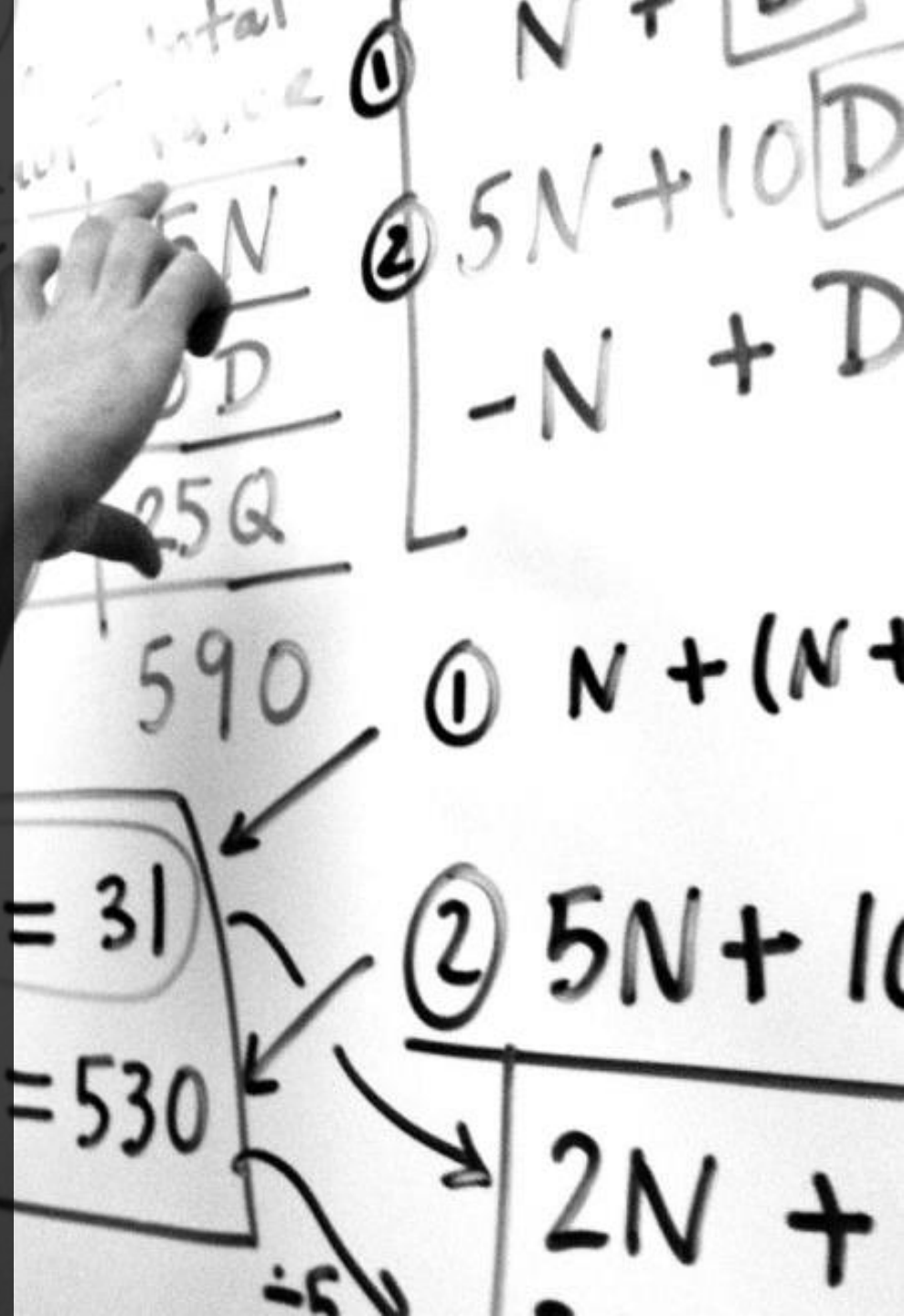# Overtime
Athletics

THE PROGRAMING DAY CARD

THE PROGRAMING DAY CARD (PDC)

The Programing Day Card is an Instructors Lesson Plan for Each Class

OUR FORMULA WORKS EVERYTIME

OTA has created a formula that, when followed properly, will give each instructor the proper tools in order to achieve a successful after school program.

THE PDC

The PDC is designed with the coach and class in mind.

