

Ultimate Kickball Series with Alex

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

kickball, ball, teams, running, kicking

Lesson Ideas

Lesson Title

Multi-Week Kickball Series

Duration

1 Hour

Lesson Plan

1. Introduction (10 minutes)

- Gather the kids and explain the game of kickball: a mix of soccer and baseball.
- Discuss key concepts: kicking, running, team coordination, and scoring.
- Divide children into two teams and explain the positions (pitcher, baseman, outfielder).

2. Warm-up Exercises (5 minutes)

- Lead simple stretches focusing on legs, arms, and core.
- Incorporate short sprints to warm up running muscles.

3. Basic Skills Practice (10 minutes)

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- Demonstrate the proper way to kick the ball.
- Practice individual kicking with the ball from a stationary position.
- Kids take turns practice running to bases after kicking.

4. Team Coordination Drill (10 minutes)

- Conduct a passing drill using the kickball to understand teamwork.
- Practice field positions and discuss strategies for effective defense.

5. Mini Kickball Game (20 minutes)

- Set up bases and begin a mini-game.
- Rotate teams so everyone has a chance to both kick and field.
- Encourage good sportsmanship and teamwork throughout.

6. Cool Down and Review (5 minutes)

- Gather the children together.
- Discuss what they learned and enjoyed about the game.
- Encourage them with positive reinforcement and highlight areas for improvement.

Materials List

- Kickball
- Cones to mark bases
- Whistle
- Water bottles

Adaptations for Different Ages

- Younger Children: Use a softer, larger ball and shorten the running distance between bases.
- Older Children: Introduce more complex rules, such as tagging up on bases or automatic outs on caught pop flies.

Movement Break

- "Follow the Leader" running game between bases to keep energy levels high and develop agility.

Bonus Activities

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- "Design Your Dream Team" where kids can draw and create team names or mascots.
- "Ball Decorating Craft" where children can design visually appealing covers for practice balls.

Series Outline

Week 1: Introduction to Kickball

- Discuss the history and basic rules of kickball.
- Demonstrate and practice basic skills like kicking, catching, and throwing a ball.
- Play a simple practice game to familiarize with game flow.

Week 2: Understanding the Ball

- Explore different types of balls, materials, and sizes used for kickball.
- Conduct a hands-on activity where kids test various balls and discuss differences.
- Practice ball handling skills through drills.

Week 3: Team Building and Strategy

- Teach the importance of teamwork and communication in kickball.
- Conduct team-building exercises and strategy sessions.
- Set up a practice match focused on implementing team strategies.

Week 4: Kicking Techniques

- Demonstrate different kicking techniques and their uses in the game.
- Organize kicking drills to encourage accurate and powerful kicks.
- Host a friendly kicking contest to practice aim and strength.

Week 5: Running Skills and Base Running

- Discuss the role of running in kickball with emphasis on speed and agility.
- Set up running drills to improve quickness and technique.
- Explore strategies for effective base running.

Week 6: Fielding and Defense

- Explain the importance of fielding and defensive positioning.
- Conduct fielding drills to improve catching and throwing accuracy.
- Organize a scrimmage focusing on defensive plays.

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Week 7: Game Strategies and Roles

- Teach different game strategies, including offensive and defensive tactics.
- Discuss various player roles and their importance in game strategy.
- Conduct a strategy workshop with role-playing exercises.

Week 8: Rules and Fair Play

- Review detailed kickball rules, scoring, and penalties.
- Engage kids in a rules trivia game to reinforce learning.
- Discuss the importance of sportsmanship and fair play.

Week 9: Mini-Tournament Planning

- Guide kids in organizing and planning a mini-kickball tournament.
- Assign roles and responsibilities (e.g., team captains, referees).
- Practice team chants and create team banners.

Week 10: Kickball Mini-Tournament

- Execute the mini-kickball tournament with all participating teams.
- Encourage kids to apply learned strategies and teamwork.
- Conclude with an activity to reflect on the experience and celebrate participation.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

