



# Get Up & Move!

Physical Activity

Series 3: June

## Sports Drills (25 minutes)

### Items needed for this activity:

- Stopwatch or timer
- Cones or other objects for members to run around for stations #1 and #3
- Basketballs (enough for ¼ of members)
- Drill station signs (provided)

### Activity set up:

- Set up four areas for the drill stations. For stations #1 and #3, members will need enough space to run to one end of the room or field and back. For stations #2 and #4, enough space is needed for members at those stations to spread out and complete the activities.

### Step 1: Information to share with club members (5 minutes)

Sports nutrition is for everyone, not just athletes or those who want to be athletes. If you spend some of your time in active playing, then you have a healthy, active lifestyle. Athletes and active people need to eat a nutritious diet to keep fit. But this diet isn't much different from the diet everyone else needs to eat! In order to have a healthy diet, we need to make sure we are following MyPyramid and getting all the foods we need every single day.

We talk a lot about energy and how we need lots of energy to be active. All living things need a steady source of energy just to stay alive! The energy in foods is measured in calories. The nutrients that can provide calories are carbohydrates, protein, and fat. Carbohydrates are the most easily used source of energy for the body. The body prefers to use this energy source whenever possible. Fat and protein can also

be used for energy, but the body prefers to store fat for future energy use.

There are three main types of carbohydrates: sugar, starch, and fiber. Only starch and sugar give us energy. Foods like bread, rice, cereal, and pasta are high in starch. That's why you feel energetic after eating them! We also get carbohydrates from fruits and vegetables. It is important to have these foods in our diets as well!

Athletes usually eat an energy-packed meal or snack three or more hours before competing in their game or meet. There are no special foods that athletes can eat before an event to give them extra energy. The best kind of meal they can eat is one that has a lot of carbohydrate and fluid with smaller amounts of protein and fat. They get some energy from this meal, but most of their energy for their game comes from the food they eat in the days before.

Now, we are going to talk about some sports nutrition myths. Who can tell me what a myth is? (Members should give responses). That's right! A myth is something that many people may have heard and may believe, but which isn't really true. I am going to read some statements about athletes and sports nutrition, and I want you all to tell me if they are true statements or myths.

1. Athletes should eat a lot of extra protein or special kinds of protein. (Myth – athletes should follow MyPyramid for their food intake)

2. Athletes might need more water because water is lost through perspiration (sweating). (True – athletes should drink water before, during, and after exercise to rehydrate themselves)

3. Athletes need special sports drinks or special pills to give them more energy. (Myth – athletes do not need these things; however, they do need proper nutrition and lots of water!)

(Sources: [www.kidshealth.org](http://www.kidshealth.org), USDA, 4-H Sports Nutrition Guide)

### **Step 2: Group Activity 1 (20 minutes)**

In this month's activity, we are going to explore some different sports! Some of these sports you might have heard of or even played yourself! Others might be new to you.

One thing that athletes do during their practices is what is called a drill. They might do many different types of drills that help them practice. In a drill, an athlete practices a certain skill that they use in their sport. A basketball player might do a dribbling drill to practice ball-handling skills or a passing drill to practice their passing skills.

What kinds of drills do you think athletes in the following activities could do?

- Tennis player
- Volleyball player
- Swimmer
- Relay runner
- Golfer

Great ideas everyone! For our activity today, we are going to practice some of the drills that athletes do to help them with certain skills! We are going to divide into 4 groups and each group will start at a different station. You will spend five minutes at each station. When I say "Change!" you will rotate to the next station!

(Divide members into four groups, explain the order of the stations and rotation, and give a brief explanation/demonstration of each of the four stations, as outlined below. Once the stations have been explained,

assign each group to a different station. Tell members to begin the drill at each station. After five minutes, say "Change!" and guide members through stations until they have completed all four.)

#### **Station #1: Basketball dribbling**

Members will practice dribbling a basketball by weaving through cones set up by the leader or by dribbling to one end of the room and back. Members can go all at once, two at a time, or one at a time, depending on your group size and space available. Dribbling a basketball will help members to get moving while working on their hand-eye coordination.

#### **Station #2: Volleyball jumping**

One important skill that volleyball players have is being able to jump high! In order to practice this, members will do vertical jumps, where they will stand in one place and jump as high as they can. Make sure members are spread out enough so that they are not too close to each other.

#### **Station #3: Soccer Knee Lifts**

For this drill, members will run to one end of the room and back raising their knees high with each step. You can set up a cone or other object to run around and members can go all at once, two at a time, or one at a time, depending on group size and space available.

#### **Station #4: Arm Circles**

Many sports, such as tennis, baseball, and softball require strong arms and shoulders! For this drill, members will do both large and small arm circles, in the forward direction and the reverse direction. Members should spread out enough so that they do not get in each other's way.

***Get Up & Move!***