety of balls
- If you don't have enough balls for pairs, have them work in groups of 3-4
- Have one side of students move down the line after every round so they play different people

Introduction to Flag football

15 min.

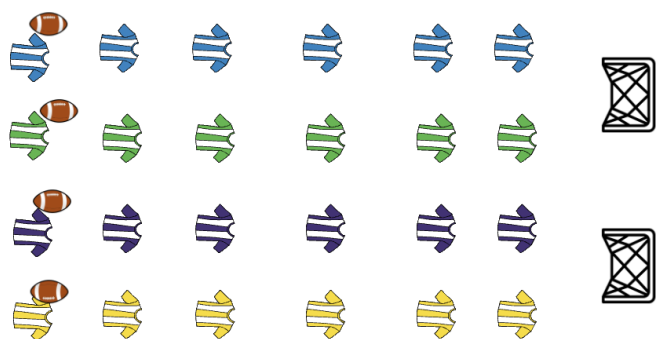
| | |
|------------------------|---|
| Definition | A modified form of football in which ball carriers are downed by pulling off a marker, or flag, loosely attached to a belt, rather than by tackling |
| Fun Fact | Flag football was developed on military bases in the 1940s as a recreational pastime for members of the military. It was known as “touch and tail.” |
| Skills | Throwing- Have your feet shoulder width apart, in a sideways stance facing your target. Hold the ball with one hand and spread your fingers out as much as possible. Bring your throwing arm back, then extend your elbow forward and throw the ball to your teammate. |
| Coaching Points | Cues for proper throwing technique: <ul style="list-style-type: none">- • Side to target- • Arm up & back- • Step towards target with opposite foot- • Rotate hips- • Follow through across the body |
| Resources | Flag Football Throw  |

Station 1

Passing Relay -20 min.

Teams pass the ball until they make a goal.

Diagram



Set-Up

- Players work in groups of 6
- Set up 2 Pugg Goals at the end of the field

Equipment

- Footballs
- Pugg Goals
- Cones

Directions

Objective: Throw the ball down your team's line the fastest.

1. Spread each team across the field. Start with shorter distances and then increase distance each round.
2. Have each team start with their football with person 1.
3. On the Coach's whistle, Player 1 throws to Player 2 and so on until player 6 throws the ball into a pugg goal.
4. If a ball is dropped players can do 5 jumping jacks and then continue.
5. The team that gets it into the pugg goal first or is closest to the pugg goal wins.

Version 2: If a player drops it the ball has to be passed back to the beginning.

Version 3: Have students try kneeling and throwing the ball or throwing the ball while jumping.

Coaching Points

Gripping the football:

- Index finger near the back tip of the ball
- Middle and 3rd finger across the laces
- Thumb on the opposite side

Cues for proper throwing technique:

- Side to target
- Arm up & back
- Step towards target with opposite foot
- Rotate hips
- Follow through across the body

Cues for Catching a football (medium & high):

- Make a diamond (thumbs together, index fingers together)
- Diamond out at chest height.
- Squeeze then tuck

Cues for catching a Football (low):

- Make a rake (pinkies together)
- Squeeze then tuck

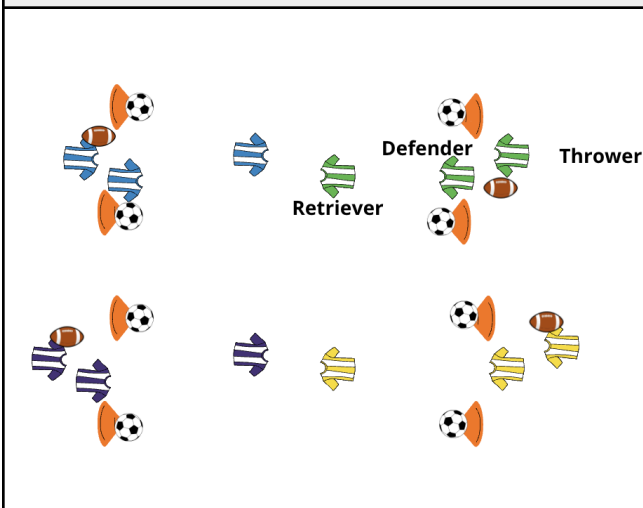
See Day 3 for more on Catching

Station 2

Battleship -20 min.

Do the opposite of what your partner says

Diagram



Set-Up

- Students are divided into teams of 3.
-

Equipment

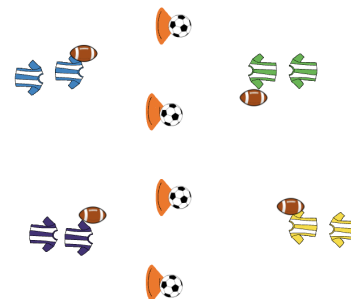
- Cones with soccer balls on them
- Footballs

Directions

Objective: The object of the game is to sink the other battleships without sinking yourself.

