

F.A.S.T. Athletics

Guidelines and Core Curriculum

What is expected of **all** instructors:

1. Must wear the F.A.S.T. Athletics T-shirt and it must be tucked in
2. Uniform consists of the T-shirt and BLACK shorts/pants
3. Always have your instruction binder with you!
4. If you are running late – call the other coach and call the F.A.S.T. office or contact one of the owners
5. Check in at the front office
6. Set up the hour long camp before all the children arrive
7. Take attendance – and keep the sheet in the binder
8. Keep a head count of every child always (10-15 minutes)
9. Instructors must show up 15 minutes early and not leave until all children have left the program (usually within 15 minutes after)
10. Consolidate children for proper F.A.S.T. dismissal
11. May leave if the PTO monitor is present to hold responsibilities

Important Rules:

1. Keep hands to ourselves
2. No derogatory language
3. No talking while the teacher is talking
4. Follow the “whistle rules”
5. No child may leave the area without consent of the instructors (i.e. bathroom, drinks)
6. No child may leave without having their parent or their assigned guardian present!
(EXTREMELY IMPORTANT)
7. Stay off the equipment which is not owned by F.A.S.T. (i.e. playgrounds)
8. Stay positive even if things aren't going smoothly!

Instructors:

1. Call in by 12pm the day of your class
2. If you are not going to be able to make it, call 24 hours before hand
3. If you don't call 24 hours before, it is your responsibility to find your own replacement
4. Call us if you need to talk about anything – class, other instructors, or problem children

How to Run F.A.S.T. Athletic Camps

1. Before camp starts – have the children place their bag packs to the side of the gym out of the way
2. Take attendance
3. Run warm up games for approximately 5-10 minutes
4. Begin instruction of the sport (5-10 minutes)
5. Play various games, attempt up to 3 different games per class period (30-35 minutes)
6. Gather the children with approximately 5 minutes left – talk about what they learned and if they were good/respectful/cooperative, give them a chance to earn a reward (pick a favorite game like buzzer beater)
7. If they earn the reward – explain to them they cannot eat the candy until they are given permission from their guardian – NO EATING IN THE GYM
8. Dismal – Have ALL the children gather their belongings and sit behind the cones the coaches set up. The cones are barriers and the children are not allowed to cross over the cones until they see and point out their guardian. Please follow this strictly and make all the children sit behind the cones.
9. Leave once all the children have been picked up – if you stay later then 15 minutes, please let us know and you will be paid accordingly.

Warm-Up Games/Ideas

- Steal the Balls/Steal the Bacon

This is a game where you divide the entire class into 2 equal halves. Line each team on opposite baselines. Create a team name for both teams. Give each child a number (1-15 on one team and 1-15 on the other) so that when their number is called they will have someone to go up against. When their number is called, they will run to center court and attempt to steal the ball – if they get tagged by the other team – the ball is dead and no points are awarded

- Dodgeball

Dodgeball can be played a variety of ways. Divide the children up evenly and explain the rules. If you get hit – you can either be out, go to jail, or go to the other team. It depends on how you want to conduct your class (be creative). Make sure you make a “safe area” for the smaller kids – this is an area where they can stand and are invisible meaning they can’t be hit. Ideas → kids vs. coaches, kids vs. kids, free-for-all; where they are NO boundaries

- Hit’m Up

Create bases like a baseball field. Coaches/or assigned children stand near the pitchers mound or where the mound would be and everyone else is at home plate. Start the children running around the bases – the catch – the people in the middle have nerf balls and the object is to hit as many children as possible. If you get hit three times you are out for the inning. Innings length is up to the coaches

- Coach Says

Similar to the game “Simon Says” but instead of Simon, use the word Coach. Also incorporate F.A.S.T. Athletic equipment (i.e. soccer balls, basketballs, footballs...)

