

PDC Plan (first 4 classes): Handball

Programming Day Card - 1

Warm Up: Safe Base

Skill/Review: Throwing

Drill: Partner Passing Stacks

Games:

1. Handball
2. Capture the Flag
3. Drop Zone
4. Numbers Game
5. Pickle

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Sharks and Minnows

Skill/Review: Catching

Drill: Partner Catching

Games:

1. Clean Up Your Backyard
2. Speedball
3. Koosh ball
4. SPUD
5. Handball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Prisoners Base

Skill/Review: Dodging & Defense

Drill: Dodging Stacks

Games:

1. Bump and Bite
2. Mummy
3. Harry Potter and Sorcerer's Stone
4. Atomic Bomb
5. Handball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Ice Monster

Skill/Review: Accuracy & Throwing

Drill: Partner Passing Stacks

Games:

1. Guard Dog
2. Space Invaders
3. Capture the Flag
4. Numbers Game
5. Handball

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment