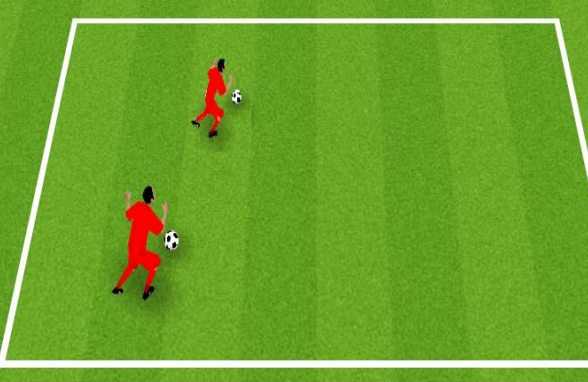
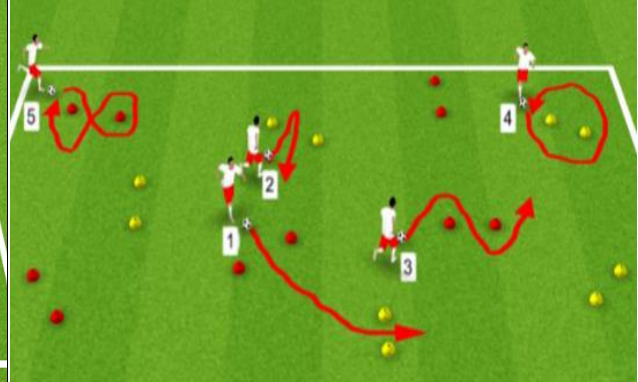
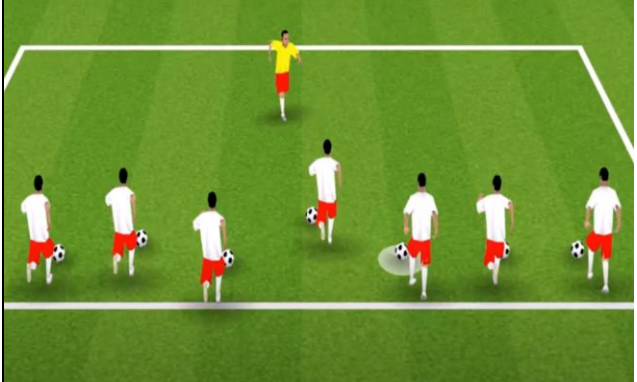

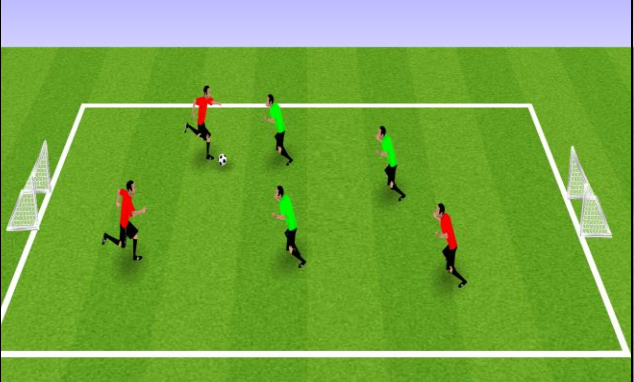


PLAN 18: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

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
TAG (10min) ->VIDEO LINK<-	GATE DRIBBLING (10min) ->VIDEO LINK<-	BRITISH BULLDOG (10min) ->VIDEO LINK<-	FOLLOW THE LEADER (10min) ->VIDEO LINK<-	3v3 GAME (15min)
				
<p>-In a 10 x 10 yard area</p> <p>-Parent & child (family bubble), or two-four players play tag</p> <p>-A tag can only be made if the player has the ball at their feet & either</p> <ul style="list-style-type: none"> • Tags them with their hand • Passes the ball to hit the opponent or their ball <p>-Switch roles upon the tag</p> <p>Encourage:</p> <ul style="list-style-type: none"> • Head up dribbling (split vision on ball & space) • Every step there is a touch • Stay within the boundary 	<p>- In a 20 x 20 yard area with numerous 2 yard gates</p> <p>- Players dribble through the gates and execute certain turns</p> <p>-Ensure there are more gates that people</p> <p>Progressions:</p> <p>-Have them execute a particular turn:</p> <ul style="list-style-type: none"> • Big or baby toe turn • Pull back turn • Challenge them with time - How many gates can they go through in 30 seconds? 	<p>-In a 30 x 20yard area</p> <p>-Players run from one side to the other avoiding the coach / bulldog</p> <p>-If the coach/bulldog kicks the ball out on the sides the player joins the coach as a bulldog</p> <p>-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 30 v 30 yard area</p> <p>-Parent & child (family bubble), or two players take turns leading</p> <p>-Switch the roles periodically</p> <p>-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 15 x 20 yard area</p> <p>-Play a 3v3 game</p> <p>-No thrown-ins</p> <p>-Ensure the teams are balanced</p> <p>-Take water breaks as needed</p>