- Line Tag

When in the gym, have the children spread out all over the court and make sure they stand on the painted lines on the ground. Assign one/two/three children to be “it” and the object is to have the children STAY ON THE LINES the entire time and they are not allowed to jump across the lines

- F.A.S.T. Relays

Create an obstacle course with the equipment given to you and make even teams and see which team can go around the course the quickest

- Red light / Green light

Have one child be “it”, they will line up in the middle of the gym/court and the other children line up across the court on the baseline. They will say red/green (green – go and red – freeze). If the “it” person finds someone moving when they make the call, they must start over.

- Whistle while you work

Before any games are explained – go over the whistle rules. One quick whistle means continue with what you are doing, Two quick whistles – FREEZE, and Three quick whistles means STOP AND SIT DOWN. During the games, use the whistles to control and make sure you have the children listening. It is VITAL to keep the children aware of the whistle rules!

- Clean Up the Backyard

Split the children into equal teams – divide the area/court into two equal halves. Dump all the balls all over the court and make sure the children don’t touch them until the whistle is blown. Object is to throw/kick all the balls on your side of the court to the other side and to have the LEAST amount of balls on your side when the final whistle blows. PLEASE tell the children to be careful when throwing the balls (no head shots...)

- Capture the Flag

Separate the children into 2 even teams, one team is on one side of the court and the other team is on the other end. One ball is placed at each end of the court. The object is to run into the other teams end of the court, steal their ball, and either run or pass it back to your end of the court. If the player runs the ball past their half the team is awarded a point. Make sure you create a jail (square box at opposite ends of the court), this is for the players who get tagged on the other teams side. They can escape jail if they are tagged by another teammate or by a coach yelling “jail break”

- Kickball

Set up a baseball field infield and divide the children into two equal separate teams. Have a coach or a child pitch (slow rolling). No Indian rubber (throwing balls at the running to get them out instead of tagging them) and make sure everyone knows not to throw the ball at each other. Same idea as baseball – hit, run, score

- Freeze Tag

Assign one child to be “it” and one child to be the “defreezer” the rest of the children must dodge the child who is it – if they get tagged the must freeze until another child who is the “defreezer” tags them. The “defreezer” is invisible and cannot be tagged unless the coaches alter the rules.

- Line Busters

Idea is to have the children run as fast as they can across the gym floor without stepping on any of the lines. Tell the players that if they fall off the line, they have to get back on the line as fast as they can!!! The older kids can be sent to jail, corner of the gym – have them do 10 jumping jacks/situps/pushups and once they are done, they can come back into the game. Also, you can assign an “it” person to tag the other kids but they must avoid the lines as well.

- Hunters

Break the children up into a few even groups. Throw all the balls across the gym, hide them everywhere and once they are “hidden” – it’s a competition to see which team can collect all the balls, one at a time, in the fastest time!

- Numbers Game

Separate the class into 2 groups and give everyone a number. 2 players will have the same number on each end. Call out any number(s) and throw out 2 balls. The players have to collect the ball and run back to their team as fast as possible. The team with the most points wins – deduct points if they are not sitting Indian style. Be creative with this game → you can call 2 numbers, throw 4 balls, make them shoot it in the basket, make the balls worth different points...

- Blob Tag

This is a game where one child is it and when they tag the other players, they must join hands and chase down the other kids while still holding hands. The object is to have the entire class holding hands acting as ONE BIG BLOB!!

- Best Catch

Divide the children up into two even teams – divide the court into two even halves and basically what the children do is try to throw the balls across to the other side of the court without hitting the walls (keeping it in bounds) and not having the other team catch it. If the ball is thrown and caught or hits a wall its minus one point and if they throw it across the gym and it falls in bounds and doesn’t hit the wall in the air that’s plus one point.

- Sharks/Minnows

All the children must stand along the baseline while one child is assigned the “shark” – the other children along the baseline are the “minnows”. The object is to run from baseline to baseline without being tagged by the shark – if you get tagged you become a shark – all sharks start in the shark tank – in the middle of the court/field.

Basketball Skills

Important skills to go over – Dribbling, passing, shooting, lay-ups, defense

Dribbling: Points of emphasis

1. use you finger tips
2. look straight ahead – be aware of your surroundings
3. dribble up to your pocket – ball should never go past this area
4. push the ball straight ahead – not straight down

Passing: Points of emphasis

1. thumbs start pointing to the sky
2. chest – starting point
3. make sure your partner is ready and aware for the pass
4. push away from your body
5. when passing – thumbs should point down (up → down)
6. aim for the chest

Shooting: Points of emphasis

1. hold the basketball over your shoulder, near your ear
2. one hand under the ball, the other hand supporting
3. feet should width apart
4. bend your knees
5. push the ball to the sky (basket)
6. Follow throw

Lay-Ups: Points of emphasis

1. get close to the basket
2. opposite knee and elbow when shooting (jump off your left leg, ball in the right)
3. reach towards the backboard
4. aim for the “box”

Defense: Points of emphasis

1. Stance must be lower than that of the person guarding you
2. feet should be more than shoulder width apart
3. balance! (knees bents, arms out, palms up)
4. slide steps – NEVER cross your feet

Basketball Games

- Relay dribble

Divide your class into equal groups (2-6 equal teams). Set up cones on the baseline for a starting point and have them sit Indian style until their turn. Point is to have them practice dribbling with both their right/left hands. Make it fun – set up barriers, make them go around cones, have them hold the ball and run to the end of the court yelling “I’m not doing this right” (traveling!)

- Steal the basketball

Similar to steal the bacon, divide the class into 2 even parts and have each team sit on opposite baselines. Have 2 coaches hold onto one ball each and assign numbers to each of the children so when you call one number out – two children run to get the balls. Set up a square on each side of the court so the players know to get the ball and dribble it into the square for one point

- The PIT!

The pit is a game where the children are isolated into a small area and each have a basketball. The object is to protect your ball against the others. If your ball gets knocked away, you must pick it up and dribble along the side of the court until the winner is declared

- Numbers Game

Separate the class into 2 groups and give everyone a number. 2 players will have the same number on each end. Call out any number(s) and throw out 2 balls. The players have to collect the ball, dribble to the hoop and take a shot. Shoot until someone gets a basket. Make different areas on the court worth different point values – helps out with children who want to take a BIG SHOT worth more points.

- Follow the Leader

One of the coaches stands in front of the entire class and makes the children imitate everything they are doing – ball around the legs, head, waist – dribble right hand/left hand – be creative this is a way to evaluate the skill level of the children right away (good warm up!)

- Knockout

Divide the children into two separate groups – have each group line up along the free-throw line (or closer depending on the age). The first two people in the line get a basketball and if the first person gets the ball in, they must retrieve the ball and pass it to

the next person in line as FAST as possible so if that person gets it in before the other one, they will have knocked them out.

- Baseline – 2 – Baseline

Select one child to be “IT” and have the rest of the children line up along the baseline with a basketball. The child whom is “IT” is the only one on the court without a ball. When the whistle blows, the children must dribble safely across the court while the “IT” child attempts to steal the basketball – this game can have multiple children being it.

- Around the Hoop

Set up cones in areas near/next to the hoop with different point values, give the children 30 seconds to shoot from the cones (any cones they want as many times as they want) and count up the points in the end

- Line Tag

Similar to “baseline 2 baseline” except all the children must follow the lines on the court and if they step off, they are out. The “IT” person is the only one allowed to run without the ball.

- Red Light Green Light

Everyone has a basketball and begins on the baseline. Coach will yell red light/green light and when the children move, they must dribble or start over. Red light means they must freeze in place without dribbling

- Buzzer Beater

Gather the group together and have the children count down from 10 seconds (10-9-8..) and pick one child to receive a pass from a coach and once they catch it they must shoot in place or get as close to the hoop as possible before the time runs out. Get the kids excited, they enjoy the pressure and excitement of being put on the spot!

