

## GOtime

### GOtime (Game Play and Scrimmaging)

Play Ball! Come join OTA for our ALL games ALL the time after school program. GOtime's exclusive game-play format features a variety of sports (Basketball, Soccer, Flag Football, etc.) and will be structured as a REAL GAME from start to finish. Loosen up, warm-up, and choose up sides, then get ready to play! Coaches will organize each game to teach kids the rules of competition, team play, and sportsmanship. We have always believed athletes get better the more they play. Here is your chance! This organized scrimmage every week will give players the opportunity to test new skills and get more comfortable in game situations. Come be a part of our TEAM!

**Overview:** The GOtime program is designed to let kids compete the entire class. The sport being played in the program can be selected and required by the partnership, meaning a school has selected GOtime Soccer which would be a soccer game/scrimmage every week, or if the partnership has not made a specific sport request, the instructor may choose what sport is played each week. In the case of the instructor choosing the sport from week to week, please consider your space, participants skill level and interest, and the equipment in your possession.

**Skills to focus on:** THERE IS NO SKILL/DRILLS SEGMENT OF THIS PROGRAM

**Facilities:** Selecting your sports and games will be impacted heavily by the programming space you have been assigned. Be sure that what you want to play can work in the gym or field the class takes place in.

**TIPS:** Setting Up Fields Properly, Keeping Score, Making sure teams are fair, and following the rules of the sports and games are essential to a successful class.

*OPTIONS (if the partnership has not selected a specific SPORT):*

1. Soccer
2. Basketball
3. Flag Football
4. Wiffle Ball
5. Lacrosse
6. Floor Hockey
7. Kickball
8. Hand Ball
9. Dodgeball
10. Capture the Flag

**\*As an instructor, your function in a GOtime program is to REFEREE**

### Steps to Prepare for Gotime Class:

- Once you have established what sport you are doing, the class should have the following format:

#### **WARM-UP:** OTA Calisthenics

- Clap it Up!
- Stretch – Legs, Arms, Torso
- Cardio – Sprint or Lap

#### **RULES OF THE GAME:** Q&A

- Positions
- Rules
- Scoring
- Boundaries

#### **GAME PLAY:** Scrimmaging

- Select Teams
- Play

### FIRST 4 PDC PLAN

1. If selecting the sport has been left up to the instructor, do not repeat a sport back to back weeks during the **FIRST 4 WEEKS/CLASSES**.
2. Make sure your game play and scrimmages are controlled and adhering to the rules. This includes having the proper numbers for each team that the sport requires. If you have less than the required number, that is OK. More on each team than the required number is unacceptable.
3. Setting up fields and courts to reflect the sport you have chosen is essential to the success of the class.
4. **REMEMBER:** If something is NOT working, switch to a different game or sport!