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# WHO LEADS PRESCHOOL SPORTS BASICS?

Part of the outreach success of MEGA Sports Camp is kids seeing sports leaders sharing the Bible and Bible leaders getting involved in sports. Preschool Sports Basics requires three or more volunteers in these roles.

**Tip:** Every volunteer at Preschool Sports Basics should be approved by your church to work with kids.

The volunteer approval process for your church should include a screening process. For more information go to [screenchurchstaff.com](http://screenchurchstaff.com)

To order a staff training kit on how to protect the children in your church go to: [reducingtherisk.com](http://reducingtherisk.com)

## PRESCHOOL SPORTS BASICS DIRECTOR

This person needs to be organized, flexible, enthusiastic, and fun loving.

### Responsibilities

- Read everything in this guide.
- Plan the Huddle Groups. Each group should have no more than five kids. Avoid assigning parent helpers to their own children's groups. (However, there may be exceptions in certain unusual circumstances.)
- Gather sports supplies and prepare the room.
- Plan and manage the time for each activity and transition before and during the camp.
- Address needs as they arise. Try to develop backup plans ahead of time, such as having extra people on hand to fill in if a volunteer fails to show up.
- Exercise patience, and prioritize the needs of kids ahead of programs and schedules.
- Encourage growth in each camper without demanding or expecting perfection.
- Model Christ's character. Assure each kid, through your words and actions, that he or she is welcome and valued.
- Demonstrate confidence and competence.
- Smile and have fun!

### Requirement

- Be an approved children's volunteer for your church with appropriate paperwork on file. (See *Tip in margin.*)

VOLUNTEERS  
needed

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# HOW CAN I MANAGE KIDS?

A room filled with preschoolers can quickly become chaotic. Maintaining control is necessary for leading, teaching, and creating a safe environment. Consider these tips for keeping and restoring order while encouraging fun.

**Start with prevention.** Here are some ways you can help preschoolers manage their own behaviors and emotions:

- *Be yourself.* Preschoolers react positively to a person who is genuine and sincere.
- *Use the child's name and be specific when giving praise or encouragement.* Don't just say "Good job." Instead say, "Olivia, you kicked the ball really well."
- *Listen.* Give the kids a chance to talk to you. When you listen, you make kids feel valued and loved.
- *Be fair.* Don't play favorites. This can cause other kids to feel resentment or to act out.
- *Minimize competition.* Preschoolers who feel they are winning are less likely to get upset than those who feel they are losing.
- *Be kind and patient with all the kids.* Use a soft voice and gentle words.

**Learn these techniques.** Here are some ways you can make classroom management fun:

- *Make getting ready a race or lining up a fun activity.* Ask, "Can you line up before I count to 10?"
- *Use familiar rhymes.* Examples are "1-2-3, eyes on me," or, "Zip it, lock, it, put it in your pocket."
- *Countdown.* Use this to signal a transition.
- *Code words.* Develop and teach code words such as the following:
  - ➔ "Pretzels" (Sit down cross-legged, hands in lap)
  - ➔ "Popsicles" (Stand up, hands at sides)
  - ➔ "Go to the beach" or "Make a train" (Line up)
  - ➔ "Grapes" (Huddle as a whole group)
  - ➔ "Banana peels" (Lie down)



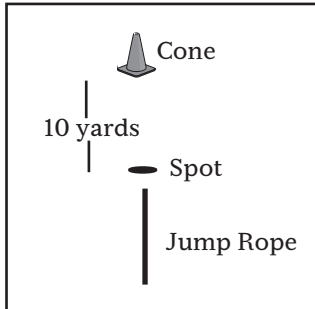
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## KICK BALL A

(Kicking a Standing Ball)

10-15 MINUTES

### Field Set-up



**Tip:** Have a couple of Huddle Coaches demonstrate while another Huddle Coach explains. Campers can mimic what the coaches do.



ziggy\_mars/iStockphoto/Thinkstock

Note how long it takes each camper to kick the ball, then decide how many times to go through the line. Be careful not to exceed five minutes for the actual drill. Time could vary as you assess the interest level of the campers. **Never** repeat a drill too many times.

### Equipment

- 2 playground balls per team
- 1 spot per team
- 1 cone per team
- 1 jump rope

### The Field

Place a spot on the ground to indicate where the camper is to place the ball. Place a cone about ten yards from the ball. The cone is not a target; it is only an indicator of the general direction in which to kick the ball.

### The Drill

Each team lines up single file using the jump rope as a guide. The playground ball is placed on the spot. The first camper in line kicks the ball as hard as he or she can, then goes to the back of the line. The coach places another ball on the spot and the next camper kicks and follows the same pattern.

### Note

If possible, campers should kick toward a wall or backboard to speed up ball recovery. If that's not possible, use a grassy area where the ball will not roll far. The Huddle Coaches should retrieve the kicked balls and return them to the Head Coach.

### Coaching Points: Don't Miss This!

Demonstrate the following points.

1. Stand about one step behind the ball.
2. Take a step with the nonkicking foot, placing it next to, but away from the ball.
3. As the step is made, swing the kicking foot and leg with a forceful motion into contact with the ball.
4. The camper's head should be down and focused on the ball.
5. Strike the ball with a full blow followed by a full, high follow-through.



## QUICK CLEANUP

(Locomotor Skills & Heart Rate)

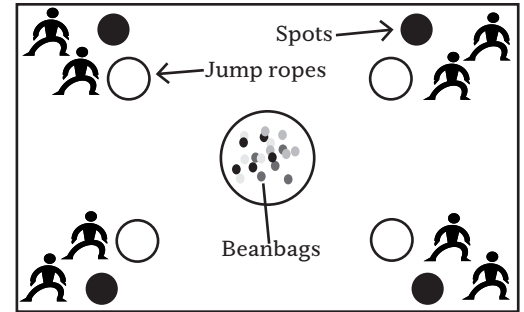
10–15 MINUTES

### Equipment

- 1 jump rope per team
- 2 or 3 jump ropes for the big circle
- Beanbags, one color per team, equal numbers per team
- 2 to 6 spots, one per team

### The Field

Make a circle with two or three jump ropes in the center of the play area. Fill it with the multicolored beanbags. Use different colored spots to designate team areas. Group the campers into color teams: blue, yellow, green, etc. Make a circle for each team with a jump rope.



**Tip:** Have each camper hold a tail while they're running and hand it to the next camper in line when they return. This helps eliminate confusion as to who should be running.

### The Drill

On the signal “Go,” the campers run one at a time to the beanbags and grab a beanbag that matches their team color. As they run back, they place it in their circle. Then they clap the hand of the next camper on their team. That camper then runs and gets another matching beanbag until they are all gone. The first team to get all their beanbags, wins.

## BIBLE TIME

During this 15-minute session, the Bible lesson for the day is taught. This is also a time for a water break and bathroom break.



## SESSION 2:

Team Development

### CIRCLE PINBALL

(See Day 4, Session 3, Page 85)

10–15 MINUTES

### FOUR BASE RELAY

(See Day 2, Page 69)

10–15 MINUTES

### RED LIGHT, GREEN LIGHT

(See Day 4, Session 2, Page 84)

7–10 MINUTES