- Line Passing

Have the children grab partners and spread out along the baselines. Have them practice passing (both bounce and chest). Make a game out of it – how many can they get in a row, 1 point if you have a perfect pass to the chest.

- Eyes UP!

Allow everyone to grab a basketball and begin to dribble around the court, the coach will have their back turned and all the children should be watching the coach. When the coach is ready, they turn around and those whom are still dribbling must go along the side of the court until the last person is standing

- Hot Ball!!

Similar to hot potato but the children instead of just throwing the ball, they must either use a chest/bounce pass. Gather the children into a circle/square and allow them to practice their passing.

- Scrimmage

When the children are ready and understand the basics, break them into teams depending on how many children there are. Allow them to get a feel for the sport and try not to let them foul – but keep them playing and active. (3 on 3 or 5 on 5)

Soccer Skills

Important skills to go over – dribbling, passing, shooting, trapping, head ball

Dribbling: Points of emphasis

1. Use the instep of the foot – helps with control
2. Keep the ball close to the feet – do not kick the ball
3. Eyes up and keeping awareness of the surroundings (defenders, teammates to pass too)
4. Start slow

Passing: Points of emphasis

1. Use the instep of the foot – pass only when teammate is ready and looking
2. Aim for the feet
3. Never use your toe – inaccurate means of passing

Shooting: Points of emphasis

1. Show the shoelaces – this is where the striking of the ball should occur
2. Practice kicking without the ball first
3. Ground shot – Air shot
4. Aim by pointing your non kicking foot in the direction you want the ball to go

Trapping: Points of emphasis

1. Instep and the bottom of the shoe
2. Do not stab at the ball – relax and gently use the foot
3. Give with the ball
4. Do not step on the ball

Head Ball: Points of emphasis

1. Forehead – skin meets the hair
2. GENTLY – should not hurt if using this part of their head
3. Eyes open and mouth closed

Soccer Games

- Relay Race

Divide your class into equal groups (2-6 equal teams). Set up cones on the baseline for a starting point and have them sit Indian style until their turn. Point is to have them practice dribbling with both feet. Make it fun – set up barriers, make them go around cones

- Numbers Game

Separate the class into 2 groups and give everyone a number. 2 players will have the same number on each end. Call out any number(s) and throw out 2 balls. The players have to trap the ball, dribble near the goal and take a shot. Shoot until someone gets a goal.

- Hunters!

Make a coned off area – like a square in the corner of the field. Kick the balls all over the field. Players must retrieve the balls and dribble them back to the coned off area. Time the players and keep it competitive

- Line Up

Separate the children into 3-5 groups. Spread them out along the sidelines and have them sit behind the cone. The object is to have them practice their dribbling skills without racing – have them go back and forth a couple times so the coaches can evaluate their skill level

- Touch It

Players must dribble the soccer ball all over the field until the coach calls out a body part like head, shoulder, knees. When the coach calls this out, they must touch the ball with that body part

- SHOOT OUT

Break the class up into two groups – each coach is a goalie and have the children line up for a world cup shoot out. The more the coach gets into it – the more excited the children get!! The teams should compete against each other

- Passing

Line up all the children with a partner about 10-20 yards apart – have the children pass it back and forth and see how many passes they can get in 1 minute. Also you can have

them pretend they are goalies and have them shoot at each other from that distance and see how many they can get past each other

- Clean out the Backyard/Field

Split the children into equal teams – divide the field into two equal halves. Dump all the balls all over the field and make sure the children don't touch them until the whistle is blown. Object is to KICK all the balls on your side of the field to the other side and to have the LEAST amount of balls on your side when the final whistle blows. PLEASE tell the children to be careful when kicking the balls (no head shots...)

