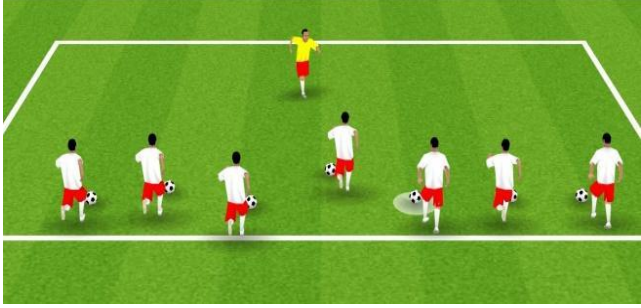




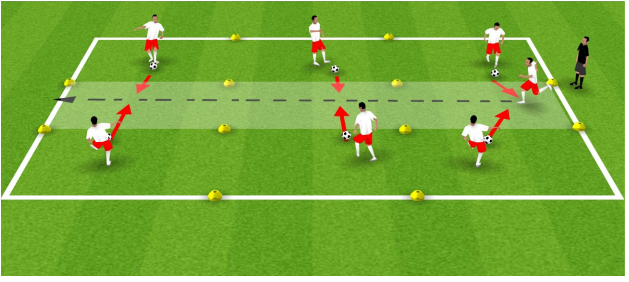




Session Plan 11: Maximize Participation, Touches & Smiles

<p>BRITISH BULLDOG >>>VIDEO LINK CLICK HERE<<<</p>	<p><u>Time:</u> 10mins <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Balls</p> <p><u>Explanation:</u></p> <ul style="list-style-type: none"> ● All kids have a ball on the line ● Kids have to dribble past the Bulldog (coach) to the far line to be safe ● Allow all the kids to find success the first few times ● If the Bulldog kicks their ball they then become a Bulldog with the coach <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none"> ● Alternate the Bulldog (parents or players)
	<p>BUILDERS & DESTROYERS >>>VIDEO LINK CLICK HERE<<<</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="100 966 399 1162">  <p>BUILDERS DO THIS</p> </div> <div data-bbox="399 966 735 1162">  <p>DESTROYERS DO THIS</p> </div> </div> <p><u>Time:</u> 6mins <u>Size:</u> 10 x 10 yards <u>Organization / Equipment:</u> Cones, Balls</p> <p><u>Explanation:</u> Split the kids evenly between Builders & Destroyers Play for 1 min. Count score. Restart.</p> <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none"> ● Have them dribble their ball to turn the cones over ● Can they then jump over a cone and then turn it over
<p>WATER BREAK 2 mins</p>	
<p>DROP - KICK - CATCH >>>VIDEO LINK CLICK HERE<<<</p>	<p><u>Time:</u> 6mins <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Balls</p> <p><u>Explanation:</u> Have kids drop-kick-catch the ball</p> <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none"> ● 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
<div style="display: flex; justify-content: space-around;">   </div>	<p>MOSQUITO >>>VIDEO LINK CLICK HERE<<<</p>  <p><u>Time:</u> 10mins <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Cones, Balls</p> <p><u>Explanation:</u></p> <ul style="list-style-type: none"> ● At first, the coach should be the Mosquito. Can the kids hit the coach ● Have the kids take turns as the Mosquito <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none"> ● Have the parents be the Mosquitos ● Have the kids be the Mosquitos ● (If raining, have the kids be the Mosquitos often & parents as Swatters)

Session Plan 11: Maximize Participation, Touches & Smiles

<p>STEAL THE GOLD >>>VIDEO LINK CLICK HERE<<<</p> 	<p><u>Time:</u> 10mins <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Cones, Balls</p> <p><u>Explanation:</u></p> <ul style="list-style-type: none">● Split kids into 2-4 pirate ships (cone circles)● Visual & Verbal Demonstration● Kids can only take one piece of gold at a time <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none">● One of the coaches can be a giant octopus that steals gold● Kids can hop to the pirate ship & dribble back● Have them perform pull back turns or use the baby-toe to turn with the ball
<p>WATER BREAK</p>	<p>2 mins</p>
<p>BUM TO MUM >>>VIDEO LINK CLICK HERE<<<</p> 	<p><u>Time:</u> 5mins <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Balls</p> <p><u>Explanation:</u></p> <ul style="list-style-type: none">● At first just have the kids shield without touching the ball against their parents “bum to mum” <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none">● 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
<p>3V3 OR 4V4 GAMES</p>	<p><u>Time:</u> Remaining Time <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Cones, Balls, Goals</p> <p><u>Explanation:</u></p> <ul style="list-style-type: none">● 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 safely to their parents