

Bunnies Practice Plan Session #1

Classic

Time	Lead	Task	Location
10:30		Ski play, ski around the bunny bowl, under hoops, etc	Bunny bowl
10:40		Introduction: Hello, I'm Coach Marta and here is Coach Anita, and Coach Simone. Today we will do a greeting song, and then learn some new skills, and we get to practice being teapots and helicopters and wolfs while we learn our new skills! Does anyone like to have tea?	Bunny bowl
10:45		(to the tune of tickety tickety bumble bee) "Hoppity Hoppity Bunny B Can you say your name for me?" says everyone "Coach Marta" says Marta "Coach Marta, have a very nice ski" says everyone "Hoppity Hoppity Bunny B Can you say your name for me?" says everyone and Simone points to the next person and we go around the circle until everyone's names have been said. We will hop up and down like bunnies the whole time to stay warm (senior bunnies), or clap our knees (junior bunnies)	Bunny bowl
11:00		Now we will learn three new skills: downhill tuck, then falling and rising, then duck walk. Who knows Head and Shoulders? Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Eyes Ears Mouth and Wees (tuck position) Repeat Who knows I'm a little teapot. We use this one to practice falling I'm a little teapot short and stout Here is my handle and here is my spout When I get all steamed up here me shout Tip me over and pour me out (here we all go one on leg and fall over) Falling! Then we pretend we are helicopters: wir wir wir (roll onto back and get skis straightened out). Then we pretend we are wolves by grabbing our ski tips with our hands and rolling over onto our hands and knees. Now howl like a wolf. Then stand up and voila! Rising! Repeat Now we will learn duck walk. Does anyone know how a duck walks? They stand with their heels together and their toes apart. Everyone try that. Then they stick their feathers out a wiggle their butts. Now lift one foot up and back down. Now the other one. Now we use this to go uphill. If we don't want to slip back we need to dig our edges in. Put your legs together like you are holding the pee in. Good.	Bunny bowl
11:15		Ski around tracks and practice tuck going down hills, and duck walk uphill	Bunny bowl
11:30		Bunny song at end (Simone can you think of one or practice Rebecca's?)	Bunny bowl

Bunnies Practice Plan Session #2

Classic

Time	Lead	Task	Location
10:30		Ski play, ski around the bunny bowl, under hoops, etc	Bunny bowl
10:40		Introduction: Hello, I'm Coach Marta and here is Coach Anita, and Coach Simone. Today we will do a greeting song, and then learn some new skills, and we get to practice being teapots and helicopters and wolfs while we learn our new skills! Does anyone like to have tea?	Bunny bowl
10:45		(to the tune of tickety tickety bumble bee) "Hoppity Hoppity Bunny B Can you say your name for me?" says everyone "Coach Marta" says Marta "Coach Marta, have a very nice ski" says everyone "Hoppity Hoppity Bunny B Can you say your name for me?" says everyone and Simone points to the next person and we go around the circle until everyone's names have been said. We will hop up and down like bunnies the whole time to stay warm (senior bunnies), or clap our knees (junior bunnies)	Bunny bowl
11:00		Now we will learn three new skills: downhill tuck, then falling and rising, then duck walk. Who knows Head and Shoulders? Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Eyes Ears Mouth and Wees (tuck position) Repeat Who knows I'm a little teapot. We use this one to practice falling I'm a little teapot short and stout Here is my handle and here is my spout When I get all steamed up here me shout Tip me over and pour me out (here we all go one on leg and fall over) Falling! Then we pretend we are helicopters: wir wir wir (roll onto back and get skis straightened out). Then we pretend we are wolves by grabbing our ski tips with our hands and rolling over onto our hands and knees. Now howl like a wolf. Then stand up and voila! Rising! Repeat Now we will learn duck walk. Does anyone know how a duck walks? They stand with their heels together and their toes apart. Everyone try that. Then they stick their feathers out a wiggle their butts. Now lift one foot up and back down. Now the other one. Now we use this to go uphill. If we don't want to slip back we need to dig our edges in. Put your legs together like you are holding the pee in. Good.	Bunny bowl
11:15		Ski around tracks and practice tuck going down hills, and duck walk uphill	Bunny bowl
11:30		Bunny song at end (Simone can you think of one or practice Rebecca's?)	Bunny bowl

Bunnies Practice Plan Session #3

Time	Lead	Task	Location
prep		Set up bunny bowl, bunny hill, and bear hunt (around old day lodge island), spread out nametags	
10:30		Gives out nametags, and balls. Ski play, ski around the bunny bowl, under hoops, etc	Bunny bowl
10:35		Whistles "5 minute warning before greeting circle"	Bunny bowl
10:40		Introduction: Hello, I'm Coach Marta and here is Coach Anita, Coach Kris, and Coach Simone. Today we will learn how bunnies stay warm, we will review three skills, learn one new skill, and then we will split up into senior bunnies and junior bunnies. We will practice our bunny skills in two groups, switching stations halfway. Simone will start by teaching us how bunnies stay warm	Bunny bowl
10:45		How do bunny rabbits stay warm? <ol style="list-style-type: none"> 1. I wiggle my toes and I wiggle my nose 2. I clap my hands and I pat my knees 3. I lift my knees and I stomp my feet 4. I make myself big and then I make myself small 5. I laugh out loud and I hop up and down 	Bunny bowl
11:50		Thanks Simone. Now we will review three skills and learn one new skill: ready position, falling and rising, duck walk or uphill herringbone, and the new skill is pizza wedge or downhill snowplow. (ready position) Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Eyes Ears Mouth and Wees Repeat (Falling) Who knows I'm a little teapot. We use this one to practice falling I'm a little teapot short and stout Here is my handle and here is my spout When I get all steamed up hear me shout Tip me over and pour me out (here we all go one on leg and fall over) (Rising) Then we pretend we are helicopters: wir wir wir (roll onto back and get skis straightened out). Then we pretend we are wolves by grabbing our ski tips with our hands and rolling over onto our hands and knees. Now howl like a wolf. Then stand up and voila! Repeat (Duck walk). Does anyone know how a duck walks? They stand with their heels together and their toes apart. Then they stick their feathers. Now lift one foot up and back down. Now the other one. Now we use this to go uphill. If we don't want to slip back we need to dig our edges in. Put your legs together like you are	Bunny bowl

		<p>holding the pee in.</p> <p>The new skill is pizza wedge, or downhill snowplow. Put your ski tips together and tails apart. Then, what kind of toppings will we put on our pizza? Ham and pineapple? Ok good. Now bring your knees together until you are on your edge.</p>	
11:00		<p>Station A (Anita): Senior bunnies: going on a bear hunt. Ski around old day lodge island and back looking for creatures.</p> <p>Station B (Marta): Junior bunnies at the hill. Practice duck walk and pizza wedge.</p> <p>Switch at 11:15. Anita and Kris take the next group on a bear hunt. Marta stays at Bunny hill</p>	<p>Around old daylodge</p> <p>Bunny hill</p>
11:30		Bunny song at end	Bunny bowl

Bunnies Practice Plan Session #4

Time	Lead	Task	Location
prep		Set up bunny bowl, snake at top of "snake" hill, spread out nametags Set up bear hunt around Wylie's loop with stickers and snacks (or on the animal trail – with hoops at entrances – does someone have time to buy some more new ones? Or ask the front desk to open up the Tech building.	Bunny Bowl Wylie's loop
10:30		Gives out nametags, and balls. Ski play, ski around the bunny bowl, under hoops, etc.	Bunny bowl
10:35		Whistles "5 minute warning before greeting circle"	Bunny bowl
10:40		Introduction: Hello, I'm Coach Marta and here is Coach Anita, Coach Kris, and Coach Simone. Today we will learn how bunnies stay warm, we will review fours skills, learn one new skill, and then we will split up into senior bunnies and junior bunnies. We will all go on a big ski. Simone will start by teaching us how bunnies stay warm	Bunny bowl
10:45		How do bunny rabbits stay warm? (repeat each one three times, do all activities together) <ol style="list-style-type: none"> 1. I wiggle my toes and I wiggle my nose 2. I pat my hands and I pat my knees 3. I lift my knees and I stomp my feet 4. I make myself big and then I make myself small 5. I laugh out loud and I hop up and down 	Bunny bowl
11:50		Thanks Simone. Now we will review four skills and learn one new skill: ready position, falling and rising, duck walk or uphill herringbone, pizza wedge or downhill snowplow. And the new skill is side stepping (ready position) Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Eyes Ears Mouth and Wees Repeat (Falling) Who knows I'm a little teapot. We use this one to practice falling I'm a little teapot short and stout Here is my handle and here is my spout When I get all steamed up hear me shout Tip me over and pour me out (here we all go one on leg and fall over) (Rising) Then we pretend we are helicopters: wir wir wir (roll onto back and get skis straightened out). Then we pretend we are wolves by grabbing our ski tips with our hands and rolling over onto our hands and knees. Now howl like a wolf. Then stand up and voila! Repeat	Bunny bowl