What does the PDC Do?

It is a way for coaches to:

- Think ahead and prepare for class

- Organize activities

- Plan games

You do not need to be an expert in a sport or activity to successfully run class. By reading the curriculum as well as following your PDC, you will seem like a pro in each class you coach

Programming Day Card

Warm Up (5-7mins):

Skill/Review (5-7min):

Drill (5-7min):

Games (30-45min):

1.

2.

3.

4.

5.

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment, Duration of Class

THE PDC

The more familiar you become with OTA standards and activities, the easier it will be to complete the PDC and run effective and fun classes.

THE PDC

The PDC is composed of 4 parts:

1. The Warm Up

2. Skill

3. Drills

4. Games

The Warm Up Game

The warm up game should be your first game of the class

This game should be designed to get everyone:

- Involved
- Participating
- Excited

Remember: The warm up game should be last somewhere between 5 minutes and 7 minutes.

This game does not need to relate to your sport of the day

The Warm Up Game

Examples:

- Tag Games
- Sharks and Minnows
- Bump and Bite
- Clean up Your Backyard
- Baby Bird Finder

Skill and Drills

Each class you should be introducing a new skill and a new set of drills for each student to practice and master.

These should be fundamental elements to the assigned sport of the program.

Be creative when constructing drills for your class. The more creative the drill, the more you keep the class focused and motivated.

Keep the drills easy enough for the class to do, but not without effort and challenge.

Skill and Drills

Explain the skill and drill slowly

Use visual cues for the class to see

Show the Class:
- Exactly What they Should Be Doing
- How to do the Skill/Drill
- When to do the Skill/Drill

Introduce a drill or set of drills the kids can practice without standing and waiting for long periods of time

Skill and Drills

USE STUDENT INVOLVEMENT

- Have students demonstrate to the class what the drill should look like

- Let the kids answer questions about the skills and drills so they can better understand it.

Skill and Drills

EXAMPLE

Skill/Review: Basketball – Dribbling

- Bounce the ball no higher than your hip
- Use only fingertips
- Keep the ball low
- Keep head and eyes up

Drill: Dribble lines

Introduce cones for kids to dribble around

Practice with both right and left hands

GAMES

- Half of class time should be spent playing games (30-45 minutes)

- Try to come up with games that incorporate what the kids learned during the skill/drill segment

- Explain rules clearly and start simple. Make teams as fair as can be

Example

Drill: Dribble Lines

Games:
1. Dribble Tag
2. Red light- Green Light
3. Dribble Knockout

GAMES

- If playing a game in which kids seem disinterested or unmotivated, don't be afraid to move on to the next game

- It's not uncommon for kids to get bored of games after a short period of time

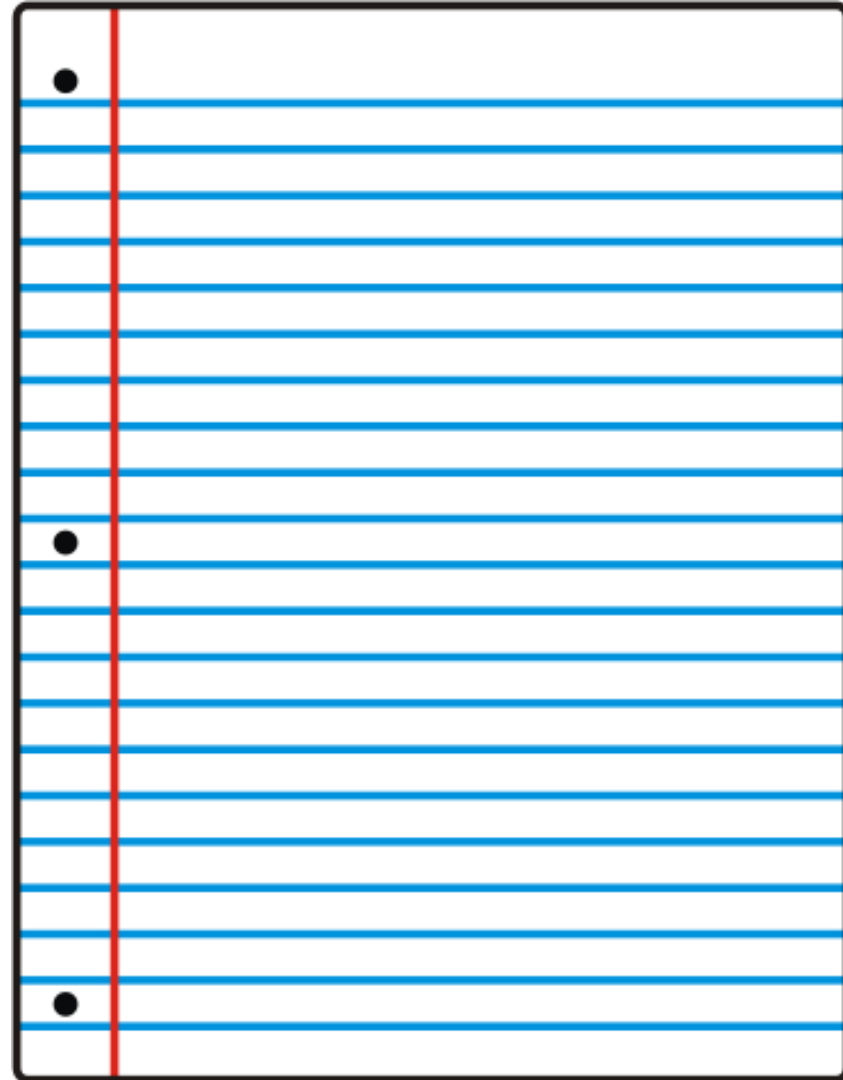- If this happens, introduce a new game, don't try to force a game to work

