

Activity Plans

The Barrie School
May 24, 2020

Let's Have Some Fun ☐

Your body needs to warm up by slowly increasing your heart rate and breathing rate. In addition, you are lubricating your joints, which will give you better elasticity in tendons and ligaments.



1 Walking Knee Hugs

With each step raise your knees to your chest as close as possible and pull inward.

2 Let's Pretend

Without a ball, you should go through the actions of side foot passing, high kicking, jumping and heading, squatting and jumping, etc.

3 Statue

Think of a football position, make the movement and freeze in that position for 10 seconds. To add a twist.... have a parent play music as if your playing musical chairs.

****At least three days each week (as part of your 30 minutes of activity each day)

Have a football house party when Covid

- Bake a football cake
- Invite some friends over

And..... play some football games in the yard

Style #1: Man vs. Clock – In this version, one player will be trying to complete the game in under a minute. If they do, they win a prize. If not, let someone else have a shot. If you go with this style, I recommend choosing a different person for each game.

Style #2: Head to Head – In this style, you'll pick two players for each game who will going head to head against each other playing a game rather than trying to beat the clock. The first person to finish wins the prize. Again, rotate through pairs for each game, repeating players as necessary.

OFFENSIVE LINEMEN DRILL: DOUBLE X DOT DRILL.

1. Paint 5 dots on the ground approximately 2 feet apart in the shape of a square, with one dot in the middle of the square.
 1. Start at one on the lower right.
 2. Hop to three on the middle.
 3. Then to four on the top left.
 4. Next, hop back to three in the middle.
 5. Hop to five on the top right.
 6. Finally, hop to three in the middle.
 7. End at two in the lower left
1. *This Dot drill will improve an offensive lineman's agility and foot quickness*

