Session Plan 15: 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<<<	 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 Constraints to Modify or Challenge: Alternate the Bulldog (parents or players)
CLEAN UP THE YARD	Time: 10mins Size: 20 x 20 yards Organization / Equipment: Balls
>>>VIDEO LINK CLICK HERE<<<	 Explanation: Both teams try to pass the ball over their fence to clean up their yard 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
DROP - KICK - CATCH	Time: 6mins Size: 20 x 20 yards Organization / Equipment: Balls
<section-header></section-header>	 <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
PIT STOP >>VIDEO LINK CLICK HERE<<<	<u>Time</u> : 12mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls, Cones
Open Garage	 <u>Explanation</u>: Have four parents be the garage doors that open & close The kids must dribble into an open garage



- A garage is closed when a parent blocks a pit (2 cones)
- Have the kids look for the open garages to make their "Pit Stop"

Constraints to Modify or Challenge:

• Can they use different parts of the foot to exit the garage for example the heel, sole, baby-toe, big-toe

WATER BREAK	2 mins
BUM TO MUM	<u>Time</u> : 5mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>>VIDEO LINK CLICK HERE<<	 Explanation: At first just have the kids shield without touching the ball against their parents "bum to mum" Constraints to Modify or Challenge: 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
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
	 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 safely to their parents