Sample PDC Formats

Coaches can complete PDC's on any of the following formats

Index Cards

Loose Leaf Paper

OTA TEMPLATE

Available on the OTA Instructor website located in the Afterschool log-in

Coaches can input games and activities directly onto the card and print off for class

Programming Day Card

Warm Up (5-7mins):

Skill/Review (5-7min):

Drill (5-7min):

Games (30-45min):

1.

2.

3.

4.

5.

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment, Duration of Class

Good PDC's vs. Bad PDC's

Programming Day Card A

Class: Sports Spectacular

Warm Up Games: "I Like"

Skill: Soccer Shooting

Drill: Shooting Stacks

Games

1.   Steal the Bacon
2.   Battleship
3.   Hot Shot
4.   Fireball
5.   Shootout

Programing Day Card B

Class: Flag Football

Warm up Game: Nose Tag

Skill:

Drill: Football

Games:

1.   Sharks and Minnows
2.   Dodgeball
3.   Kickball

PROGRAMING DAY CARD A

Programming Day Card A

Class: Sports Spectacular

Warm Up Games: "I Like"

Skill: Soccer Shooting

Drill: Shooting Stacks

Games

1.   Steal the Bacon

2.   Battleship

3.   Hot Shot

4.   Fireball

5.   Shootout

GOOD!

- This is an example of a great programing day card

- The warm up game takes minimum rules and has a lot of movement and the potential for everyone participate and have fun

- Skill/Drill are properly thought out and organized with the ability to split class into a number of "stacks" so to eliminate the amount of standing around

- There are multiple games listed. If one game does not seem to be working, do not hesitate to move to another game.

- There is no requirement to play all the games you have listed, but becoming familiar with and having a variety of games options listed, will help your class run smoothly

PROGRAMING DAY CARD B

Programing Day Card B

Class: Flag Football

Warm up Game: Relay Races

Skill:

Drill: Football

Games:

1. Sharks and Minnows
2. Dodgeball
3. Kickball

BAD

- The warm up activity includes a lot of standing around and only a limited amount of time for the kids participating

- There is no skill that is taught or reviewed

- Football is not a drill

- All the games are fun but this PDC shows that the instructor was unprepared for class.

- Dodgeball and kickball are not games to be played at the end of a Flag Football class.

TIPS FOR CREATING GOOD PDC'S

Make Sure the Kids are Active

• Parents and coordinators watching want to see the children playing and participating

Don't be afraid to Change of the Games

• Kids will get tired of playing the same game week after week

• Utilize the curriculum properly

Skills/Drills

• Explain the skill properly according to kids age and skill level

• Split kids into groups or "stacks" of no more than 5 or 6 kids

Games

• Any elimination game played needs a quick and easy way for kids to get back into game

KEEP IT SIMPLE AND HAVE FUN

When you are having fun in class, the kids are having fun too