Session Plan 12: Maximize Participation, Touches & Smiles

FOLLOW THE LEADER	Time: 5mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>>VIDEO LINK CLICK HERE<<<	 Explanation: 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 <u>Time</u>: 10mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>:
STEAL THE GOLD >>VIDEO LINK CLICK HERE<<<	Cones, Balls
	 Explanation: Split kids into 2-4 pirate ships (cone circles) Visual & Verbal Demonstration Kids can only take one piece of gold at a time
	 <u>Constraints to Modify or Challenge</u>: 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
WATER BREAK	2 mins
DROP - KICK - CATCH	<u>Time</u> : 6mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>>VIDEO LINK CLICK HERE<<<	 <u>Explanation</u>: Have kids drop-kick-catch the ball <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
DRAGON TAILS	<u>Time</u> : 5mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Pinny
>>>VIDEO LINK CLICK HERE<<<	 <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
BRITISH BULLDOG	<u>Time</u> : 10mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>>VIDEO LINK CLICK HERE<<<	Explanation:
	 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

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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"
3V3 OR 4V4 GAMES	 Parents might steal the ball & the kid must get it back and then shield <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