- Red light / Green light

Everyone has a soccer ball and begins on the far out of bounds line. Coach will yell red light/green light and when the children move, they must dribble or start over. Red light means they must freeze in place without dribbling

- Coach Hunt

Cone off a large area of the field and make sure the children know they must stay in that area. Everyone is given a ball EXCEPT the COACHES. The coaches will attempt to knock the soccer balls away from the children and if they kick the balls outside the coned off area – the children then become a coach and attack the other players until only a few children are left!

- One Timer!

Have the children line up 10 yards from the goal. Have one child standing next to the goal and the coach in the net (or anyone). The child next to the goal will pass the ball to the first person in line who will, without trapping the ball, attempt a shot at the next – try with/without goalie

- Monkey in the middle

Players are split into equal groups of three (if possible). Set up a restricted area for them to play in so the children are not running all over the field. Monkeys stand between the two other partners (about 10-15 yards apart). Players try to pass the ball to each other without the monkey getting it. Change monkeys quickly – keep the children moving and active

- Bulls Eye

Split the children up and have them in separate teams – cone off an area about 15-20 yards from the children. Have two separate areas coned off so that the teams can go at the same time. The object is to kick the ball into the center of the cones – award each child/team a point for this accomplishment

- Simon Says

Players are to spread out in an area with a ball. They dribble slowly around while the coach calls out various instructions – only works when “Simon says...”).

- Scrimmage/World Cup

Players are split into two/three groups and will participate in a real soccer game. Make the teams appropriate according to ages – if there are three teams rotate time evenly amongst the teams

Dodgeball Skills

Important skills to go over: Dodging, agility, throwing

Dodging: Points of emphasis

1. Avoid contact with the ball at all times – unless trying to catch
2. Ability to “get out of the way” from a ball thrown
3. Awareness of surroundings

Agility: Points of emphasis

1. Keep eyes open and stay aware
2. Dive, Duck, Dodge

Throwing: Points of emphasis

1. Aim for the chest down – NO HEAD SHOTS (grounds for penalty)
2. Quick toss – stay in position
3. Over the top – side arm – underhand

F.A.S.T. Athletics Dodgeball Camps

Every game will be set up the same way. Divide the court in half with the cones, create safe lanes along the sidelines on each half (area where younger children can go and not worry about being thrown at) and have a jail in the center of the back court in a square shape on each courtside.

Dodgeball will be played with 3-6 balls and to start up the game, have the two teams line up on their opposite sidelines – when the whistle is blown, they can run and get the balls from the middle court.

If you are hit there are a few things the coaches can do:

1. Sit out until the next game
2. Go to the other team
3. Go to the other teams jail – to get out of jail they must catch a ball thrown from their team’s side in the AIR

NO HEAD SHOTS – if occurs more than once, a warning will be given out and if behavior continues – further penalties will be taken (sit out, call parents...)

Game Variations:

1. Standard dodgeball – two teams, 3-6 balls, when you are hit you are out until someone on your team catches a ball thrown by an opponent or there is a penalty against the other team
2. Coaches vs. Campers – exactly what it is, 2-4 coaches vs. the rest of the children, once the children are hit – they must sit out until the game is over
3. Dodgeball jail style – two teams, 3-6 balls, when you are hit you must go to the other team's jail and the only way to get out is catching the ball in the air or the other team is penalized
4. Switch Team Dodgeball – two teams, 3-6 balls, when you are hit you MUST go to the other team
5. Tournament – Once the children understand the game and the rules, set up a round robin tournament of champions and see who the best team is (double elimination)
6. Doctor Dodge – One player on each team is designated as the “doctor” – the doctor has the responsibility of healing his team members, meaning when he tags them they are able to resume play

Flag Football Skills

Important skills to go over: passing, receiving patterns, hand offs, running with the ball, defense

Passing: Points of emphasis

1. Throwing the football is very similar as throwing a baseball
2. Grip with the laces
3. Grip towards the back of the ball
4. Overhand
5. Point
6. Step
7. Throw
8. Lead the receivers – don't throw right at them, throw where you want them to be