1. Divide students into teams of 3. One student will be the thrower, one student will be the retriever and one student will be the defender.
2. The thrower and defender must remain on their square (ship) surrounded by 2 cones with soccer balls on them (buoys) in each corner of the mat.
3. Throwers are trying to "sink" other battleships by knocking the soccer balls off of the cones.
4. The retriever can run in the free space and pick up free footballs and return them to their thrower.
5. Rotate roles each round or after a minute has passed.

Round 1: You can set up cones with soccer balls on them in a line in the middle of the field and have players line up in teams taking turns trying to hit the soccer balls off any cones. (see diagram at right)



Round 2: Try the version above.

Coaching Points

Cues for proper throwing technique:

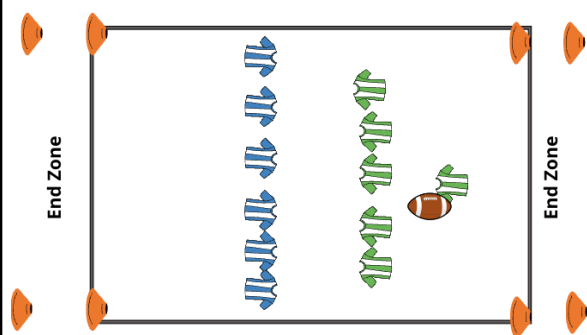
- Side to target
- Arm up & back
- Step towards target with opposite foot
- Rotate hips
- Follow through across the body

Scrimmage

Flag football- 40 min.

Players use the skills they learned to play flag football!

Diagram



Set Up

- Large rectangular field similar to a soccer field
- Two end zones at each end, marked by cones
- 5-8 players per side

Equipment

- Cones
- Pinnies
- Football
- Flags (pinnies)



Directions & Rules

Objective: Pass and run the ball into the other team's end zone to score 6 points

1. Start: One person from each team does rock, paper, scissors. The winner can choose which team starts with the ball
2. Keep in mind the most important rule in flag football is there is no contact. This means **there is no tackling**, the only way to stop other players from moving the ball up the field is to steal their flags.
3. The team with the ball starts near the end zone they are defending. They have 4 plays or "downs" to move the ball past midfield
4. If they move the ball past midfield, they have 4 downs to move the ball into the opposing team's end zone, scoring them a touchdown, which is worth 6 points.
5. If they don't move the ball past midfield, the opposing team starts with the ball where they last started a play from
6. The team on defense tries to catch the ball in midair for an "interception" or pull the flag off the waist of the person running/holding the ball
7. Have your defenders choose a player to defend. They can only take their flag if they have the ball. (If you have uneven teams you can have your defenders stay in a zone on the field).
8. Each time the defense stops the opposing team, they move onto the next down.
9. The quarterback isn't allowed to run with the ball, unless it was handed off first. They can run behind the line of scrimmage, but they can't gain yardage.
10. All passes must go forward and be received beyond the line of scrimmage.
11. There are no fumbles. Instead, the ball stays in possession of the offense and is spotted where the ball-carrier's feet were when the fumble occurred.
12. The ball is dead when: the ball-carrier's flag is pulled, the ball-carrier steps out of bounds, a touchdown or safety is scored, the ball-carrier's knee hits the ground, or the ball-carrier's flag falls off.
13. Players can't obstruct or guard their flags.
14. Rotate positions frequently.

**We will not be playing with kicking or with a center who hikes the ball.

| Variations | Coaching Points |
|---|--|
| <ul style="list-style-type: none"> • Change the amount of players on each team • Change it to all passes or all running flag football • End Zone Escape Game  | Remind students absolutely no tackling |

Team Huddle


Respect

1. **Compliment circle**-We are going to go around the circle and give compliments to the person next to use. (you can do this in pairs or one at a time or have the coach go around and give compliments to everyone)
2. **How did you help out your fellow campers today?**
3. **Who is someone you could help out during camp tomorrow?**

SEL Focus of the Day**Respect****This week we are focused on the Golden Rule.**

1. What is something you can say to another camper to encourage them if they are learning something new?
2. How can you help out the coaches today?

