

50-Minute Lesson Plan: Sports Skills Clinic (Middle School)

Overview

Goal: Introduce and practice core skills from multiple sports through fast-paced stations that build coordination, teamwork, and confidence.

Sports featured: Basketball, Soccer, Volleyball, Track/Agility.

Class format: Whole-group warm-up → 4 skill stations (rotations) → mini-challenge → cool-down & reflection.

Learning Objectives

- Demonstrate 1–2 fundamental skills per sport with correct key cues.
- Apply teamwork and communication during partner and small-group drills.
- Track personal progress with a quick skills checklist.
- Describe how proper technique and safety reduce injury risk.

Materials & Setup

- General: Cones, floor tape, pinnies, stopwatch, whiteboard, first-aid kit, water station.
- Basketball: Balls, hoop or wall target.
- Soccer: Balls, cones for passing gates.
- Volleyball: Volleyballs or beach balls, wall targets or net.
- Track/Agility: Cones or ladder, jump ropes.
- Handouts: Skills Checklist & Exit Ticket (optional).

Safety & Inclusion

Shoes tied, jewelry off, space awareness, hydrate. Use lighter/softer balls for beginners.

Provide visual demos and options for modifications. Clear stop signal (whistle or 'Freeze!').

Timing at a Glance (50 minutes)

- Intro & Dynamic Warm-Up – 8 min
- Skill Demo & Station Brief – 4 min
- Stations (4 × 7 min) – 28 min
- Mini-Challenge: Team Relay Circuit – 6 min
- Cool-Down & Exit Ticket – 4 min

Step-by-Step Plan

1) Intro & Dynamic Warm-Up (8 min)

Teacher Script: 'Today is a sports skills clinic. You'll rotate through four stations—focus on technique first, speed second. Encourage teammates and aim to improve your personal best.'

Dynamic Warm-Up: Jog, high knees, butt-kicks, side shuffles, lunges with twist, inchworms, arm circles, jumping jacks, ankle rolls, wrist shakes.

2) Skill Demo & Station Brief (4 min)

In center, quickly show one key cue per sport and point students to posted station cards. Group into 4 even teams.

3) Station Rotations (28 min total; 7 min each)

- Basketball: Dribble & Lay-In Control

Eyes up, fingertips, knee-height dribble. Drill: Cone slalom. Level-up: crossover, timed run, lay-in.

- Soccer: Inside-Foot Passing & First Touch

Plant foot at target, ankle locked. Drill: Gate passing with partner. Level-up: one-touch, give-and-go.

- Volleyball: Forearm Pass (Bump) & Serve Targeting

Thumbs together, elbows straight, bend knees. Drill: Wall targets or partner bump. Level-up: underhand serve.

- Track/Agility: Ladder & Jump Rope Conditioning

Light on feet, quiet landings, rhythm. Drill: Ladder patterns, jump rope. Level-up: timed combo circuit.

4) Mini-Challenge: Team Relay Circuit (6 min)

Relay order: Dribble → Soccer pass → Volleyball bump → Agility run → high-five next teammate. Scoring: 1 point per clean completion. Integrity over speed.

5) Cool-Down & Exit Ticket (4 min)

Cool-down: Walk, stretch (quads, hamstrings, calves, triceps, shoulders). Exit Ticket: Students write or share one skill they improved, one key cue, and one way they kept each other safe.