



## **Circuit Training Field Day**

### **1. Running Styles**

- a. **Demonstrate different types of running (slow, fast, backward, etc.) Decide on command signal that the child likes (e.g. clap, saying “now” or “change”). Each time the command signal is called, the child must change the running style.**
  - i. **2 volunteers**

### **2. Coach Says**

- a. **Ask the child to copy your movements and assume different positions. Encourage the child to perform actions that require balance, such as standing on tiptoes or heels, standing with one foot directly in front of the other, standing on one foot.**
  - i. **2 volunteer**

### **3. Side Stepping (floor markers)**

- a. **Encourage the child to sidestep right and left onto a variety of markers.**
  - i. **2 volunteers**

### **4. Goalie drill slow (motion ball, goal)**

- a. **Have the child stand in front of the goal that has been set up. Encourage the child to stop the ball with his/her hands so the ball doesn't get in the goal.**
  - i. **2 volunteers**

### **5. Jumping High (dowel, floor marker)**

- a. **Encourage the child to jump over a dowel or floor marker. Or encourage the child to jump up to grab an object. If child cannot clear feet from floor, encourage jumping up for an object while “jumping down” from a beam or step.**
  - i. **2-3 volunteers**

### **6. Rolling and Trapping slow motion (ball, slow foam ball, tennis ball)**

- a. **Sit opposite the child with legs outstretched in a straddle position, so that legs are touching and a diamond shape is formed. Roll the ball to each other and catch/stop it with your hands. Progress this activity so that you're kneeling or standing.**
  - i. **2-3 volunteers**

### **7. High Ball Catch (beach ball, slow motion ball)**

- a. **Kneel facing the child, who is about 3 feet away. Gently toss a beach ball or fairly large ball to the child and encourage catching**
  - i. **2-3 volunteers**

**8. Two-hand Throwing Slow Motion Ball (Jr. size Soccer Ball)**

- a. Using a sideways stance, encourage the child to rock back and forth. As the child rocks to the back foot, ask him/her to raise his/her arms up over the head. When rocking forward, encourage him/her to bring the arms forward to throw the ball.
  - i. 2 volunteers

**9. Overhand Throwing Small (foam ball, tennis ball)**

- a. Using the same technique as two-hand throwing, encourage the child to use one hand, bringing his/her arm back and forward overhead to throw a small ball towards you.
  - i. 2-3 volunteers

**10. Beginning Hockey (beach ball, slow motion ball, tennis ball, dowel)**

- a. Place a large ball on the ground. Encourage the child to be positioned sideways to the ball. Have the child hold onto a dowel with two hands and encourage him/her to strike the ball with the club or stick.
  - i. 2-3 volunteers

**11. Dribble (Beach ball, slow motion ball, jr. size basketball, playground ball)**

- a. Stand behind the child and assist him/her in bouncing a beach ball with two hands, but without catching it. Provide less assistance as child's skill improves. Progress to a different ball, then progress to bouncing (dribbling) with one hand.
  - i. 2-3 volunteers

**12. Kicking for accuracy (junior size soccer ball, goal)**

- a. Place a ball on the ground. Encourage the child to run up to the ball to kick it toward a goal or between two cones.
  - i. 2-3 volunteers

**13. Punting (Beach ball, slow motion ball, jr size basketball, playground ball)**

- a. Encourage the child to practice one-legged standing balance with the leg forward and the arms out to the sides. Then, have the child swing the kicking leg back and forward. Next, have the child hold a beach ball in both hands, drop it and kick it.
  - i. 2-3 volunteers

**14. Balance beam (balance beam)**

- a. Try walking with one foot on each side of the balance beam. Next, walk on TOP of the balance beam, one foot in front of the other. Go very slowly to keep your balance.
  - i. 2 Volunteers

**15. Strider Bike (strider bike)**

- a. Help athlete balance on the strider bike and maneuver around and work on balancing on 2 wheels
  - i. 3 volunteers