Warm Up**Dead Fish -30 min.****Move...freeze...move...freeze game**

| Diagram | Set-Up |
|--|--|
|  | - Have a large playing space |
| | Equipment None |
| Directions | |
| Objective: Remain as still as possible in order to be the last player standing. <ol style="list-style-type: none"> 1. Remind players they need to find their own space, and that there is no touching. 2. The leader of the game counts down (5,4,3,2,1, DEAD FISH!!!), while the leader is counting, all the players swim around like a fish. 3. As soon as the leader says "Dead Fish", all players must lie down on the ground, like a dead fish. 4. The leader then walks among the fish, looking for movement. The leader may also try to get the fish to laugh. NB – Make sure they know not to touch the Dead Fish! Gross! 5. If a player moves (except for blinking), they are out. 6. When a player gets out, they may help the leader look for movement. 7. After a short amount of time, begin a new round. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Make the game more imaginative, having dead fish become "fishermen" when they move. When a new round begins, have the players return to the "fishing boat." • You can have a dance party before the Leader begins to count down | <ul style="list-style-type: none"> • If students are unhappy with the name of the game, call it "sleeping fish" |

Introduction to Flag football

15 min.

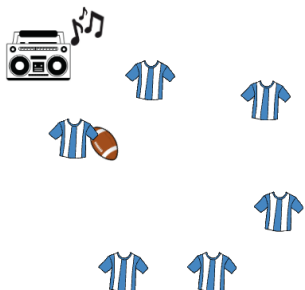
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| Fun Fact | Flag football was developed on military bases in the 1940s as a recreational pastime for members of the military. It was known as "touch and tail." |
| Skills | Catching: Receiving the football out of the air. This can happen when the ball is coming from a medium or high position or if it is arriving in a low position. |
| Coaching Points | <p>Cues for Catching a football (medium & high):</p> <ul style="list-style-type: none"> • Make a diamond (thumbs together, index fingers together) • Diamond out at chest height. • Squeeze then tuck <p>Cues for catching a Football (low):</p> <ul style="list-style-type: none"> • Make a rake (pinkies together) • Squeeze then tuck  |
| Resources | <p>Catching</p>  |

Station 1

Hot Potato- 20 min.

Pass and Catch the ball but don't get caught when the music stops.

Diagram



Set-Up

- One football per a group
-

Equipment

- One football per a group
- Music (if no speaker is available blow the whistle to indicate to stop)

Directions

Objective: Don't get caught with the football when the music stops.

1. Have groups form a circle.
2. When the music stops, players throw the ball to each other as fast as they can.
3. Stop the music. Whoever has the ball or is closest to the ball has to do 5 jumping jacks.

Version 2: Have players practice catching the ball high and low. Have one round be all low catches (catching below the waist) and round all high catches (catching above the chest). This may mean players need to run towards or away from the ball.

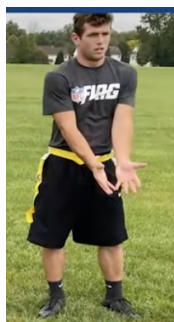
Version 3: Have players count off numbers. #1 has to throw to #2 and so on. Have them move around the space instead of staying in a circle.

Coaching Points

- Have players choose what should happen if someone is caught with or next to the ball with the music stops.
- Give pointers for catching ball high and low

Cues for Catching a football (medium & high):

- Make a diamond (thumbs together, index fingers together)
- Diamond out at chest height.
- Squeeze then tuck



Cues for catching a Football (low):

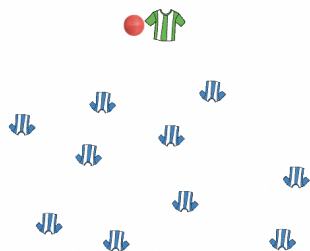
- Make a rake (pinkies together)
- Squeeze then tuck

Station 2

500!- 20 min.

A backyard game our grandparents played!

Diagram



Set-Up

- Students are spread out in playing field
- Coach starts with ball

Equipment

- Football or kickball

Directions

Objective: Earn 500 points

1. Coach yells out an amount that the catch is worth and then throws the ball up high
2. Students try to catch the ball out of the air. If they catch the ball, they earn the amount of points the coach said.
3. The first player whose points adds up to 500 wins, and they are now the thrower

Variations

- Say special add-ons instead of a number "treasure chest!" and then when someone catches the ball examples of what they earned are:
 - Silly putty! Stay in place for 2 rounds
 - 300 points!
 - Negative points
 - Etc.
- You can say "dead", "alive", or "dead OR alive" after throwing.
 - Alive: they must catch the ball out of the air
 - Dead: the ball has to touch the ground before grabbing it

Coaching Points

- Make sure kids are being careful when they go into catch the ball
- You can make this into a team game- each group that visits the station tries to beat the number of points the previous group scored



Team Huddle

Flag Football/Respect

Flag Football:

1. How many downs does your team have to get to midfield?
2. What is an interception?

Respect:

1. Why is it important to try and understand how someone else is feeling?
2. When do you notice people in camp being:
 - Angry
 - Sad
 - Excited
 - Nervous
3. How can you support them if you see they are Angry or Sad?

