

PEE WEE / MIGHTY MITE TIPS

Coaching Pee Wee teams is difficult because there is a fine line on how you should maintain order. Here are a few ideas that are suitable for PEE WEE squads that have been compiled by Pee Wee coaches around the US:

- 1. "Ready"** - If they are getting rowdy, have 1 word that signifies that they need to line up. For example, by saying the word "Ready", they will know that it's time to line up and stop fooling around.
- 2. "READY" back** - Similar to tip 1 but they will shout something back to you when they line up. For example, by saying "Hands on Hips", they will line up and say "Smiles on Lips!". It's fun for them and gets the job done.
- 3. Be firm** - If they won't listen, try talking in a firm voice. Let them know that you're the boss by just the tone in your voice.
- 4. Eye contact** - Always look them in the eye when talking to them rather than shouting it out. You can get the point across without having to yell.
- 5. Sit down** - Have them sit down out of the way for about 5 minutes.
- 6. Sit out** - Have them sit out of "game time" for 1 quarter of the game. Increase it to half a game if they keep getting out of control.
- 7. Run** - Have them run a lap around the room for just about 10-30 seconds. It will wear them down and get them focused.

TEACHING JUMPS

Pee Wees don't quite pay attention to technique when it comes to jumps. Here are a few tips to help:

- 1. Approach Swing** - Start with Hi-V's and have them do inward circles over and over again in a row. For fun you can tell them to walk in certain directions while they continue to do circles (forward, back, right, left, down, jump up, walk in circles).
- 2. Approach Game** - Play an obstacle course game where all kids run through it. Now place items for them to jump on OR over in the course. When they jump, they have to circle down and around to a Hi-V then jump on/over the item with both feet. This will teach them to practice their approach, lift with their Hi-V, and jump with both feet together. Have them go through it one at a time and see how they do. It's fun for them and easy to teach.
- 3. Learning the Jumps** - For the jumps have them sit on the ground and teach them each jump. After they have them learned, ask them to hit each jump while sitting. (For the spread eagle they can lay on their back.)
- 4. Jumping height exercise** - Here is a fun exercise that will work on their jumping height, but is fun. Line up different sizes of boxes (or mats) in a row. Have

them jump on the 1st box, then off. Then on the 2nd box, then off. Do this until all boxes are jumped on. This will help to improve their jumping height and they will have fun doing it.

5. The Jump - Start with just swinging and jumping first, then go to tuck jumps, spread eagles, and so forth. Make it simple and don't throw too much at them in 1 day.

6. Repetition - Repetition is good when learning, but doing the same jump too many times will bore them. Allow them to do a jump a couple of times, then move to the next OR play a jumping game.

7. Musical Chairs jumping game - Have them walk in a circle to music. When you stop the music, you will call out a jump. They will have to do it and the last person to do the correct jump will sit out. Do this until you have a winner.

8. Simon Says - Play simon says with jumps!

PEE WEE CHEERS & CHANTS

Pee Wees have small attention span and it is difficult to get their attention long enough to teach them cheers/chants. Here are a few tips to help:

1. Teach them the words first - Always teach them the words first. You say it to them, and have them repeat. Make sure they are loud and everyone is involved.

2. Simple Motions - Stay away from complicated motions. Hi-V's and Lo-V's are GREAT to work with.

3. Easy/fun words - Have kiddie words and rhymes. Make's it easier for them to remember.

4. Few Motions - Has a little motions as possible with clapping in the middle.

5. Make it fun - You can play games and/or competitions, OR have them make animal noises while they do the chant. Whatever makes it fun for them.

6. Teach only a couple - Teach maybe 1 or 2 a day,...maybe 3 (if at a camp). More than this will lose them.

7. Short and Easy - Make sure the chants are short and easy,...NO long story telling

8. Cheers 1st - If you are going to teach them a cheer that day, make sure you teach it first (to that of the chants and sidelines). Cheers are much longer and you will lose them easier, so do it first when you have their attention