

## Class 9 - Kicking

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### Static Warm-up – 5-minutes

- Arms: Hold seal position
- Legs: Hold jack-in-the-box
- Abs: Hold feet out the water
- Core: Hold Spiderman's

### Mat chat – 3-minutes (Includes water break)

- Today we are going to work on KICKING.
- Who can tell me what KICKING means?
- We are going to play the following kicking drills: **Lazy Kicks and Don't Squish the Block**
- Here are the three KICKING tips that I want everyone to practice today:
  1. Keep your hands up.
  2. Bend your knee before and after you kick.
  3. Watch where you are kicking.

### Skill-building drills – 7-minutes

1. **You Kick, I Kick:** In this drill the students will take turns kicking the target and holding the target. This is a great drill to teach them how to play fair with each other.
  - **Teaching SKILLZ: HEALTHY COMPETITION** – Make it a competition to see who can be louder than their partner.
  - **Brain SKILLZ: WORKING MEMORY** – The student must remember the protocol when holding targets for one another.
2. **Kick Fast!:** In this drill the students will practice the early stages of kicking while walking, counting and striking a target.
  - **Teaching SKILLZ: TRICKERY** – Try to trick the students by pretending to move the noodle or by saying words that sound like numbers.
  - **Brain SKILLZ: VISUAL PROCESSING** – The student will focus on kicking correctly while not getting hit with the noodle.

### Skill stripe test – 5-minutes

- See testing charts

### Passive Stretching: 5-minutes

- Side bends
- Pat your back
- Kneeling reach forward
- Kneeling reach backward

### Game –3-minutes

- Ninja-ninja turtle

### End of class announcements – 2-minutes