WEEK 4, DAY 4



SEL Focus of the Day

Respect

1. Who can tell us what the Golden Rule is?
2. How can you apply the Golden rule to your family at home? How can you treat them like you want to be treated?
3. Find a time today to shout out or thank someone who treats you with respect!

Warm Up

Banana Tag -30 min.

| Silly game to free your teammates | |
|--|--|
| Diagram | Set-Up |
|  | <ul style="list-style-type: none"> - Set up a playing space with boundaries |
| | <th>Equipment</th> |
| | <ul style="list-style-type: none"> - Cones to make boundaries  |
| Directions | |
| Objective: Be the last person standing <ol style="list-style-type: none"> Once the game starts, everyone is "it." Each person tries to tag other people on the shoulders or below while staying within the play boundaries. Once a child has been tagged, they must act like a banana in place (standing straight up with arms at sides). They can be set free if another child peels their banana. They can also be set free if the person that tagged them gets tagged Children need to keep track of the person who tagged them so that they will know when they have been freed. The game eventually ends up with 2 people free. When one of these tags the other, lots of people will be released, and the game will continue! The game ends when only one person is left standing. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • If the kids want to play a different tag game that they really enjoy, go for it! • Change to orange tag, where students curl up in a ball on the ground until someone peels them! | <ul style="list-style-type: none"> • Be sure to walk around during gameplay and ensure students are staying frozen in place until they are "peeled" |

Station 1

Baseball Scrimmage- 20 min.

See page #44

Station 2

Flag Football Scrimmage- 20 min.

See page #69-70

| | |
|-----------------------|--|
| Rules | <ol style="list-style-type: none"> 1. Present the Team with the optional rules below 2. Allow them to change 1-2 items. (How to score, Distance of end zone, etc) 3. Play the game and then pause to see if the team wants to make any new alterations 4. Focus on Creativity and Fun-The game may be very hard or too easy, we are making it up as we go along! |
| Possible Rules | <p>-Set up a batting box, Choose a batter to start for offense and a pitcher for defense. -All players except the Pitcher have flags.</p> <p><u>Defensive team</u>- Line up in the End Zone Goal: Field the ball then, pull the batter's flag.</p> <ol style="list-style-type: none"> 1. After the ball is hit, field the ball to the pitcher. 2. Once the pitcher has the ball all defenders can come onto the field and pull flags. 3. If a player's flag is pulled they are frozen in the spot until the next down. <p><u>Offensive team</u>-Line up in their End Zone Goal: Hit the ball as far as possible and then run the football in for a touchdown.</p> <ol style="list-style-type: none"> 1. Batter hits the ball as far as possible and runs onto the field. 2. Offensive player throws the football to the batter and the batter tries to run as far as possible. 3. Offense can be on the field once the football is in the batter's hands. They can pull defender's flags to stop them. <p>Batting Round 1: Batter needs to get to the 1st down line with the football. They receive another down to bat from the 1st down line and try to get a touchdown.</p> <p>Batting Round 2: Bat from 1st down line. (switch batter and football passer)</p> <p>*If Offense does not get a 1st down the other team is now on offense at their end zone.</p> |
| Equipment | - Flags, Cones, Bat, Wiffle Balls, Football |
| Diagram | |
| # per team | 5-8 |

Team Huddle

Respect

I want you to ask me how I am feeling and I'm going to respond and then you tell me how I'm feeling.

1: Player: How are you feeling? Coach: (with a sad voice, head down, hands in pockets) I'm fine.

(players guess feeling)- How did you know how I was feeling?

1: Player: How are you feeling? Coach: (with an angry voice, loud, hands in fists) I'm having a great day.

(players guess feeling)- How did you know how I was feeling?

2. What did we learn from this exercise? (People don't always say what they are feeling and we can look to their tone and body language)

3. Remember that even if people tell you they are fine they might not be so always treat people with respect and encourage them if you can.

Reminder Players to bring Towels next week and clothes they don't mind getting wet.

WEEK 5

SEL Focus: Responsible Decision-Making Sports: Sports Review/Field Day

| <u>Time</u> | <u>Day 1</u> | <u>Day 2</u> |
|-------------|---|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm Up: Coach & Player Choice! | Warm Up: Coach & Player Choice! |
| 15 | Sport Review: Soccer | Sport Review: Basketball |
| 20 | Station 1: Stingers | Station 1: Knockout |
| 20 | Station 2: Duck, Duck, SPLASH! | Station 2: Pass the Water |
| 20 | Scrimmage: Soccer | Scrimmage: Basketball |
| 20 | Scrimmage: Handball | Scrimmage: Baseball, Soccer, Handball |
| 25 | Team huddle & lunch | Team huddle & lunch |

