BEFORE PRACTICE IDEAS

Having trouble figuring out what to do while you wait for all the kids to show up to practice? Here are some quick ideas to keep kids occupied while you wait.

Quick Games

Partner Games:

- Head, Shoulder, Knees, Cone
- Flip the Cone
- Float

Small Group Games:

- Pizza Game
- Rabbit & Hounds
- Red Light, Green Light
- Simon Says

Static Stretches

- Standing Hamstring Stretch
- Quad Stretch
- Calf Stretch
- Hip Stretch (lunges)
- Groin Stretch (butterflies)
- I.T Band Stretch

Brain Breaks

Concentration

- One arm goes up and down, the other arm goes side to side at the same time!

Tracing

- With one hand, trace a square. With the other hand, trace a circle. Try both at the same time!

AFTER PRACTICE IDEAS

Need some ides when practice is over and the kids are waiting for their parents or the next bell to ring? We got you covered with these fun and unique ideas you can use when there is time left to spare..

Quick Games

- **Follow the leader**
- **Duck Duck Goose**
- **Telephone Game**
- **Dance Party**
- **Freeze Dance**

Cool Down Stretches

- **Standing Side to Side Reach**
- **Standing Lunges**
- **Butterfly Stretch**
- **Downward Facing Dog**
- **Seated Forward Fold**
- **Figure Four**

Conversation Games

Would You Rather

- **Ask your athletes two scenarios and have them pick which one they rather do. The sillier the better.**

Charades

- **Pick one kid to act out a word of your choice without making a noise. Have the other students try to guess in under 30 seconds**