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*Each Section of the curriculum has three parts:

1. Program Description and Outline
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3. Games

Overtime Athletics General Games (warm up) Table of Contents

TAG GAMES

1. Sharks and Minnows
2. Nose Toes Tag
3. Tag Ball
4. Ice Monster
5. Line Busters
6. Scribble Tag
7. Dr. Whoooozit
8. Safe Base (Tiger Tag)
9. Spider Tag
10. Tag Tournament
11. TV Tag
12. Elbow Tag
13. Truth/False Tag
14. Amoeba Tag
15. Hospital Tag
16. Reverse Tag
17. Marco Polo
18. Spiders and Flies
19. Prisoners Base
20. What Time is It Mr. Fox

BALL GAMES:

1. Clean Up Your Backyard
2. Speed Ball
3. Treasure Hunt
4. Bump and Bite
5. SPUD
6. Wall Ball
7. Atomic Bomb
8. Space Invaders
9. Bridge Ball
10. Pickle
11. Mummy
12. Koosh Ball
13. Kitty Corner

MOTION GAMES:

1. Jingle Jangle
2. Red Light, Green Light
3. Soda Fountain
4. Remote Control
5. Relay Races
6. Steal the Bacon
7. Animal Crawl
8. Changing Places
9. "I Like"

ELEMENTARY GAMES:

1. Listening/Clapping Game
2. Simon Says
3. Cool Corner
4. Head's Up Seven Up
5. Telephone Relay
6. Baby Bird Finder
7. Duck Duck Goose
8. I SPY
9. Shape Up
10. Grid Master
11. Lily Pad Leap
12. Bubble Gum
13. Camping Trip
14. Doggy Doggy
15. Hot Potato

BIG GAMES:

1. Numbers Game
2. Harry Potter and the Sorcerer's Stone
3. Points Game
4. Handball
5. Kickball
6. Dodgeball
7. Capture the Flag
8. Drop-Zone
9. Big Play
10. Knights and Dragons
11. Guard Dog
12. Vampire
13. Golf Toss
14. Four Score
15. Four Square

LOW INTENSITY / RAINY DAY GAMES

1. Hide the Button
2. Quaker Meeting
3. Color Walk
4. Limbo Contest
5. Detective
6. Trivia
7. Memory
8. Spit Back
9. 20 Questions
10. Rock Paper Scissors Tournament

FAST BREAK BASKETBALL

Fast Break Basketball

3-2-1... Swish! Join us for Fast Break Basketball where we'll "cross-over" between GAME PLAY and skills stations. The games within the game are where we will expose players to HOOPS skills like dribbling, passing, shooting, rebounding, and defense. Test your abilities having fun scrimmaging or playing games like Dribble Scribble, King of the Court, Hot Shot Shooting, Knock Out, and MORE! Be ready to take that last second shot, make that extra pass, and block that go ahead basket while learning the fundamentals of Basketball and the concepts of team work and sportsmanship in one of the world's most popular games.

Skills to focus on: Dribbling, passing, shooting, and defense.

Facilities: Know the space that you are teaching in, if the basketball hoops do not lower shooting with the younger kids may not be a good idea – get creative when thinking about how to teach younger kids how to shoot without baskets. If the playing area or court has lots of lines drawn on the court, be sure to use them for boundaries, games, and instructional directions.

Safety Concerns: Make sure that basketballs that aren't being used are not on the court or underneath a basket being used. Careful teaching and using bounce passes with the younger grades, the ball can bounce quickly into a child's face. Make sure that you are instructing kids to keep their hands up and ready whenever the games are being played.

Tips: Basketball is a great game to include a 'clock aspect'. Countdowns to last second shots in games or running out of time in relay's or contests are always exciting for children. Be sure to let older kids scrimmage and be sure to let younger kids take turns having the ball. The instructor can act as a free pass in both groups to facilitate moving the ball around.

Skills/Drills

1. Positions/Rules of the Game
2. Dribbling
3. Dribble Moves
4. Passing
5. Lay-ups
6. Shooting
7. Defense
8. Ball Movement (Offense)
9. Rebounding
10. Foul Shots

Games

1. Dribble Scribble
2. Numbers Game
3. Pizza Shootout
4. Merry Go Layups
5. Fireball
6. Dribble Eliminator
7. Hot Shot Shooting
8. Bull in the Ring
9. Around the Wheel
10. Knockout
11. Diamond Layups
12. 2 on 2 Tournament
13. Speed Ball
14. Soda Fountain
15. 5-4-3-2-1
16. Kind of the Court
17. Ice Monster
18. Sharks and Minnoes
19. Red Light, Green Light
20. Remote Control
21. Relay Race
22. X-Factor
23. Scrimmage

SHOOTING STARS SOCCER

Shooting Stars Soccer

GOOOOOOOOOOAAAAAAAALLLLLL! Take your game to the next level! Join us for Shooting Stars Soccer and learn to play Soccer like the pros! Coaches will teach you skills like dribbling, passing, trapping, shooting and defense. This program emphasizes fitness, teamwork and sportsmanship. Have a blast and make new friends playing World Cup Tournament, Battle Balls, Trapper 500, Corner Kick Challenge and Soccer Knockout. Don't miss out on what the rest of the world already knows; it's a beautiful game - sign up today!

Skills to focus on: Dribbling, passing, trapping, shooting, and defense.

Facilities: Can be played outdoor or indoor, make sure if scrimmaging that the field is appropriate size for the age and number of children participating.

Safety: Be aware when scrimmaging of kicking shins and children getting hit in the face with the ball. If outdoors, make sure that children are not tempted to run out of playing area and into street/parking lot in order to retrieve a soccer ball.

Tips: Emphasize scrimmaging. The Numbers Game and World Cup can be played in EVERY CLASS. Make sure if scrimmaging that you set up 'small fields'. This will promote more goal scoring. Use stops in the game (Corner Kick, Penalty Kick, and Throw In's) to get different kids involved. Award points for passing. Instructors may be a free pass in order to distribute ball to kids who are not getting any touches. Team names are very important. Be careful about allowing games to have goalies.

Skills/Drills

1. Dribbling
2. Passing
3. Shooting
4. Trapping
5. Long Ball
6. AIM
7. One Touch

Games:

1. Egg Hunt
2. Yo-Yo
3. Battleship
4. Numbers Game
5. Clean Up Your Backyard
6. Dribble Eliminator
7. Monkey In the Middle
8. Fire Ball
9. Run and Rip
10. Soda Fountain
11. Around the Wheel
12. Two on Two Tournament
13. Dribble Maze
14. Shootout
15. Penalty Shot
16. Corner Kick Challenge
17. World Cu
18. Body Ball
19. Red Light, Green Light, Yellow Light, Crash
20. Goalie Game
21. Ice Monster
22. Under the Bridge
23. Pokemon
24. Give and Go
25. Simon Says
26. Oven Ends
27. Juggle Competition
28. Crab Soccer
29. Scrimmage

GO LONG FLAG FOOTBALL

Go Long Flag Football

Huddle Up and get ready for Flag Football to become an instant classic. Kids are lining up to score touchdowns and get a taste of the most popular game in the country! Players will get a chance to be running backs, wide receivers, defensive ends, and corner backs. Learn to pass, catch, run routes and punt like the pros! We'll practice these skills while playing Button Hook, Down & Out, Pitch & Run and First & Ten. Scrimmages and Red Zone Challenges will test your skills, promote teamwork and encourage sportsmanship. ARE YOU READY FOR SOME FLAG FOOTBALL!? Sign up today and score a touchdown with OTA!

Skills to focus on: Catching, throwing, punting, running routes, and basic plays.

Facilities: Make sure the area is the appropriate size for the age and amount of children who will be participating. The better and more detailed you set up the football field with cones, sidelines, End Zones, etc. the more the kids will be excited.

Safety: This is not tackle football; make sure the children are only pulling the flags off not wrestling others down to the ground.

Tips: We recommend instructors being all time quarterback. Using skills stations is a fantastic way to pace the class and create an "NFL Combine" environment for the kids to get excited about.

Skills/Drills

1. Running with the Ball
2. Receiving
3. Passing
4. Pass Patterns
5. Tosses/Handoffs
6. Defense
7. Kicking/Punting
8. Offense (center/QB exchange)

Games

1. Offense- Center/QB Exchange
2. Flag Tag
3. 500
4. NFL Ultimate
5. Run and Shoot
6. Break Away (Steal the Bacon)
7. Numbers Game
8. Fair Catch
9. Air Ball
10. QB Challenge
11. Target Practice
12. Red Zone
13. Relay Race
14. Sharks and Minnows
15. Punt Return
16. Individual Pass Patterns
17. Star Passing & Receiving
18. Super-Size Combos
19. Big Play
20. Tosses
21. ZIG ZAG
22. Miss Me
23. End Zone
24. Big D
25. Back Pack
26. Pitch and Play
27. Scrimmage

BIG SWING WIFFLEBALL

Big Swing Wiffle Ball

This program isn't baseball – its better! Everyone gets hits and no one strikes out in this version of our nation's favorite pastime. The fundamentals of throwing, catching and hitting are taught through games like Soft Toss, Base Runners, Home Run Derby and 500. We've injected some new energy into this old favorite by speeding up the game with fast paced rules and our Coaches enthusiastic encouragement. No real baseball equipment is used to ensure a safe playing environment. Sign up today before it's going, going, GONE!