| <u>Time</u> | <u>Day 3</u> | <u>Day 4</u> |
|-------------|---|---|
| 30 | Informal Time: Attendance, Free play, Warm Welcome | Informal Time: Attendance, Free play, Warm Welcome |
| 30 | Warm up: Coach & Player Choice! | Warm up: Coach & Player Choice! |
| 15 | Sport Review: Baseball | Sport Review: Football |
| 20 | Station 1: Baseball Obstacle Course | Station 1: Coach & Player Choice! |
| 20 | Station 2: Sponge Soaker Relay Race | Station 2: Sports Skills Relay |
| 20 | Scrimmage: Baseball | Scrimmage: Mash Up or Basketball, Volleyball, Baseball, Kickball |
| 20 | Scrimmage: Football | Scrimmage: Sport of Coach's Choice |
| 25 | Team huddle & lunch | Team huddle & lunch |

Week 5, DAY 1

Rules Review

1. I wanted to shout out the team for a great 1st week of camp.
2. Let's review some rules from week 1.

Get S.E.T

- 1. Safety:** Make decisions that support physical safety and emotional safety.
- 2. Effort-** Give your best effort and be proud of yourself!
- 3. Teamwork-** Focus on passing, helping each other out, and encouragement.

3. This week's Attention getter has to do with water. (You can ask the team to make one or you can do one) Example: Coach: "Surfs Up" Team: Hang Ten Sign "Shhh"

4. Review the week-We will only have 4 days this week. We will be focusing on All sports and we'll have a water week! Day 1: Soccer 2: Basketball Day 3: Baseball Day 4: Scrimmage

Note about Water:

- Schools were notified at the beginning of camp that we need access to a hose or sink to fill buckets.
- Identify how you will get water and create a plan on how the coach and players will help you retrieve and dispose of water.

SEL Focus of the Day

Responsible Decision Making

This week we are focused on Decision Making.

1. When do we make decisions in sports?

-when do I pass the ball, when do I shoot, do I congratulate the other team or not?

2. This week I want you to think about how can I help my team when making decisions.

For example, if I have shot the ball the last 2 times we were on offense, I'm going to pass it so other players get a chance.

Warm Up

Coach & Player Choice! 30 min.

| Game | Page # |
|------------------|--------|
| Tic-Tac-Toe | 19 |
| Boss of the Ball | 30 |
| Switch | 59 |

Station 1

Stingers- 20 min.

See page #13

Station 2**Duck, Duck, SPLASH!- 20 min.**

Perfect game for a hot, summer day

Diagram**Set-Up**

- Students sit in a circle

Equipment

- Bucket of water to refill sponge
- Sponge

Directions**Objective: Tag the person with the water cup**

1. Using a sponge filled with water, the person "it" walks around the circle dumping only a few drops on each person.
2. Once the person "it" squeezes all of the water over someone's head, that person has to stand up and try to tag the person "it"
3. They run around the circle of players. If the person who was it sits down before the tagger touches them, the tagger is now "it."
4. If the person is tagged, they have to be "it" again.

Variations

- If you don't have a sponge you can use a cup filled with water

Coaching Points

- Remind players to be careful when running in a circle in case the ground gets slippery
- If there are students who do not want to play or get wet, that is okay! They can have free play or join station 1
- [Video](#)

**Scrimmage 1****Soccer Scrimmage 30 min.**

See page # 9

Scrimmage 2**Handball Scrimmage- 20 min.**

See page # 20

Team Huddle**Decision-Making****1. 3 Finger Check in**

- Put 3 fingers up if you felt like you made safe decisions during the Duck, Duck, SPLASH game and looked out for other players
- Put 2 fingers up if you feel like you sometimes made safe decisions but got distracted
- Put 1 finger up if you were not really looking out for other people and forgot to think about safety

2. Why is it important to think of others in games like Duck, Duck, SPLASH?

Week 5, DAY 2

SEL Focus of the Day**Decision-Making**

This week we are focused on decision making.

1. We will choose which warm up game to play today. How should we choose the game to make sure it's fair to everyone?
2. What will you do if your choice is not chosen?


