

PDC Plan (first 4 classes): COUNTDOWN

Programming Day Card - 1

Warm Up: Cool Corner

Skill/Review: Sportsmanship

Drill: N/A

Games:

1. Pyramid Challenge
2. Card Throw
3. Paddle Go
4. Chopstick Challenge
5. Cookie Face

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Speed Ball

Skill/Review: Fair-Play

Drill: N/A

Games:

1. Cotton Ball Drop
2. Bracelets
3. Blowfish Ping Pong
4. Rubber Band Rip
5. Penny Stack

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Shape Up

Skill/Review: Competition

Drill: N/A

Games:

1. Team Toss
2. Blindfold Bin
3. Penny Stack
4. Shoe Kick
5. Rump Shake

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Grid Master

Skill/Review: Listening to Directions

Drill: N/A

Games:

1. Pyramid Challenge
2. Cotton Ball Transfer
3. Team Toss
4. Suck Up
5. Saucer Tic-Tac-Toe

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment