

Smashball - FUNdamentals

Ages: 6 - 8

Gr. 1 - 3

Court size - Badminton or 1/2 Volleyball crt (divided length-wise)

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
Warm-up	Walk like a . . .	Ants in your Pants	Follow the Leader - SPORTS STYLE	Late for School	Dabber Tag (Pool noddle tag)	Animal Statues	Ball Tag w Underhand toss	Ball Tag w Overhead toss
	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises
Activities / Games	Beat Your Record pairs	1 x 1-Beginner (A) pairs	Human Net group	Skill intro - Overhead Catch	Skill - Intro Overhead Catch & Push	Skill - Review Forearm passing - Underhand catch	Bulls-Eye - i) underhand toss ii) overhead toss	Under the Bridge teams
	Throw & Catch individual	Body Parts individual	Throw & Catch individual	Throw & Catch individual	Partner Up (beginner)	Desert Island teams	Shop 'Till You Drop pairs	Catch & Shuffle - Underhand toss w Overhand catch
	Beat Your Record pairs	1 x 1-Beginner (B) pairs	Desert Island teams	Human Net group	SK-Smashball - Level 3	Catch & Shuffle - Underhand toss w Underhand catch	Catch & Shuffle - Overhand toss w Underhand catch	Go Fish group
	1 x 1-Beginner (A) pairs	The Messengers group	Wall Relay - underhand toss & catch teams	1 x 1 - Intermediate pairs	Skill intro - Forearm passing - Underhand catch	Hot Potato Relay teams	Wall Relay teams	
	Rocket Launcher - Underhand toss teams	Bulls-Eye teams		Rocket Launcher - Overhead toss teams	Throw & Catch individual	To, Along & Over teams		
					Bumping Basics pairs			
Smashball	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
<i>Game play format</i>	SK-Smashball - Level 1	SK-Smashball - Level 1	SK-Smashball - Level 2	SK-Smashball - Level 3	SK-Smashball - Level 3	SK-Smashball - LEVEL 4	SK-Smashball - LEVEL 4	SK-Smashball - LEVEL 4
		SK-Smashball - Level 2						