Receiving Patterns: Points of emphasis

1. Quick steps and head up
2. Sharp cuts and movements
3. V-cuts, stutter steps, head fakes, jukes
4. Streak, Curl, Post, Out, Smash

Hand offs: Points of emphasis

1. Qbs need to aim for the stomach
2. Soft!!!
3. Plant the lead foot

Running with the ball: Points of emphasis

1. Quick and short steps
2. Head up – be aware
3. Tuck the ball under their arm
4. Up the middle – two hands
5. Don't cross your feet

Defense: Points of emphasis

1. Rush the passer – make fakes, run around the defenders not through them
2. Keep your hands up
3. Head up
4. Move your feet and body – do not hold
5. Stay low

Flag football Games/Ideas

- Capture the Flag

Separate the children into 2 even teams, one team is on one side of the field and the other team is on the other end. One ball is placed at each end of the field. The object is to run into the other teams end of the field, steal their football, and either run or pass it back to your end of the field. If the player runs the ball past their half the team is awarded a point. Make sure you create a jail (square box at opposite ends of the court), this is for the players who get their flags pulled out on the other teams side. They can escape jail if they are tagged by another teammate or by a coach yelling "jail break"

- Brady Camp

Separate the children into a few groups – have them all spread out and sitting behind cones. Pick one QB from each group and they will be "Brady". The coach will tell each of the other children in line – ONE AT A TIME – to run a pattern and it is up to the QB to hit the receiver in stride. Point systems.

- Relay Race

Divide the children into evenly distributed teams – more the better. Line up 4-6 cones in a straight line – do this for each team so everyone has a cone to stand on in the line – blow the whistle and have one person start with the ball. That person will throw to the next person in line and so on and so forth until the last person has the ball. Many variations of this game.

- Run and Shoot

Divide the children into three/four groups. The first player in the line will be the FIRST passer – the SECOND will be the defensive back – and the THIRD is the receiver. Have the groups run different patterns. ROTATION → after passing, the QB becomes the next receiver, the next player in line becomes the passer, the first receiver becomes the defensive back and the defensive back moves to the end of the line or next group (let everyone get chances at each positions).

- Numbers Game

Separate the class into 2 groups and give everyone a number. 2 players will have the same number on each end. Call out any number(s) and throw out 2 balls. The players have to catch the ball or pick it up and run it back to their team first – they can also throw it back to ONE team member – designate before throwing the ball so they ALL don't try to catch one football

- Intercept This!

Depending on the class size, have 10-15 children playing on the field at once (others can wait on the sideline). Same idea as basketball – except no dribbling. The ball starts in the center of the field with the field divided in half. On each separate half there is one player standing in a circle of cones. The player with the ball can only take 2 steps and then must throw to a teammate. If you don't have the ball you can move freely. The idea is to intercept the pass – if that happens or the ball is knocked over – the possession changes. The object is to throw the football to the teammate in the circle (can rotate)

- Dodgers

This is a relay race in which each team will have a variety of obstacles to overcome while carrying the football – for example; zig zagging, jumping, dodging a defensive player

- Sharks and Minnows Flag Football Style

All the children must stand along the baseline while one child is assigned the “shark” – the other children along the baseline are the “minnows”. The object is to run from baseline to baseline without having your flag pulled by the shark – if you get your flag pulled you become a shark – all sharks start in the shark tank – in the middle of the court/field. Either have all the children go at once; or be creative and call out things they are wearing like – everyone with jeans on must run or everyone with a hat on must run.

- Scrimmage

Divide the players into 2 separate teams. Set up a field with evenly divided halves and a 10 yard deep end zone. Each team should have the same colored flag. Have the coach acts as QB. The offense will have 10 plays to score a TD and if they fail to score within their 10 plays – it's a turn over and the other team gets the ball from that spot. TD's are worth 6 points and to go for the extra point (just another play 5 yards before the end zone) is worth 1 point. Assign players to guard each other or set up a zone defense depending on the skill level – be creative.