Skills to focus on: Catching, throwing, hitting, and fielding.

Facilities: outdoor- baseball field or open space, indoor- gym space

Safety: Be very careful about the direction players are throwing and catching. There should never be any 'cross-fire'. Explain clear directions and rules about where and when a bat can be swung. No fielder should ever be in front of the 'pitching mound/area'. You can also place a line of cones from first to third to represent a no standing zone during play. Instead of using bases, create large coned squares for the bases. This is to avoid collisions between fielders and base runners. When a team is at-bat, be sure to designate a safe area for the non-hitting players to wait till it's their turn.

Tips: Keep the games moving. Make sure as the pitcher you have several balls ready to pitch to have a rapid fire effect. Allow fielders to also throw to the pitcher's mound to get an out before a runner reaches base. This program should utilize stations to teach skills as much as possible.

Skills/Drills

1. Throwing and Fielding Grounders
2. Catching and Fielding Fly Balls
3. Hitting
4. Base Running
5. Sliding
6. Pitching

Games

1. Ground Ball Eliminator
2. Race Track
3. Numbers Game
4. Down Down Down
5. 500
6. Cut Off
7. Go Long
8. Squeeze Play
9. Home Run Derby
10. Infield/Outfield
11. Around the Corner and Headed for Home
12. Tag-Ball
13. Big Play
14. Mine-Mine
15. Rounders Race
16. BP (batting practice)
17. Merry Go Round
18. Around the Wheel
19. Long Run
20. Cricket
21. Race to First Base
22. Game Play/Scrimmage

LAX-TASTIC LACROSSE

Lax-Tastic Lacrosse

Come play the fastest game on two feet! Our Coaches will teach you the skills you need to play Lacrosse; cradling, passing and catching, scooping, shooting and defense. We'll even provide the sticks for this introduction to the game and exposure to the basics of Lacrosse! Capture the Lax Ball, Ground Ballhogger and Dodger are some of our favorite games to play. This perfect mix of scrimmaging and stations allows players to interact with Coaches and teammates in a fun and exciting way. Come catch the fever that is Lacrosse, one of the fastest growing sports today! Sign up now!

Skills to focus on: Scooping, cradling, shooting, catching, throwing, different positions.

Facilities: Be aware of your surroundings, if outdoors, avoid shooting towards cars or windows.

Safety: No contact with other students. No checking at all – sticks or bodies. The only defense permitted is Shadow Defense. Be very careful about whether or not a student is in the goal. Do not allow students to use their sticks inappropriately (as guns, swinging them, etc.)

Tips: Focus on skill development and games. Players should spend a majority of their time on skill development (both age groups). It may be necessary to show kids that they have not mastered all the skills of the sport to temper their expectations of the program and what games they are ready to play.

Skills/Drills

1. Scooping
2. Cradling and Dodging
3. Passing/Throwing
4. Shooting
5. Receiving/Catching
6. Defense

Games

1. Numbers Game
2. Bump and Bite
3. Ground Ball-Hogger
4. Run and Rip
5. Egg Hunt
6. Soda Fountain
7. Relay Races
8. Clean Up Your Backyard
9. Speed Ball
10. Lax Flag
11. Fireball
12. Monkey in the Middle
13. One on One
14. Red Light, Green Light, Yellow Light, Crash
15. Ice Monster
16. Give and Go
17. Around the Wheel
18. Free Shot
19. Remote Control
20. Pressure Box
21. Lacrosse Baseball
22. Cradle Eliminator
23. Game Play and Scrimmage

SLAP SHOT FLOOR HOCKEY

Slap Shot Floor Hockey

You shoot, you SCORE! No longer just a game for a frozen pond, Floor Hockey is a one size fits all game of speed, coordination, and thrills. This gym class favorite is now available after school. Game Play and skill work to include stick handling, dodging, ball control, and of course shooting will be introduced and practiced from week to week. Learn the different ways to put a shot on goal by incorporating wrist shots, slap shots, snap shots, and the backhand. Slap Shot Floor Hockey just might be the first stop on the road to the Stanley Cup... All aboard!

Skills to focus on: Stick handling, dodging, ball control, shooting and defense.

Facilities: indoor or outdoor, be careful of objects on the side of gyms or ball going out of bounds in outdoor playing spaces.

Safety: No high sticking. Sticks must stay below the waist. Avoid any activity that they may get hit in the head with the stick. No checking. Sticks are not to be used as weapons.

Tips: You can also use dodgeballs as pucks. Using Goalies in this program is a great. Instructors should be a free pass for both teams to help distribute the ball to as many players as possible. This is a program that adding and changing rules to games and scrimmages is easy, helpful, and interesting for the players. Adding points for scoring from different lines, is an example of a great addition to the rules (1 pt. shot, 2 pt. shot, 3 pt. shot). Be creative!

Skills/Drills

1. Grip
2. Stick Handling
3. Passing and Receiving
4. Shooting
5. Defense
6. Dribbling
7. One-Time

Games

1. Clean Up Your Backyard
2. Ice Monster
3. Ground Ball-Hogger
4. Numbers Game
5. Red Light, Green Light
6. Monkey In The Middle
7. Around the Wheel
8. Fire Ball
9. Soda Fountain
10. Relay Races
11. NHL Shootout
12. World Cup
13. Remote Control
14. One On One
15. Dribble Eliminator
16. Dribble Maze
17. Target Practice
18. Run and Rip
19. Egg Hunt
20. Give and GO
21. Scrimmage

ACES TENNIS

Aces Tennis

Keep your eye on the ball and join Overtime Athletics for the fast paced game of Tennis! You'll learn the rules of the game, grip, serving, volleying, forehand and backhand strokes. This class will work on hand eye coordination, footwork and concentration while participating in game play and stations. Player favorites like Gladiator, Fill It Up, and Safe Base will keep classes energized and FUN and give beginner players plenty of opportunities to build their confidence! Students must bring their own racket... Game, Set, Match.

Skills to focus on: Serving, Grip, Forehand, Backhand, Rules of the Game

Facilities: Tennis can be played in gyms, blacktops, courts - be creative and use lines, walls, nets/barriers

Safety Concerns: Young players do not have much control over hitting the tennis ball. Emphasize hitting lightly at first until they get a feel for it. Make sure rules are in place about swinging the racket and where to stand when waiting your turn.

Tips: After the warm up and skill, most classes will involve matches. Make sure to include a round robin type of playing so that the same kids do not compete against the same person every class. Tennis balls can be lost easily. Make the kids responsible for their balls.

Skills/Drills:

1. Getting Started
2. Rules of the Game
3. Grip/Stance/Footwork/Net Play
4. Forehand
5. Backhand
6. Serving
7. Doubles Matches

Games:

1. Find That Line
2. King of the Court
3. Popcorn
4. Ring Around the Rosie
5. Z Hits
6. Around the World
7. Target Practice
8. Circle Serving
9. Hangman
10. Speed Ball
11. Clean Up Your Backyard
12. Treasure Hunt
13. Numbers Game
14. Four Score
15. Simon Says
16. Soda Fountain
17. Relay Races
18. Sky Ball
19. Space Invaders
20. Mini Tennis
21. One Time

Pitch and Putt Golf

Pitch and Putt Golf

Finally a format that keeps the FUN of golf, but gets rid of the *frustration*. Pitch and Putt Golf has all the kids chirping like birdies! Our program, powered by SNAG Golf Equipment, is a safe and encouraging game that introduces new players to the joy of golf. The SNAG® system of golf is a fun, easy to use equipment for beginner golf that combines simplified rules and terminology to learn golf anywhere and at any age. Each segment of our program has players implementing the skills they have been taught including GRIP, STANCE, AIM, SWING, and PUTTING. Players rotate through stations and contests that keep them fist pumping all day long. Everyday players will “walk the course” to test their skills on the “SNAG Golf Trail” and the “Goofy Golf Putt-Putt Course” to see how they stack up. We have taken the fastest growing game in the world (GOLF) and made it “ready to use” for all beginners and youth players with our SNAG Golf Trail, and we have taken the most popular activity for kids (Miniature Golf/Putt-Putt) and put our own spin on it with our Goofy Golf Course. The combination is a hole in one! A Note about SNAG Golf Equipment:

SNAG® equipment and training tools are specifically designed to simplify the learning process. SNAG® only has two clubs: the Launcher™ is used to launch, pitch, and chip the ball; like a putter, the Roller™ is used to roll the ball toward the target. All shots other than rolling (putting) are played off of a mat and tee called the Launch Pad™. This ensures that the player will have an optimal lie every time. The target, called a Flagsticky™, also differs from anything else in golf, as it is not a hole with a cup inside but rather an above-ground weighted cylinder covered with a hook material. The SNAG Ball™ is slightly smaller than a tennis ball and is covered with a loop material. Unlike golf, where you finish by putting your ball into the cup, in SNAG®, you finish by sticking your ball to the Flagsticky™. Because of the mobile Launch Pad™ and Flagsticky™, SNAG® is portable and playable just about anywhere.

Skills to focus on: Grip, Stance, half swing, full swing, putting

Facilities: This activity can be done inside or outside, but be sure to make space awareness a centerpiece in setting up stations or “holes” and also for players rotating around playing area.

Safety Concerns: Swinging clubs and flying balls is a recipe for concern. You must monitor all areas and all children at all times. Be sure to establish a “freeze command” and make sure you are using visual boundaries to represent to participants where they should be standing, playing, and when.

Tips: After the warm up and skill, most classes will involve stations or playing holes. Make sure to include a round robin type of playing so that the same kids do not compete against the same person every class. Golf balls can be lost easily. Make the kids responsible for their balls and clubs.

Skills/Drills:

1. Grip
2. Stance
3. Swing
4. Aim/Accuracy
5. Chipping
6. Putting
7. Drive

Games:

1. Rolling, Rolling, Rolling
2. Pathways
3. Pop OUT
4. 32
5. Poppy
6. Around the World
7. POP BALL
8. Targets

KABOOM KICKBALL

Kaboom Kickball

Join OTA for this playground favorite! Knock it out of the park with a big kick and use those same feet to motor around the bases. This program is all about playing the game. More game time equals more fun! The class will focus on teamwork and sportsmanship, topped off with some HIGH FIVES! Sign up today!

Skills to focus on: Kicking, throwing, catching grounders, catching pop ups, and running bases

Facilities: Gym or outdoor

Safety: No fielder should be in front of the pitcher (Instructor). There are no 'burn-outs' or 'pegging'. Make bases a larger square area to avoid runners and fielder colliding. Make sure players waiting for their turn to be 'at-bat' are safely away from home-plate or getting in the way of play.

Tips: Kickball is a kid favorite. Be careful of making lopsided teams. Find ways to keep the score close. We recommend instructors are all time pitchers. Starting games with everyone getting a practice kick is a good way to get all the kids comfortable before the game starts. Don't assume every kid knows how to play; always review the rules.

Skills/Drills

1. Kicking
2. Throwing/Fielding Grounders
3. Throwing/Catching Pop Ups
4. Running the Bases

Games

1. Kickball
2. Tag Ball
3. Home Run Derby
4. 500
5. BP (Batting Practice)
6. Ground Ball Eliminator
7. Numbers Game
8. Mine-Mine
9. Race Track
10. Cut Off
11. Around the Corner and Headed for Home
12. Big Play
13. Rounders Race
14. Go Long
15. Long Run
16. Race to First Base
17. Fair Catch

HEADS UP DODGEBALL

Head's Up Dodgeball

Throw'm! Catch'm! Dodge'm! Grab a group of friends and test your agility and accuracy in a fast paced game of Dodgeball! Coaches will discuss the safety and game rules at the beginning of each class. Soft, foam balls are used for player's protection. Learn techniques like Peek-A-Boo, Tip-Flick and Psych-Out or make up your own strategy! Come be a part of the fun and games and really learn what it means to be on the edge of your seat and the tips of your toes! Join the game today!

Skills to focus on: Throwing, accuracy, catching, blocking, dodging.

Facilities: This activity can be played in many different spaces (indoor and outdoor) but the best is in a gym. The most important thing is to make sure the kids understand clear boundaries and that your set-up and clean-up is thorough.

Safety: We encourage, especially for younger grades, to create a 'no man's land' area for the dodgeball court. There is NO HEAD HUNTING. Players that hit others in the head are out. For large groups, think about creating multiple courts so that games are smaller. Know your own strength when throwing balls at participants. Be smart!

Tips: Be creative with Dodgeball. There are a ton of rules you can add or variations you can implement to keep the game fresh. Use different ways to get kids back in the game if they get out. Jailbreaks are always an option to get kids playing again.

Skills/Drills

1. Throwing
2. Catching
3. Blocking
4. Dodging
5. Accuracy

Games

1. Dodgeball
2. Dr. Dodgeball
3. Atomic Bomb
4. Bump and Bite
5. SPUD
6. Numbers Game
7. Jail Ball
8. Scramble
9. Basketball Dodgeball
10. Battle Balls
11. Space Invaders
12. Dynasty
13. Court Dodgeball
14. Survivor
15. Safe Base
16. Extreme Dodgeball
17. Traitor Ball

JUMP FOR JOY JUMP ROPE

Jump For Joy Jump Rope

Jump up! Jump out! Jump for joy! Join Overtime Athletics for our energetic and exciting jump rope program. You'll learn the basic skills of jumping using long and short ropes. We'll begin with solo jumping and from week to week sprinkle in some trick jumping as skills improve. We'll play games and learn jumping rhymes like "Cinderella", "Bubble Gum", and "Miss Mary Mack". An activity good enough for boxers and ballerinas alike, come see why the American Heart Association outreach and awareness program is driven by Jump Roping! Health. Moves. Minds. Let's GO!

Skills to focus on: Solo jumps, group jumps.

Facilities: Outdoor or indoor facilities work.

Safety: Everyone needs to be aware of their surroundings. Do not start jumping if you have not looked all around you. You do not want to hit anyone else. Make sure that no kid twirls jump ropes one handed (lasso style).

Tips: Incorporating rhymes, games, contests and challenges will make this program exciting. More than any other program OTA offers, this class is OK to get student ideas and input regarding things they want to try or games they want to play. Demonstration is tremendously important for this activity. Be sure to use any visual tactics to describe games or teach skills. Younger children have trouble swinging the ropes themselves.

Skills – Solo Jumping

1. Basic Jump
2. Jogging Jump
3. Backwards Jump
4. Criss – Cross
5. Side Swing
6. Double Jump
7. Scissors
8. Jumping jacks
9. Can Can
10. Skier
11. High-water
12. Friend Jump
13. Heel Exchange
14. Toe Exchange
15. Backwards 180

Skills – Group Jumping

1. Rope Turning
2. Running In
3. Running Out
4. Leapfrog
5. Pop Up
6. Turning Around

Jump Rope Games

1. Helicopter
2. Speed Jump
3. Hopscotch
4. School
5. Mouse Trap
6. Limbo
7. Simon Says
8. HELP!
9. Lemon Lime
10. Stack 'Em Up
11. Cat and Mouse
12. Relay Race
13. Alphabet Soup
14. Cool Corner
15. Z Jumps
16. Banana Split
17. Don't Mess Up
18. Circle Game
19. Catch Me
20. Follow Me
21. Coffee and Tea
22. Birthday

Jump Rope Rhymes

1. Cinderella
2. Ice Cream
3. Bubble Gum
4. Miss Mary Mack
5. I Had a Little Puppy
6. Teddy Bear
7. Blue Bells
8. School, School
9. Here Comes Mrs. Smith
10. 3 Blind Mice
11. Jack Be Nimble
12. Strawberry Shortcake

CHEER-IT WITH SPIR-IT CHEERLEADING

Cheer-IT with Spir-IT Cheerleading & Jump Rope

Motion creates Emotion! Take your spirit to a higher level! Learn routines, cheers, motions and jumps that promote teamwork, fitness and FUN. We'll work on basic cheer and dance movements that have participants smiling from ear to ear and bouncing from head to toe! We bring the sidelines to center stage with cheers that include: "Who Rocks the House", "G-O Yell GO", "Dynamite", and many more. Our pyramid of activity will include cheers, routines, jump roping, and warm up games. Come be a part of something bigger, sign up today!

***REMEMBER** – Cheerleading Programs are a combination of Cheerleading and Jump Roping. Be sure to review the JUMP FOR JOY JUMP ROPE Curriculum and Games to incorporate it into your program

Skills to focus on: Routines, cheers, motions, and jumps.

Facilities: Gym or outdoor space

Safety: It is very important that you survey your area before beginning in order to make sure there are no hazardous objects or equipment that would be dangerous or distract the kids.

NOTE:

- Participants should not be doing gymnastics.
- There should be no 'stunts' taught or performed in the program.

Tips: At the start of the program, be sure to describe what cheerleading is and what they will be doing in the activity. Many kids won't know and instructors need to explain it and get the kids excited from the very first moments of the class. Make sure that you allow the kids to be creative and suggest ideas for cheers and games. A great idea for this program is to work all session towards putting on a final performance for parents during the end of the last class of the session. You will have to weave in and out of playing games and teaching skills and cheers. With every game you play, see how you can incorporate or relate it to cheerleading.

Skills/Drills

1. Formations
2. Motions
3. Jumps
4. Making Up Cheers
5. Final Performance

Cheers

1. Extra, Extra
2. Yell Out Your Colors
3. G-O Yell Go-Go
4. Dynamite
5. Rowdy
6. Red and White
7. Scared
8. Push 'em Back
9. Who Rocks the House
10. Beat Those Raiders

Games

1. The Wonder Pom
2. Hide the Pom
3. Little Suzie Walker
4. Telephone Relay
5. Steal The Pom
6. London-Spain-France
7. Soda Fountain
8. Relay Races
9. Changing Places
10. Four Square

iSprint Speed and Agility

iSprint Speed and Agility Program

Take the first step to a faster step! Come join us as we go up and down, left and right, back and forth all the way to the finish line. OTA will implement its signature curriculum for teaching the latest techniques in athletic skill development. This "one stop shop" for improving as a soccer player, basketball player, football player, baseball player, lacrosse player, field hockey player, tennis player, volleyball player, and playground champion will include games, track and field contests, and a field day atmosphere every class! This program will include elements of the Presidential Fitness Challenge and Road Runners Course Program. The only question that will be asked, "Can you beat who you were on the first day, when you play on the last day?" Sign up to find out!

Skills to focus on: Strength, Speed, Flexibility, Endurance, Jumping, Throwing (Presidential Fitness Challenge)

Facilities: Indoors or outdoors, make sure participants understand boundaries. If you do not have a track, be sure to use cones on the field to represent turns or track paths.

Safety Concerns: Listen to participants, if they say something hurts or doesn't feel right, check it out. These activities are important to have water breaks and rest time between each segment. For exercises like arm hangs or pull ups, make sure you are using spotters. Always demonstrate the correct way to have a "spotter" – eyes on person doing the exercise, arms up and ready.

Tips: Having stations set up and ready to go is essential to the class moving smoothly. Be sure to avoid traditional team sports and games (unless just using them for the 5-7 minute warm up). Beat the Coaches, Presidential Fitness Challenge, Decathlon, and Field Day Activities should all be used during the course of the session.

Skills/Drills:

1. Getting Started
2. Presidential Fitness Challenge
3. Flexibility
4. Jumping
5. Sprinting
6. Long Distance Running
7. Relay Races / Passing the Baton
8. Hurdles
9. Throwing
10. Decathlon

Games:

1. Beat the Coaches Challenge
2. Indian Run
3. Follow the Leader
4. Sharks and Minnows
5. Cool Corner
6. Tag Tournament
7. Steal the Bacon
8. Whistle Stop
9. Soda Fountain
10. Rounder's Race
11. Race Track
12. Exercise Hunt
13. Obstacle Course
14. Accuracy Throw
15. Pull Up Challenge
16. Guess Your Time
17. Penny Chase
18. Tag Ball
19. True/False Tag
20. Alphabet Runs
21. Tractionary
22. Butterfly Runs

Overtime Athletics Field Day (Olympic Style)

1. **Long Run**
 - Around bases
 - Around set up cones
2. **Sprint**
 - Point to point
 - One at a time sprints (against clock)
 - Group Sprints
3. **Relay Races**
 - Instructors may choose challenges
 - Incorporate any sport who's equipment is available to you
4. **Long Jump**
 - Standing Jump
 - Running Jump
5. **Accuracy Toss**
 - You can use any ball with any target
 - Recommend throwing tennis ball at mark on wall or backstop
 - Also can use Frisbee
6. **Distance Toss**
 - You can use tennis ball, football, Frisbee
 - Mark players throws with cones
7. **Penalty Kick**
 - Set up soccer goal or cones
 - Use goalie for older players
 - Can be accuracy kick by setting up cone that players should aim for
8. **Foul Shot**
 - Also can make this three-point shot for older players
 - Score by how many out of 3 or 5
 - Score by how many in a row
9. **Battleship Game**
 - Set up target (better outside on grass)
 - Each team tries to land ball closest to target
 - Ball must come to a complete stop
10. **Defend and Conquer**
 - Set up ball on top of flat cones for each team
 - You can have multiple targets
 - Each team tries to knock balls off opponents cones
11. **Ultimate Speed Ball**
 - Each team competes in Speed Ball to see who can complete cycle fastest
12. **Ring Toss**
 - Place tall stand or cones in front of team stacks
 - Each player gets three chances to throw hull-a-hoop around cone or target

13. Tug of War

- Each team pulls separate end of rope to pull opposing team across middle line

14. Three Legged Race

- Tie two players inside legs together and they have to run from point to point as if they had three legs

15. Spoon Races

- Each contestant must carry an object (egg, ball, etc.) inside spoon from point to point

16. Jump Rope Jumping

- How many jumps in a row

17. Soccer Juggle

- How many in a row (Foot, Knee, Head, all)

18. Calisthenics Contest

- Jumping Jacks, Push-ups, Sit-ups, etc.

19. Obstacle Course

- Set up any course with any equipment at your disposal
- Incorporate traditional athletics skills in race (dribbling, throwing, etc.)
- Players should race one at a time

20. Team Games

- Any team game is a great finish to field day
- Points Game, Numbers Game, and Capture the Flag are recommended

Overtime Athletics Field Day (Stations Style)

Field Day Stations (Large Group 40+):

*Break class into groups at each station, 15min at each then rotate

Warm up – Jingle Jangle / Relay Races / Steal the Bacon

Station 1 – Dodge-ball

Station 2 – Capture the Flag

Station 3 – Kick-ball

Station 4 – ALL Tag Games

Overtime Athletics Field Day (Theme Style)

Speed Challenge:

*This field day is to emphasize quickness. Players will be competing as teams and individuals in their events. Following your warm up game, players should compete in the individual quickness events. Next should be the water break, followed by splitting players into teams. The last half of the class should be the team quickness events.

Events:

Individual –

1. Tag Tournament
2. Baseball Field Sprint
3. Crab Race
4. Egg Hunt
5. Punt Return Opponents Race

Team –

1. Wheelbarrow Race
2. Three Legged Race
3. Spoon Race
4. Speed Ball Challenge
5. Beat the Coaches (any game or challenge w/ speed)

Relay Challenge:

*This field day is designed to demonstrate all of the themes the kids have been exposed to, including teamwork, sportsmanship, quickness, accuracy, etc. Each event should end in teams being awarded points for the themes stated above. Teams can also lose points for not embracing those same themes. After your warm up game, players should be split into teams.

Events:

1. Relay Races (use all movements and all sports)
2. Obstacle Course Challenge
3. Team Egg Hunt
4. Hike-Pitch-and Pass Touchdown Challenge
5. X-Factor Basketball Challenge (dribble, shoot, and pass)
6. Beach Ball Around The Wheel (everyone must get a turn)
7. Soccer Speed Ball (foot passing only)
8. Fireball

Accuracy Challenge:

*This field day is to emphasize accuracy. Players will be competing as teams and individuals in their events. Following your warm up game, players should compete in the individual accuracy events. Next should be the water break, followed by splitting players into teams. The last half of the class should be the team accuracy events.

Events:

Individual –

6. Pitcher Baseball Strike
7. Quarterback Touchdown Football Pass
8. Striker Penalty Kick Soccer Goal
9. Shooter Basketball Foul Shot
10. Ultimate Frisbee Mat Target Throw

Team –

6. Bump and Bite (players roll balls)
7. Wall Ball
8. Sorcerer's Stone
9. Drop Zone
10. Dodge Ball
11. Hot Shot Shootout
12. Beat the Coaches (any game or challenge w/accuracy)

Solo Challenge:

*This field day is designed for each player to be given an opportunity to record a score by completing an event. They will then try to beat their own score the second time around. Class should begin with a warm up game. Then each player should attempt the event. Then water Break. Then players attempt the events again to try and beat their own score. Instructors need to split group up so that more than one player is trying the event at once. We don't want kids standing around. Use kids to help count, or keep track of scores on paper to keep them involved.

Events:

1. Number of sit-ups in one minute
2. Number of push-ups in one minute
3. 40 yard dash
4. Standing Long Jump
5. Running Long Jump
6. Obstacle Course Time
7. Juggle a soccer ball
8. Basketball lay-ups in one minute
9. Distance football throw
10. Accuracy mat throw

Sample PDC - Field Day Stations (Small Group/after school class):

*Individual Stations.

* Kids keep track of own scores.

*Instructor records kid's scores.

Warm up – Safe Base

Station 1 – Jump Rope: How many Jumps in a row.

Station 2 – Distance Throw (Football): Set up cones 5 yards a part to mark distances.

Station 3 – Basketball Shot (Indoor) / Soccer Shot (outdoor): Best out of 3 shots

Station 4 – Soccer Juggle: how many juggles in a row

Station 5 – Accuracy Throw (dodgeball/tennis ball): Best out of 3 throws

Set up a target to aim at i.e. wall, sign, etc.

Station 6 – Long Jump: set up a starting line with cones stacked 1 yard a part as measuring line

Station 7 – Push-up/Sit-up: How many in a row