

Tykes Fun Opener Scatter in gym



Drill: Pac Man

1. Players spread out around the gym but must stand on a line
2. One player is chosen as the "PAC man"
3. Pac man moves along the lines trying to tag another player
4. Once a player is tagged, that player is now the PAC man. You cannot retag the old PAC man
5. ***Vary the type of movement the children use: walking, sliding, skipping, high knees, hopping, etc.***

Drill: Ball Awareness

1. Players in scatter formation with ball
2. Allow players to get a feel for the ball by holding it in their hands and moving it around different parts of their bodies (neck, waist, chest, legs)
3. Have the players put two hands on the ball and swing it from side to side; low to high or high to low

Drill: Tossing & Catching

1. Players in scatter formation with ball standing behind a line on the court.
2. Start in a grizzly bear stance with the ball.
3. Have the players toss the ball into the air and attempt to catch it.
4. Next have the players clap and catch the ball. Make it a personal challenge – how many claps
5. Instruct them to toss it high, low, off a bounce, emphasizing to keep your eyes on the ball.
6. Have the player toss the ball so it goes up in the air and bounces once before it reaches the next line

Drill: Frog Shooting

1. Perform a deep squat – It is important that the "player sit deep in a chair".
2. Place all ten fingers on the ball
3. Raise the ball to the forehead at the same time pushing with the legs.
4. The player should be able to look under the ball to see the target at release.
5. **This is to teach the proper activation of the shooting muscles.**
6. **This should happen in a continuous motion. The player may sight the target by looking over the ball, but at the release you should encourage them to be looking under the ball. Power comes from the legs, finesse from the upper body.**