PDC Plan (first 4 classes): Kickball

Programming Day Card - 1

Warm Up: Steal the Bacon

Skill/Review: Kicking

Drill: Kicking Stacks

Games:

1. Tag Ball

2. Home Run Derby

3. 500

4. BP

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: SPUD

Skill/Review: Throwing/Fielding Grounders

Drill: Partner Fielding

Games:

1. Groundball Eliminator

2. Numbers Game

3. Mine-Mine

4. Race Track

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Bump and Bite

Skill/Review: Throwing/Catching Pop Ups

Drill: Partner Pop Ups

Games:

1. Cut Off

2. Around the Corner and Headed for Home

3. Big Play

4. Home Run Derby

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: World Cup

Skill/Review: Running Bases

Drill: Running Tree

Games:

1. Rounder's Race

2. Go Long

3. Race the 1st Base

4. Long Run

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment