

PDC Plan (first 4 classes): Gagaball

Programming Day Card - 1

Warm Up: SPUD

Skill/Review: Hitting

Drill: Partner Hitting Stacks

Games:

1. Gaga Ball
2. Domination Gaga Ball
3. Numbers Game
4. Mayham Gaga Ball
5. Team Gaga Ball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Bump & Bite

Skill/Review: Jumping

Drill: Jumping stacks

Games:

1. Dynasty Gaga Ball
2. Traitor Gaga Ball
3. Team Gaga Ball
4. Defender Gaga Ball
5. Gaga Ball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Wall Ball

Skill/Review: Dodging

Drill: Dodging Stacks

Games:

1. Gaga Ball
2. Four Square
3. World Cup
4. Mayham Gaga Ball
5. Gaga Ball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Bridge Ball

Skill/Review: Accuracy

Drill: Partner Hitting Stacks

Games:

1. Team Gaga Ball
2. Domination Gaga Ball
3. Dynasty Gaga Ball
4. Team Gaga Ball Tournament
5. Gaga Ball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment