## Session Plan 14: Maximize Participation, Touches & Smiles

BRITISH BULLDOG	<u>Time</u> : 10mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>>VIDEO LINK CLICK HERE<<<	<ul> <li>Explanation: <ul> <li>All kids have a ball on the line</li> <li>Kids have to dribble past the Bulldog (coach) to the far line to be safe</li> <li>Allow all the kids to find success the first few times</li> <li>If the Bulldog kicks their ball they then become a Bulldog with the coach</li> </ul> </li> <li>Constraints to Modify or Challenge: <ul> <li>Alternate the Bulldog (parents or players)</li> </ul> </li> </ul>
MOSQUITO >>>VIDEO LINK CLICK HERE<<<	<u>Time</u> : 10mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Cones, Balls
	<ul> <li>Explanation: <ul> <li>At first, the coach should be the Mosquito. Can the kids hit the coach</li> <li>Have the kids take turns as the Mosquito</li> </ul> </li> <li>Constraints to Modify or Challenge: <ul> <li>Have the parents be the Mosquitos</li> <li>Have the kids be the Mosquitos</li> <li>(If raining, have the kids be the Mosquitos often &amp; parents as Swatters)</li> </ul> </li> </ul>
WATER BREAK	2 mins
	<u>Time</u> : 6mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
DROP - KICK - CATCH >>>VIDEO LINK CLICK HERE<<<	Explanation: Have kids drop-kick-catch the ball <u>Constraints to Modify or Challenge</u> : • Have kids throw the ball in the air and catch
- Le -	<ul> <li>Have them clap and catch, clap twice &amp; catch, throw and turn 180, throw &amp; turn 360</li> </ul>



- Have the players try to pass on the equator with the side foot below their ankle

## **Constraints to Modify or Challenge:**

- have the players pass through gates (two cones)
- have them hit a parent bird on the fence (moving target)

WATER BREAK	2 mins
	<u>Time</u> : 5mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>>VIDEO LINK CLICK HERE<<<	<ul> <li>Explanation:</li> <li>At first just have the kids shield without touching the ball against their parents "bum to mum"</li> <li>Constraints to Modify or Challenge:</li> <li>Progress into the child being able to move the ball slightly - "Shield the ball"</li> <li>Parents might steal the ball &amp; the kid must get it back and then shield</li> </ul>
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
	<ul> <li>Explanation:</li> <li>Two 3V3 or 4v4 Games</li> <li>NO Goalkeepers</li> <li>Coaches have a responsibility to ensure the games and teams are balanced</li> <li>Ensure playing time is even</li> <li>End activity with a team cheer</li> <li>Ensure every child finds their way safely to their parents</li> </ul>