| BRITISH BULLDOG <br> >>>VIDEO LINK CLICK HERE<<< | Time: 10mins Size: $20 \times 20$ yards Organization/Equipment: Balls |
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|  | Explanation: <br> - All kids have a ball on the line <br> - Kids have to dribble past the Bulldog (coach) to the far line to be safe <br> - Allow all the kids to find success the first few times <br> - If the Bulldog kicks their ball they then become a Bulldog with the coach <br> Constraints to Modify or Challenge: <br> - Alternate the Bulldog (parents or players) |
| MOSQUITO <br> >VIDEO LINK CLICK HERE<<< | Time: 10mins Size: $\mathbf{2 0 \times 2 0}$ yards Organization / Equipment: Cones, Balls <br> Explanation: <br> - At first, the coach should be the Mosquito. Can the kids hit the coach <br> - Have the kids take turns as the Mosquito <br> Constraints to Modify or Challenge: <br> - Have the parents be the Mosquitos <br> - Have the kids be the Mosquitos <br> - (If raining, have the kids be the Mosquitos often \& parents as Swatters) |
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| WATER BREAK | 2 mins |
| DROP - KICK - CATCH <br> >>>VIDEO LINK CLICK HERE<<< | Time: 6 mins Size: $20 \times 20$ yards Organization / Equipment: Balls <br> Explanation: Have kids drop-kick-catch the ball <br> Constraints to Modify or Challenge: <br> - Have kids throw the ball in the air and catch <br> - Have them clap and catch, clap twice \& catch, throw and turn 180, throw \& turn 360 |
|  |  |
| CLEAN UP THE YARD <br> >>>VIDEO LINK CLICK HERE<<< | Time: 10mins Size: $\mathbf{2 0 \times 2 0}$ yards Organization/Equipment: Balls Explanation: |
|  | Explanation: <br> - Both teams try to pass the ball over their fence to clean up their yard <br> - Have the players try to pass on the equator with the side foot below their ankle <br> Constraints to Modify or Challenge: <br> - have the players pass through gates (two cones) <br> - have them hit a parent bird on the fence (moving target) |
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| 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 safely to their parents |

