
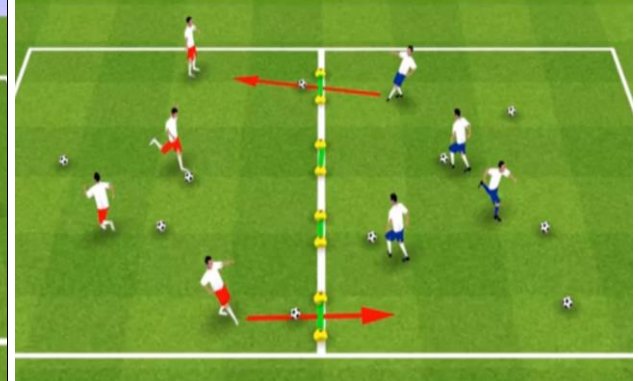
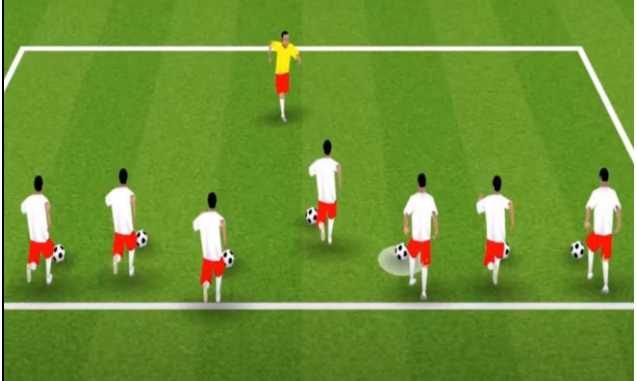

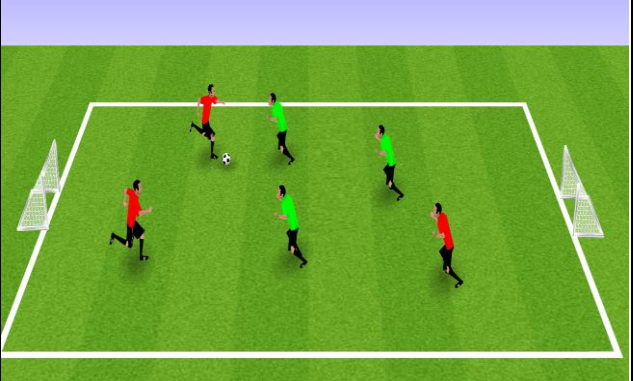


PLAN 17: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

SAFETY GOALS - Screen & Assess Health - Administer Hand Sanitizer - Minimize Contact	TECHNICAL GOALS -Close Dribbling with Split Vision -Big & Baby Toe Turns -Passing on the Equator	TACTICAL GOALS - Creativity - Penetration - Support & Mobility	PHYSICAL GOALS -Agility, Balance, Coordination (ABCs) -Speed, Suppleness & Stamina	MENTAL GOALS -Awareness & Perception -Cooperation With Others -Growth-Mindset & Inquisitive
FOLLOW THE LEADER (10min)	CLEAN UP THE YARD (10min)	BRITISH BULLDOG (10min)	BUM TO MUM (10min)	3v3 GAME (15min)
->VIDEO LINK<-	->VIDEO LINK<-	->VIDEO LINK<-	-> VIDEO LINK <-	
				
<p>- In a 30 x 30 yard area -Parent & child (family bubble), or two players take turns leading -Switch the roles periodically -Make a competitive game by counting down from 10 to 0, if the follower is within two yards of the leader, they win a point</p> <p>Encourage:</p> <ul style="list-style-type: none"> - Head up dribbling (split vision on ball & space) -Every step there is a touch of the ball 	<p>-In a 30 x 30 yard area -Players try to clean up their yards by passing the ball over the middle line / fence -The players should take two touches, receive and pass</p> <p>Encourage:</p> <ul style="list-style-type: none"> - Passing with the side of the foot - Passing the ball into space <p>Progression:</p> <ul style="list-style-type: none"> - Have the player do a technical action before passing (ie toe taps on the north pole of the ball, penguin passes on the inside of the foot between their feet, etc) 	<p>-In a 30 x 20yard area -Players run from one side to the other avoiding the coach / bulldog -If the coach/bulldog kicks the ball out on the sides the player joins the coach as a bulldog -Allow the players to find success the first few rounds</p> <p>Encourage:</p> <ul style="list-style-type: none"> - Head up dribbling (split vision on ball & space) -Every step there is a touch of the ball 	<p>- In a 10 x 10 yard area -Parent & child (family bubble), or two players take turns shielding the ball from one another - At first, start with a stationary ball that can't move -Then allow the player in possession to shield & dribble, shield & dribble</p> <p>Encourage:</p> <ul style="list-style-type: none"> - Head up seeing the ball and the player -The arm and leg are extended like a shield -When dribbling, every step there is a touch of the ball (close dribbling) 	<p>-In a 15 x 20 yard area -Play a 3v3 game -No thrown-ins -Ensure the teams are balanced -Take water breaks as needed</p>