Session Plan 10: Maximize Participation, Touches & Smiles

FOLLOW THE LEADER >>>VIDEO LINK CLICK HERE<<<	 <u>Time</u>: 5mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: Balls <u>Explanation</u>: Have the kids follow their parents (or another player) If they get within 3-4 steps of the leader when you say freeze, they get a point If playing kid following kid, switch roles periodically <u>Constraints to Modify or Challenge</u>: Encourage them to keep their eyes up to see the ball and their leader
DRAGON TAILS >>>VIDEO LINK CLICK HERE<<<	 <u>Time</u>: 5mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: Pinny <u>Explanation</u>: Ensure the groups are not too close together. Players work together to keep the catcher from grabbing the "Dragon Tail". <u>Constraints to Modify or Challenge</u>: Have a co-coach or parent supervise each group Kids can hold hands or link arms Play for 1 min then change the tail and chaser
WATER BREAK	2 mins
MOSQUITO >>VIDEO LINK CLICK HERE<<<	<u>Time</u> : 10mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Cones, Balls
	 Explanation: At first, the coach should be the Mosquito. Can the kids hit the coach Have the kids take turns as the Mosquito Constraints to Modify or Challenge: Have the parents be the Mosquitos Have the kids be the Mosquitos (If raining, have the kids be the Mosquitos often & parents as





<u>Constraints to Modify or Challenge</u>:

- Have kids throw the ball in the air and catch
- Have them clap and catch, clap twice & catch, throw and turn 180, throw & turn 360

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STEAL THE GOLD >>>VIDEO LINK CLICK HERE<<	Time: 10minsSize: 20 x 20 yardsOrganization / Equipment:Cones, BallsExplanation: • Split kids into 2-4 pirate ships (cone circles) • Visual & Verbal Demonstration • Kids can only take one piece of gold at a timeConstraints to Modify or Challenge:
WATER BREAK	2 mins
<section-header></section-header>	 <u>Time</u>: 5mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: Balls <u>Explanation</u>: At first just have the kids shield without touching the ball against their parents "bum to mum" <u>Constraints to Modify or Challenge</u>: Progress into the child being able to move the ball slightly - "Shield the ball" Parents might steal the ball & the kid must get it back and then shield
3V3 OR 4V4 GAMES	<u>Time</u> : Remaining Time <u>Size</u> : 20 x 20 yards <u>Organization /</u> <u>Equipment</u> : Cones, Balls, Goals
	 Explanation: Two 3V3 or 4v4 Games NO Goalkeepers Coaches have a responsibility to ensure the games and teams are balanced Ensure playing time is even End activity with a team cheer Ensure every child finds their way safety to their parents