

Kroenke Sports Charities

YOUTH SPORTS WEEK

Presented by: **CARDEL**
HOMES



Start

Nuggets
Dancer-led
warm up

Healthy YA
Hydration
Activity

Nuggets
Drills
Video

Nuggets
Dance
Tutorial

Upload
photos/videos
to dropbox

Avs Ice
Patrolled
warm up

Cross off the box when you
complete the activity!



Soccer
Drills

Warm Up with
RapidMan

Lunch time
zoom with
activities

Upload
photos/videos
to dropbox

Healthy YA
Sun Safety
Activity

Dance with
Bernie

Avs
Drill
Video

Healthy YA
Hygiene
Activity

Lacrosse
Drills

Upload
photos/videos
to dropbox

Stretch and
Drink Water

Healthy YA
Nutrition
Activity

Drive
By
Celebration

Upload
photos/video
to dropbox

Finish



Special Olympics
Young Athletes

Comfort dental



Equipment Alternatives:

Basketball Hoop:

Trash Can/Laundry Basket
 Can attach baking sheet
 or other hard, flat item
 to rim as backboard

Cones:

Rolled up socks
 Stuffed animals

Alternative to lateral bands:

Tied leggings
 Robe ties

Hockey Stick:

Broom
 Long stick or bat
 of any kind
 Plunger (CLEAN)

Lacrosse Ball / Hockey Puck:

Tennis ball
 Rolled up socks
 Any sort of small ball
 will do

Lacrosse Stick:

Fishing/Butterfly Net
 Dog food scoop or trowel
 taped to broomstick
 handle (any scoop or ladle
 attached to a broomstick
 handle)
 ChuckIt (ball
 thrower/launcher dog
 toy)
 Small shovel or rake