Warm Up**Coach & Player Choice! 30 min.**

| Game | Page # |
|---------------------------|--------|
| Cat & Mouse Tag | 24 |
| Rock, Paper, Scissors Tag | 46 |
| Relay Races | 35 |

Station 1**Knockout- 20 min.**

See page # 33

Station 2**Pass the Water-20 min.****Water game for all ages**

| Diagram | Set-Up |
|--|--|
|  | <ul style="list-style-type: none"> - Split group into teams of 5-8 - Each team in single file line with a bucket filled with water by the first person facing forward and an empty person behind the last person |
| | Equipment <ul style="list-style-type: none"> - Cups - Buckets of water - Empty buckets |
| Directions | |
| Objective: Fill your team's bucket of water first <ol style="list-style-type: none"> 1. The first person in line fills their cup up with water 2. They lift their cup over their head and dump it backwards, trying to get it all into the person behind them's cup 3. The next person then lifts their cup up and tries to pass water to the person behind them 4. Team continues passing the water until their bucket reaches the "winning" line. | |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Students are blindfolded for an extra challenge! • Students aren't allowed to talk • Only one person can talk | <ul style="list-style-type: none"> • If there are students who do not want to play or get wet, that is okay! They can have free play or join stations |

Scrimmage 1**Basketball Scrimmage 30 min.****See page # 28****Scrimmage 2****Soccer or Handball Scrimmage- 20 min.****See page # 9 or #20****Team Huddle****Decision-Making**

1. What decisions did you make during today's games?
2. How did you help out your fellow campers today?
3. Who is someone you could help out during camp tomorrow?

SEL Focus of the Day

Decision-Making

1. Who on your team do you not hear from a lot? How can you ask for their opinion on deciding the warm up game for today?
2. If you often answer questions, how can you encourage others to participate too?

Warm Up

Coach & Player Choice! 30 min.

| Game | Page # |
|----------------|--------|
| Favorites | 6 |
| Clean the Yard | 50 |
| Banana Tag | 76 |

Station 1

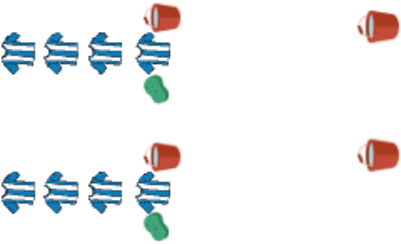

Baseball Obstacle Course- 20 min.

See page # 49 or Soft Toss Slugging pg. #48

Station 2

Sponge Soaker Relay Race-20 min.

You'll probably get wet in this relay race!

| Diagram | Set-Up |
|--|--|
|  | <ul style="list-style-type: none"> - Divide students into teams - Each team lines up single file at a bucket filled with water - Another bucket, empty, is 10 feet in front of the line |
| | Equipment |
| | <ul style="list-style-type: none"> - Buckets of water - Sponges |
| Directions | |
| <p>Objective: Fill your bucket of water first</p> <ol style="list-style-type: none"> 1. First person in line gets their sponge wet 2. First person runs to their team's empty bucket and squeezes the sponge to start filling the bucket with water 3. First person runs back to their team and the next person goes 4. Keep going until one team fills their bucket with water |  |
| Variations | Coaching Points |
| <ul style="list-style-type: none"> • Add more lines if needed | <ul style="list-style-type: none"> • Remind players in line to be ready- it's a quick-paced game! • Video |

Scrimmage 1**Baseball Scrimmage 30 min.**

See page # 44

Scrimmage 2**Flag Football Scrimmage- 20 min.**

See page # 69

Team Huddle**Decision-Making**

1. How can you make the decision to remember to be positive and not get too competitive during our games?
2. Who would you like to shout out for making good decisions for their team?

SEL Focus of the Day

Decision-Making

Today is the last day of camp, what do you want to do in order to be remembered as a respectful and supportive teammate?

Warm Up

Coach & Player Choice! 30 min.

| Game | Page # |
|-----------------------------------|--------|
| Rock, Paper, Scissors Cheerleader | 11 |
| Kickball | 40 |
| Dead Fish | 71 |

Station 1

Sports Skills Relay races-30 min

Race to the cones and back.

| Diagram | Set-Up |
|---------|--|
| | <ul style="list-style-type: none"> - Separate the group into teams of 6 - Each time lines up in single file at a cone, with another cone about 30 ft. away |
| | Equipment <ul style="list-style-type: none"> - Cones - 1 Basketball, Volleyball (or baseball), Soccer ball per |

Directions

Objective: Every player on the team goes to the cone and back before the other teams

1. Person 1: Dribbles to the end and Person 2 Dribbles back (Basketball)
2. Person 3: Dribbles a Soccer Ball to the end and Person 4 comes back.
 - high-five the next person in line and that person goes
3. Person 5+6: throw the baseball or football back and forth to the end and back.
4. The first team that has all of their players complete each movement to/from the cone, wins!
5. Repeat and introduce different movements

Level 1: Do 1 sport at a time and have players practice dribbling a basketball, then soccer ball, etc.

Level 2: Have each team decide which players will do which sports skills and follow the game above.