		<p>(Duck walk). Does anyone know how a duck walks? They stand with their heels together and their toes apart. Then they stick their feathers. Now lift one foot up and back down. Now the other one. Now we use this to go uphill. If we don't want to slip back we need to dig our edges in. Put your legs together like you are holding the pee in.</p> <p>(pizza wedge, or downhill snowplow). Put your ski tips together and tails apart. Then, what kind of toppings will we put on our pizza? Ham and pineapple? Ok good. Now bring your knees together until you are on your edge.</p> <p>New skill: Side stepping. Put skis parallel to the slope. Lift one knee high, shift weight, lift other knee high and shift weight.</p>	
11:00		Long ski around Wylie's and possibly Animal trail. End in the terrain park	Wylie's loop
11:30		Bunny song at end or phased ending depending on length of bear hunt	Bunny bowl

Bunnies Practice Plan Session #5

Ski tournament

Bunnies Practice Plan Session # 6

Classic: focus on duck walk and pizza, then Jungle Trail!

Time	Lead	Task	Location
prep		<p>Set up hoops and cones bunny bowl, snake at top of "snake" hill, spread out nametags</p> <p>Set up bear hunt up the hill to entrance of Jungle Trail, then from bottom of Jungle Trail to left around Half Sovereign for Senior bunnies, and to right back to stadium for Junior bunnies</p>	<p>Bunny Bowl</p> <p>Jungle trail</p> <p>Half</p> <p>Sovereign</p>
10:30		<p>Gives out nametags, and balls.</p> <p>Ski play, ski around the bunny bowl, under hoops, etc.</p>	Bunny bowl
10:35		Whistles "5 minute warning before greeting circle"	Bunny bowl
10:40		<p>Introduction: Hello, I'm Coach Marta and here is Coach Anita, Coach Kris, and Coach Simone. Today we will learn how bunnies stay warm, we will review five skills, and then we will split up into senior bunnies and junior bunnies. We will all go on a big ski. Simone will start by teaching us how bunnies stay warm</p>	Bunny bowl
10:45		How do bunny rabbits stay warm? (repeat each one three times, do all	Bunny bowl

		<p>activities together)</p> <ol style="list-style-type: none"> 1. I wiggle my toes and I wiggle my nose 2. I make myself big and then I make myself small 3. I pat my hands and I pat my knees 4. I lift my knees and I stomp my feet 5. I laugh out loud and I hop up and down 	
11:50		<p>Thanks Simone. Now we will review four skills: ready position, falling and rising, duck walk or uphill herringbone, pizza wedge or downhill snowplow.</p> <p>(ready position) Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Head and Shoulders Knees and Skis Knees and Skis Knees and Skis Eyes Ears Mouth and Wees Repeat</p> <p>(Falling) Who knows I'm a little teapot. We use this one to practice falling I'm a little teapot short and stout Here is my handle and here is my spout When I get all steamed up hear me shout Tip me over and pour me out (here we all go one on leg and fall over)</p> <p>(Rising) Then we pretend we are helicopters: wir wir wir (roll onto back and get skis straightened out). Then we pretend we are wolves by grabbing our ski tips with our hands and rolling over onto our hands and knees. Now howl like a wolf. Then stand up and voila! Repeat</p> <p>(Duck walk). Does anyone know how a duck walks? They stand with their heels together and their toes apart. Then they stick their feathers. Now lift one foot up and back down. Now the other one. Now we use this to go uphill. If we don't want to slip back we need to dig our edges in. Put your legs together like you are holding the pee in. We use this to go uphill.</p> <p>(pizza wedge, or downhill snowplow). Put your ski tips together and tails apart. Then, what kind of toppings will we put on our pizza? Ham and pineapple? Ok good. Now bring your knees together until you are on your edge.</p>	Bunny bowl
10:55		Long ski on the Jungle Trail and Half Sovereign	Jungle Trail and Half Sovereign
11:30		Bunny song at end or phased ending depending on length of bear hunt	Bunny bowl