

Mini-Hawk Camp Daily Overview

Half-Day 9am-12pm Schedule



Camp Opening	Dynamic Warm Up/Camp Game	Sport Station #1	Snack Break #1	Camp Game	Sport Station #2	Snack Break #2	Camp Game	Sport Station #3	Camp Close
10 minutes	15 minutes	40 minutes	10 minutes	10 minutes	40 minutes	10 minutes	10 minutes	40 minutes	5 minutes
8:50 - 9:00am	9:00 - 9:15am	9:15 - 9:55am	9:55 - 10:05am	10:05 - 10:15am	10:15 - 10:55am	10:55 - 11:05am	11:05 - 11:15 am	11:15 - 11:55am	11:55am-12:00pm
Coaches should be playing a game with the children as Director checks-in the rest of the group.	Include a discussion about the Life Skill of the Day during this period. On Tues-Fri, play Camp Games that incorporate sport skills taught earlier in the week to review.	Split into groups based on age & skill level. Each group is assigned to a different sport station. See Sport Station Breakdown below for more detail.			Rotate groups to a new sport station.			Rotate groups to final sport station.	Review Sport & Life Skills of the Day before dismissal.

Tournament Day Overview

Camp Opening	Dynamic Warm Up/Camp Game	Sport Station #1	Snack Break #1	Camp Game	Sport Station #2	Snack Break #2	Camp Game	Sport Station #3	Camp Close
10 minutes	15 minutes	40 minutes	10 minutes	10 minutes	40 minutes	10 minutes	10 minutes	40 minutes	5 minutes
8:50 - 9:00am	9:00 - 9:15am	9:15 - 9:55am	9:55 - 10:05am	10:05 - 10:15am	10:15 - 10:55am	10:55 - 11:05am	11:05 - 11:15 am	11:15 - 11:55am	11:55am-12:00pm
Coaches should be playing a game with the children as Director checks-in the rest of the group.	Campers get to choose their favorite Camp Game after the Dynamic Warm Up.	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday. Option in include scrimmaging if group is skilled enough.		Campers' Choice	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday. Option in include scrimmaging if group is skilled enough.		Campers' Choice	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday. Option in include scrimmaging if group is skilled enough.	Make it fun for kids!

Sport Station Breakdown

Sport Specific Concepts	Activity #1	Water Break	Activity #2	Water Break	Activity #3
8 minutes	10 minutes	1 minute	10 minutes	1 minute	10 minutes
Introduce basic sport concepts and rules of the game. -How many teams play? How do you score points? What is the #1 rule of this sport? Choose 1-2 activities that focus on fundamentals of the sport from the lists below. -Footwork, baserunning, ball-handling, throwing & catching, etc.	Choose an activity from the lists below.		Choose an activity from the lists below.		Choose an activity from the lists below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Life Skill-of-the-Day	Respect	Teamwork	Inclusion	Leadership	Sportsmanship

Mini-Hawk Activities

Below are suggested activities to implement during the Sport Stations at a Mini-Hawk camp. If you would like to schedule an activity that is not listed below, make sure it age-appropriate for 4-6 year olds. Instructions on how to play all sport-specific activities below are found in the coresponding sport's SuperTots Games Manual (i.e. BaseballTots, HoopsterTots, SoccerTots).

Baseball Activities	Basketball Activities	Soccer Activities	Camp Games
Activities for Baseball Concepts Big Catch! Clean up the Field Fancy Fingers Partner Pursuits Tracking Tag 1,2,3,GO! Airplanes & Airports Ball Tag Base Race Base Recognition Beat the Clock Boom-a-Rang Bullpen Bulz-Eye Coach Pitch Get Out of My Field Grand Slam Hit and Run Scoop and Run Soft Toss Strike Out Strike Zone Battleship Swing, Swing, Hit Throw It Home Zap the Coach	Activities for Basketball Concepts Agility Dribble Fancy Fingers Jump & Catch Pivot on the Spot Shoot & Score! Around the World Attack the Ship Basketball Battleship Busy Ball Dribble Directions Dribble Freeze Freeze Fish Gotcha! Guard the Tree House Half Court Game Island Hop Knock Out Obstacle Course One on One Pac Man Races Red Light, Green Light Sharks and Minnows Steal the Bacon What Time is Mr. Fox	Activities for Soccer Concepts Dribble Down & Back Fancy Feet Follow the Leader Get a BIG Goal! Score on Coach Asteroids Battleship Bulz-eye Bumper Cars Celebrate Cops and Robbers Egg Hunt Gates Get Me Out of Jail Good Monkey/Messy Monkey Island Hop Keep the Coconut Monkey in a Tree Numbers Out of my Yard Red Light, Green Light Soccer Freeze Tag Steal the Bacon Relay Traffic Cop What Time is it Mr. Fox? Zap the Gorilla	Buffalo Stampede Busy Bees Four Corners Jurassic Park Larry, Curly & Moe Ships and Sailors
			Mini-Hawk Notes *Youngest summer camp offering (Ages 4-6 years) *Game-based curriculum (games are designed to teach sport skills and *Be prepared for children not wanting to participate. Make it fun and give them other options within the game (Coach's helper, referee, etc.) *Bathroom breaks must be done in groups. Schedule them into your day. *Scrimmage time can be added towards the end of the week if you feel the group is skilled enough. *This daily lesson plan is designed to work for each day of camp. As a director, your responsibility is to fill in the games section with your favorites from the lists to the left. The games in the lists below have worked best in our previous programs. *Some games work for certain groups, but not others. You will have to use your best judgement based off the ability of the group at your camp.