



# DETERMINATION

## WEEK 2: CHARACTER DRILL ON DETERMINATION

### AGE-SPECIFIC CHARACTER DRILL FOR AGES 3 - 5

#### DRILL: KICK PAD

"When you are practicing your skills, it is important that you do not give up if it is too hard. Today we are going to practice determination by kicking ten targets in the air!"

#### Steps:

1. Divide the students into several lines with no more than three to a line. For each line you will need an instructor and several small square kicking pads.
2. Explain that when you have determination, you don't give up and you set high goals. Kicking ten targets that are thrown in the air is hard to do and requires determination to reach the goal.
3. Have the first student from each line stand up in a guarding stance. The instructor from each line will take two steps away from the student and toss the pads (one at a time) towards the student. The student will try and kick the target. If he (she) kicks the target, then it counts. If he (she) misses the target, then it doesn't count.
4. If the student is struggling to kick the targets in the air, encourage him (her). You can get a little closer if you have to, but you do not want to let the student give up.
5. Continue until every student has a turn to kick the pads ten times.
6. At the end of the drill, tell the students that you are very proud of them for showing determination.