

Maxi Ballschool
Autumn Semester
(age 5-6 years)



1. Lesson

- Free Game (10 minutes)
- Introduction of the trainer
- Game throw the ball through the ring Dino Spiel – Variante XL nur rollen
- Dino Game – Variant XL throw
- Good bye ritual – clean up

2. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Stinky bomb
- Dino Game – Variant Dino Meeting
- Open Game with the rings, ropes ...
- Good bye ritual – clean up

3. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Air balloon on a string
- Stinky bomb – enlarged with „leo“ (rings, stones)
- Lava und Rings
- Snake
- Good bye ritual – clean up

4. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Air balloon on a string
- Obstacleparcour & Balance
 - Dangle rack

- Flotation Rim
- somersault
- Climbing parcours
- Target Throwing
- Catch the ball
- ...
- Free Running in the movement landscape
- Good bye ritual – clean up

5. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Fire, water, storm
- Dino Game – Variant Dino Meeting
- Drifting ball
- Snake
- Open Game
- Good bye ritual – clean up

6. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Stinky Bomb with obstacles

Starrun 1-5, Trainer is playing fingerlotto, after kids obtained the barriere they run tot he mat – throw the ball to the trainer – jump from the mat – trainer is bouncing the ball to the beginning point

 - Track 1 – River crossing
 - Track 2 - Tigerjump
 - Track 3 - Ball over barriere
 - Track 4 – over the bench
 - Track 5 – through the ringjungle
- Swimnoodlehockey – little field max. 4 vs 4
- Good bye ritual – clean up

7. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Stinky bomb enlarged – kids try to run from A to B, but they have to conquer a corridor, which is secured by stinky bomb throwers. First altogether, then they start in 2 blocks.
- Air balloons –
 - Are not allowed to touch the floor
 - Over the bench or a low net
 - With a swim noodle
 - Above a higher net (optional with swimnoodle)
- Open Game
- Good bye ritual – clean up

8. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Throw ball in the box
- Hold waterball up in the air
- Waterball or air balloon above the net, small groups
- Open Game
- Good bye ritual – clean up

9. Stunde

- Free Game (10 minutes)
- Welcome ritual
- Game toss the ball through the ring
- Memory ball
- Floorhockey – small field max. 4 vs 4
- Open Game
- Good bye ritual – clean up

10. Stunde

- Free Game (10 minutes)
- Welcome ritual

- Catch the tail
- Dino Game – Variant Dino Meeting
- Soccergame big ball – small groups max. 4 vs 4
- Open Game
- Good bye ritual – clean up

11. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Catch the air balloon – trainer has the balloon on a string and run across the room, kids try to catch the balloon
- With air balloon above the bench – giant on dwarf, 2 benches parallel, kids pass an air balloon to each other. Who makes it without falling down. Option waterball.
- Soccerball small ball or soccerball and Swimnoodlehockey alternate
- Open Game
- Good bye ritual – clean up

12. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Catch the tail
- Red vs blue – marked field – red is playing the ball in his own rows – blue tries to prevent that. Variation max 3 steps, if the ball is falling on the floor – the other team is getting it.
- Open Game
- Good bye ritual – clean up

13. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Red vs blue – marked field – red is playing the ball in his own rows – blue tries to prevent that. Variation max 3 steps, if the ball is falling on the floor – the other team is getting it.

- Ball Parcours
 - Toss ball up in the air – make a somersault on the mat
 - Through ball above a rope – run beneath it and catch the ball
 - Pass ball to a Rebounder and catch it
 - Bounce the ball on the bench and catch a target – Ball to teacher
 - Teacher places the ball for a goal shot or is bouncing the ball to the kid – catch the ball and run to the basket
 - Soccergame small ball or Floorhockey max. 4 vs 4
 - Good bye ritual – clean up

14. Lesson

- Free Game (10 minutes)
- Welcome ritual
- Yes vs No Group (Catching game)
- Soccergame small ball or Floorhockey max. 4 vs 4
- XMas Party
- Ritual verabschieden – zusammenräumen

15. Lesson

- Free Game (10 minutes)
- Welcome ritual
- numberpassing – Each kid of a team is getting a ball - max. 3 kids
Exercise: kids are running through the room and passing the balls to each other in a certain row.
 - Different ways of passing the ball
 - Change direction after a signal
 - More small groups
 - 2 balls per group
- Soccergame small ball or Floorhockey max. 4 vs 4
- Good bye ritual – clean up

16. Lesson

- Free Game (10 minutes)

- Welcome ritual
- Dexterity Parcours
 - Along the wall bar, mats, benches, hedgehogs, ...
It's not allowed to touch the floor
 - Dino Game Variation
 - 2 dwarfs one on each side, try to shoot the dinos, those who got shot are becoming dwarfs. Who will stay dino the longest
- Soccer game small ball or Floorhockey max. 4 vs 4
- Good bye ritual – clean up

17. Lesson

- Free Game (10 minutes)
- Welcome ritual
- 2 groups same size play catch the lines. On a command the hunter become the hunted ones
- Day of the favorite games
- Open Game
- Good bye ritual – clean up