Level 3: Run these skills in heats by age group and have the top 3 fastest teams/players go up against each other in a championship round.

| Variations | Coaching Points |
|---|--|
| <ul style="list-style-type: none"> • Separate students by age to provide different challenges based on grade • Increase/decrease distance between cones | <ul style="list-style-type: none"> • Have students sit down after completing their part so you can easily see which group finishes first • Have players put equipment that won't be used again in a bin so they aren't playing with it when other players are going. |

Station 2

Coach & Player Choice! 20 min.

| Game | Page # |
|--------------------------|--------|
| Duck, Duck, SPLASH! | 81 |
| Pass the Water | 83 |
| Sponge Soaker Relay Race | 85 |

Scrimmage 1

Coach Choice 20 min.

Any Sport or a Mash Up

| Mash Ups | Page # |
|---------------------|--------|
| Soccer/Handball | 21 |
| Basketball/Handball | 37 |
| Baseball/Basketball | 54 |
| Football/Baseball | 77 |

Scrimmage 2

Player Choice- 20 min.

| Scrimmage | Page # |
|---------------|--------|
| Soccer | 9 |
| Handball | 20 |
| Basketball | 28 |
| Baseball | 44 |
| Flag Football | 69 |

Team Huddle

Camp Reflection

1. We are going to go around the circle and say which sports we feel like we have grown in the most.
2. Now raise your hand if you think you have gotten better at stress management.
3. Who feels like they are a better friend after camp?
4. Let's do a team cheer for each other!

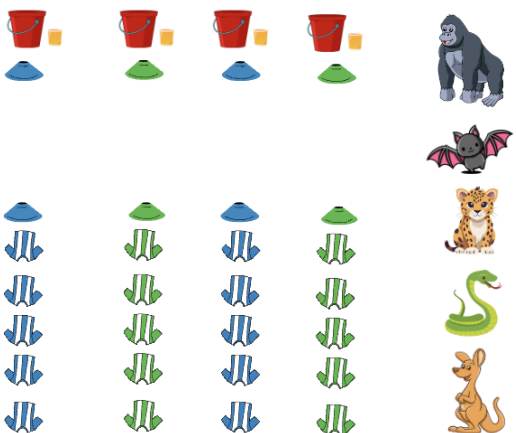

Water Games Addendum

**If you are having a hot week and want to add some water fun to your week switch out one of the games for the following:*

Week 1: Soccer

Station 1

Great Cool Down-30 min

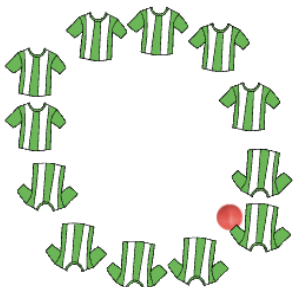

| Race to the cones and back. | |
|---|--|
| Diagram | Set-Up |
|  | <ul style="list-style-type: none"> - You need a bucket of water and a cup per team - Set the water bucket and the cup about 15-20 yards away from each team |
| | Equipment <ul style="list-style-type: none"> - Cones - Bucket of Water - List of Animals - Cups  |
| Directions | |
| Objective: Have your team sitting down before the other team is. <ol style="list-style-type: none"> 1. Tell the team that it's very hot in the jungle so the animals are going to the watering hole to cool down. Each team lines up behind their cones. When the 1st player runs they have to run like the animal they are given. 2. The first person to run must run like a gorilla, the second pretends to fly like a bat and so on. Gorilla's must run with their arms and legs held out awkwardly away from their body. Bat's must flap their arms wildly. Leopards must run on all fours. Snakes must get on their elbows and knees. Kangaroos must hop. Once 5 people have run, the 6th person will start the list again as a gorilla, the 7th will be a bat and so on. 3. When the player reaches the water bucket they must fill up the cup with water and throw it over themselves. Game ends when the teams have been through twice. The very last person must pick up the bucket and put it on their heads. <p>Level 1: Give players their animals beforehand.</p> <p>Level 2: Have players act out their animals for their team and they can only run when the animal is guessed by the team.</p> <p>Level 3: Have teams pick the animals for other teams.</p> | |
| Coaching Points | |
| <ul style="list-style-type: none"> • Have players sit down when they return from their running so everyone can see and it's clear who wins. • Shout out players for their creativity • Try a round where players show emotions as well as their animals: "Angry Snake" or "Happy Zebra" | |

Week 2: Basketball

Station 1

Hot Potato Cool Down-30 min

Race to the cones and back.

