

# JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

## SPORTS

### PHYSICAL CORE

Version 2026.1



## Toss, Kick, Dribble

*Try three sports in one hour — throw a ball, kick a ball, and dribble a ball.*

🕒 60 minutes · one session

#### 🕒 WALK AWAY WITH

- Has warmed up his body with a slow jog and stretches.
- Has tossed and caught a ball at the baseball station.
- Has kicked a ball into a goal at the soccer station.
- Has dribbled a ball with each hand at the basketball station.

#### 📦 BRING / SET UP

- Two tennis balls or softballs and one glove per pair for the toss station
- One soccer ball and two cones for a goal at the kick station
- One basketball or playground ball per pair for the dribble station
- Three station signs and a whistle for the leader
- A water bottle for each Junior Saint

### FOR THE LEADER

This is a Junior Saints preview of the **Sports** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

## TOSS, KICK, DRIBBLE (PAGE 1 OF 2)

## ⌵ THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one sport he has played or seen. Examples: soccer, baseball, basketball, football, swimming. The leader goes last. Keep each turn short.

BLOCK 2 · PHYSICAL **Warm-up jog**

⌚ 8 min

1. Line up at one end of the space. Stand behind the leader.
2. Jog at a steady speed in a big circle. Stay behind the youth in front of you.
3. Two full circles. No sprinting. Save your legs for the stations.
4. Stop in the middle. Stretch your legs, arms, and back. Hold each for 10 seconds.
5. Teaching point: every sport starts with a warm-up. Cold muscles get hurt.

BLOCK 3 · SKILL PRACTICE **Toss station — baseball**

⌚ 12 min

1. Pair up. Stand ten feet apart. One youth has a ball.
2. Toss the ball underhand to your partner. Aim for his chest.
3. Catch with two hands. Hold the glove out in front of you.
4. Toss it back. Count out loud each catch. Aim for ten in a row.
5. Step one big step apart after ten catches. Toss ten more.
6. Safety: a missed catch is fine. Pick the ball up. Try again.

BLOCK 4 · SKILL PRACTICE **Kick station — soccer**

⌚ 12 min

1. Set up two cones as a goal, about four feet apart.
2. One youth stands ten feet from the goal with the ball.
3. Kick the ball through the cones using the side of your foot, not the toe.
4. His partner stands behind the cones and gets the ball. Then they switch.
5. Take five shots each. Step one step back after every shot.
6. Safety: kick the ball, not the cone. If a shot goes wide, walk to get the ball.

BLOCK 5 · SKILL PRACTICE **Dribble station — basketball**

⌚ 15 min

1. Each pair has one ball. Stand at one end of the space.
2. Bounce the ball with your right hand. Walk slowly to the other end. Keep the ball low.
3. Hand the ball to your partner. He bounces with his right hand back to the start.
4. Switch hands. Bounce with your left hand to the other end and back.
5. Try ten bounces in one spot without losing the ball. Each youth gets a turn.
6. Safety: dribble with your fingers, not a flat hand. Keep your head up so you can see your partner.

## TOSS, KICK, DRIBBLE (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

⌚ 8 min

1. Sit in a circle. Stretch your legs, arms, and back. Hold each for 15 seconds.
2. Drink the rest of your water.
3. Each Junior Saint says: "My favorite station was \_\_\_\_." Just the name: toss, kick, or dribble.
4. Group cheer: "Toss, kick, dribble!" Three times.
5. Homework: ask your parent to play catch or kick a ball with you in the yard this week.

## AT THE CLOSE · DEBRIEF

1. How many catches in a row did you and your partner make at the toss station?
2. Which part of your foot did you use to kick the ball through the cones?
3. Which hand was harder to dribble with, your right or your left?

☒ *This is a Junior Saints preview session. No Sports BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

HANDOUT 1 OF 1

FROM SESSION — TOSS STATION — BASEBALL

# Three Sport Stations

Print and post so Junior Saints know the three sport stations.

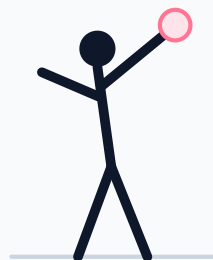
## SPORTS · JUNIOR SAINTS CARD

### Throw, kick, and dribble.

Three stations with a partner: a baseball toss, a soccer kick, a basketball dribble.

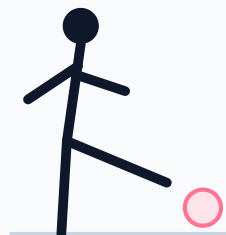
#### 1 Toss the baseball

- Stand ten feet apart. One youth has a ball.
- Toss the ball to your partner. Aim for his chest.
- Catch with two hands. Hold them out in front.
- Count each catch. Aim for ten in a row.



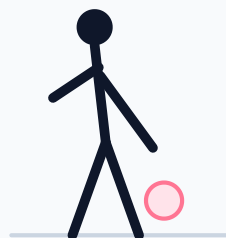
#### 2 Kick the soccer ball

- Set two cones as a goal, four feet apart.
- Stand ten feet from the goal with the ball.
- Kick with the side of your foot, not the toe.
- Take five shots. Step back after every shot.



#### 3 Dribble the basketball

- Bounce the ball with your right hand. Keep it low.
- Walk slowly to the other end. Then hand it off.
- Switch hands. Bounce with your left hand back.
- Bounce with your fingers, not a flat hand.



Take a turn at each station with your partner.

Print this handout for in-person reference during the session.