

SuperSports Curriculum

Introduction:

1. Have all the kids sit down in a group and wait for them to listen
2. Introduce all the staff members
3. Ground Rules Introduction
4. Safety Issues

Ground Rules:

1. There is absolutely no physical contact
2. Watch the language – no swearing, negative comments towards anyone
3. RESPECT your team and the coaches/refs
4. Anyone steps out of line at any point – will be asked to sit out for 10 minutes and the parents will be notified, second time out for 30 minutes and final conflict will result in not being able to participate for the remainder of ALL classes
5. Coaches – be positive and encouraging at all times – your responsibility is to make sure the kids are safe, playing correctly and giving positive feedback.
6. Dismissal – Coaches have the attendance, the kids bring their ride over to the coach with the roster, check off his/her name and give a high five – High fives must be given to ALL coaches before the child is able to leave. Whoever has the attendance needs to see every kid before the leave. Dismissal is the one of the most important parts of a class!

SuperSports Games

Week 1

Warm Ups

- Run and Stretch (set up cones)
- Astroid Ball

Skill

- Soccer Dribbling

Games

- Relay Races
- Numbers game

Week 2

Warm Ups

- Run and Stretch (set up cones)
- Sharks and Minnows

Games

- Break out Dodgeball
- Dr. Dodgeball

Army Dodgeball
Cycle Dodgeball
Coaches vs. Kids

Week 3

Warm Ups

Run and Stretch (set up cones)
Space Invaders

Games

Capture the Flag
Fort Knox

Week 4

Warm Ups

Run and Stretch (set up cones)
Running Relays, fasted in the class

Games

Handball Soccer Day!
Clean out the backyard

Week 5

Warm Ups

Run and Stretch (set up cones)
Running Relays, coaches vs. kids running

Games

Basketball dribbling, passing
Numbers Basketball (hoops available)
Soccer Scrimmage Day (if there are no hoops)
Numbers Game Soccer (if there are no hoops)

Week 6

Warm Ups

Run and Stretch (set up cones)

Games

Kickball Day – Kickball game
Kickball Homerun Derby
Crazy Kickball or *Mat Ball

Week 7

Warm Ups

Run and Stretch (set up cones)

Games

Break out Dodgeball

Dr. Dodgeball
Army Dodgeball
Cycle Dodgeball
Coaches vs. Kids