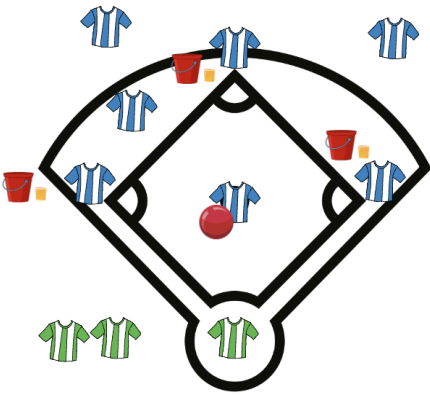
| Diagram | Set-Up | |
|--|--|-----------|
|  | <ul style="list-style-type: none"> - Each team is in a circle - Give them 5 water balloons (1 for each round) | |
| | <th data-bbox="734 390 1520 443">Equipment</th> <td data-bbox="734 443 1520 688"> <ul style="list-style-type: none"> - Water Balloons**not distributed with equipment  </td> | Equipment |
| Directions | | |
| <p>Objective: Don't get caught with the water balloon!</p> <ol style="list-style-type: none"> 1. Have the group get into a circle shoulder to shoulder. 2. Have them pass the water balloon. (this might be hand to hand to start) 3. When the music stops, if the water balloon isn't broken everyone takes a step back. 4. Do this as many times as you can before the water balloon pops. <p>Level 1: Players take steps back every round.</p> <p>Level 2: Whoever is caught with the water balloon after the music stops, they break the balloon over the head of the person to their left.</p> | | |
| Coaching Points | | |
| <ul style="list-style-type: none"> • Have players sit down when they return from their running so everyone can see and it's clear who wins. • Shout out players for their creativity • Try a round where players show emotions as well as their animals: "Angry Snake" or "Happy Zebra" | | |

Week 3: Baseball

Station 1

Wet and Wild Kickball-30 min

Race to the cones and back.

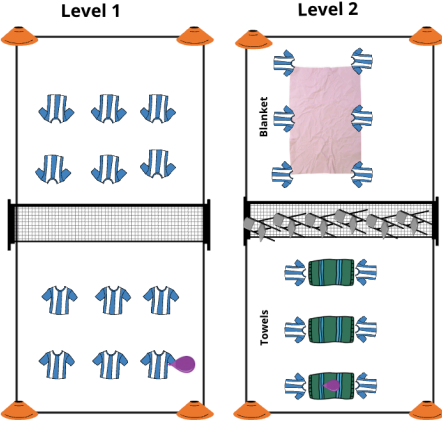
| Diagram | Set-Up |
|---|--|
|  | - Kickball Field |
| | Equipment <ul style="list-style-type: none"> - Buckets - Sponges - Bases - Kickball |
| Directions | |
| <p>Objective: Score by running the bases.</p> <ol style="list-style-type: none"> 1. At each base have 1 sponge and 1 bucket of water. 2. When a player gets to a base the baseman can throw a cup of water on them or squeeze a sponge on their head. 3. Players continue to play regular kickball. <p>Level 1: Players get wet as they run the bases in regular kickball.</p> <p>Level 2: When the player is running to base they can be tagged out by the defense throwing a sponge at them. If they aren't hit by the sponge they can keep running. Each time they run between bases a sponge can be thrown at them.</p> | |
| Coaching Points | |
| <ul style="list-style-type: none"> • Have players give warnings before throwing water on another player • Instruct players to avoid the eyes and ears and to wait until a player has closed their eyes • Have towels ready if players get water in their eyes or want to wipe their faces before continuing play | |

Week 4: Football

Station 1

Beach Blanket Water Balloon Toss-30 min

Race to the cones and back.

| Diagram | Set-Up |
|---|--|
|  <p>The diagram illustrates two levels of the game. Level 1 shows two teams of three players each, standing on opposite sides of a net, with balloons on their backs. Level 2 shows two teams of three players each, standing on opposite sides of a net, with towels on their backs. A blanket is placed over the net in Level 2.</p> | Equipment |
| | <ul style="list-style-type: none"> - Volleyball court or open space with a make-shift “net” in the middle (can be lined up chairs) - Beach towel per every 2 people or a Blanket 1 per team - Water Balloons or a sponge - Volleyball net or a divide between groups |

Directions

Objective: To get the balloon over the “net” and catch it without dropping it.

1. Split players into teams of 6
2. Have players choose a partner who will hold the beach towel with them.
3. Have one team on one side of the “net” and one team on the other.
4. Have team 1 start with the balloon on their back towel and have them try and fly it to one of their paired teammates or over the “net” to the other team.
5. If the team can get the ball over the net they get a point. If a team can catch the ball without breaking it they get a point.

Level 1: Have players just toss the balloons to each other (3 tosses then over the “net”)

Level 2: Have players add towels (this can also be done with large sheets and everyone around the sheet.

Coaching Points

- Have players practice first with a kickball or small ball to get the hang of using the towels together
- Use chairs lined up together if you don’t have a volleyball net to create a higher barrier
- Change the height of the net for older or younger players
- Have the kids come up with how the scoring works

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