

Session Plan 10: Maximize Participation, Touches \& Smiles

| STEAL THE GOLD <br> >>>VIDEO LINK CLICK HERE<<< | Time: 10 mins Size: $\mathbf{2 0 \times 2 0}$ yards Organization/Equipment: Cones, Balls |
| :---: | :---: |
|  | Explanation: <br> - Split kids into 2-4 pirate ships (cone circles) <br> - Visual \& Verbal Demonstration <br> - Kids can only take one piece of gold at a time <br> Constraints to Modify or Challenge: <br> - One of the coaches can be a giant octopus that steals gold <br> - Kids can hop to the pirate ship \& dribble back <br> - Have them perform pull back turns or use the baby-toe to turn with the ball |
| WATER BREAK | 2 mins |
| BUM TO MUM <br> >>>VIDEO LINK CLICK HERE<<< | Time: 5mins Size: $20 \times 20$ yards Organization / Equipment: Balls |
|  | - At first just have the kids shield without touching the ball against their parents "bum to mum" <br> Constraints to Modify or Challenge: <br> - Progress into the child being able to move the ball slightly "Shield the ball" <br> - Parents might steal the ball \& the kid must get it back and then shield |
| 3V3 OR 4V4 GAMES | Time: Remaining Time Size: $20 \times 20$ yards Organization / Equipment: Cones, Balls, Goals |
|  | Explanation: <br> - Two 3V3 or 4v4 Games <br> - NO Goalkeepers <br> - Coaches have a responsibility to ensure the games and teams are balanced <br> - Ensure playing time is even <br> - End activity with a team cheer <br> - Ensure every child finds their way safety to their parents |

