

Class 3 - Blocking

Dynamic Warm-up – 5-minutes

- Arms: Seal taps
- Legs: Stationary Frankenstein's
- Abs: Bicycles
- Core: Crab kicks

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on BLOCKING.
- Who can tell me what BLOCKING means?
- We are going to play the following blocking drills: **Pop Blocks & Ninja Circle**.
- Here are the three BLOCKING tips that I want everyone to practice today:
 1. Keep your fists tight.
 2. Pull your other arm tight to your side.
 3. Watch where you are blocking.

Skill-building drills – 7-minutes

1. **Count the Blocks:** Students will work on their BLOCKING by being able to do as many blocks as is on the number dot.

- **Teaching SKILLZ: UP THE REP** - Challenge the student to block stronger on each rep.
- **Brain SKILLZ: ATTENTION CONTROL** – The student must stay engaged through each rep while also remembering to increase reps on each spot.

2. **Blindfold Block:** The student will demonstrate a high block, muscle block, and low block while blindfolded. This will help them build good listening skills as most children this age are still in a visual stage of development.

- **Teaching SKILLZ: EXTRINSIC MOTIVATION** - If the student can do 5 L/R blocks in a row correctly, then the instructor will do 5 jumping jacks.
- **Brain SKILLZ: AUDITORY PROCESSING** – The student will listen for the name of the block and perform it correctly without using visual cues.

Skill stripe test – 5-minutes

- See testing charts

Dynamic Stretching: 5-minutes

- Airplanes
- Row boats
- Stretch kicks
- Twist stretch

Game –3-minutes

- Four corners

End of class announcements – 2-minutes