
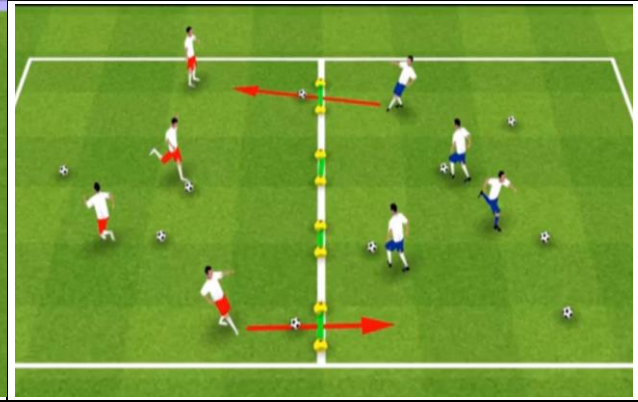

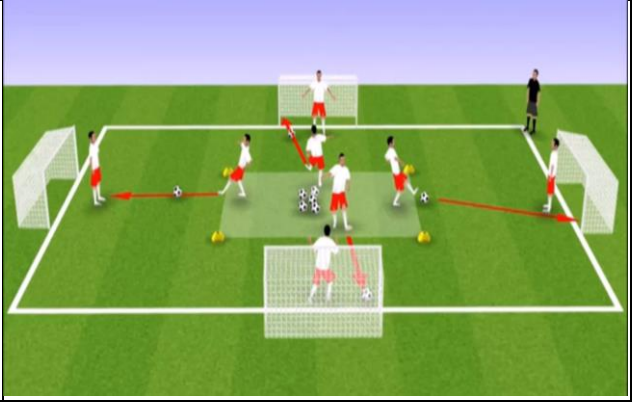
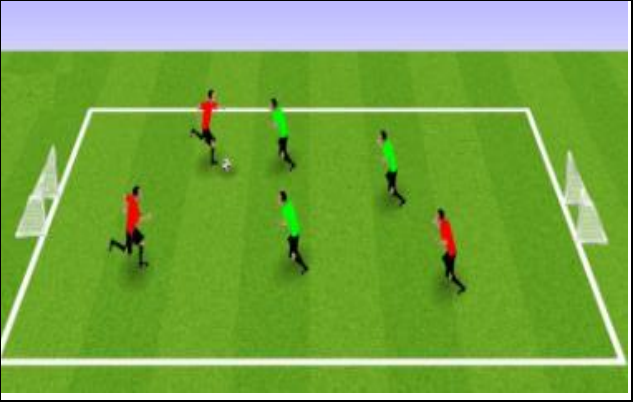


PLAN 19: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

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
BUM TO MUM (10min)	CLEAN UP THE YARD (10min)	STEAL THE GOLD (10min)	SHOOTERS & KEEPERS (10min)	3v3 GAME (15min)
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<p>- In a 10 x 10 yard area</p> <p>-Parent & child (family bubble), or two players take turns shielding the ball from one another</p> <p>- At first, start with a stationary ball that can't move</p> <p>-Then allow the player in possession to shield & dribble, shield & dribble</p> <p>Encourage:</p> <p>- Head up seeing the ball and the player</p> <p>-The arm and leg are extended like a shield</p> <p>-When dribbling, every step there is a touch of the ball (close dribbling)</p>	<p>-In a 30 x 30 yard area</p> <p>-Players try to clean up their yards by passing the ball over the middle line / fence</p> <p>-The players should take two touches, receive and pass</p> <p>Encourage:</p> <p>- Passing with the side of the foot</p> <p>- Passing the ball into space</p> <p>Progression:</p> <p>- 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>	<p>- In a 30 x 30 yard area</p> <p>-3 or 4 groups of players try to steal the gold from rival pirates</p> <p>-Players can't tackle each other</p> <p>Encourage:</p> <p>-Split vision – see the ball & the space in front</p> <p>- Close dribbling “every step there’s a touch”</p> <p>Progression:</p> <p>-Have the coaches be sea monsters in the middle of the area as passive pressure</p> <p>- Have them do a particular technical action to acquire the ball (ie pull back, etc)</p>	<p>-In a 30 x 30 yard area</p> <p>-Parent & child (family bubble), or all players take turns shooting and being a goalkeeper</p> <p>-Goalkeepers can only use their feet (NO HANDS)</p> <p>- Once the shooter shots on one goal, they then go to a different goal</p> <p>Encourage:</p> <p>-As many goals as possible in 2minutes</p> <p>-Shoot for the corners or where the GK isn't</p>	<p>-In a 15 x 10 yard area</p> <p>-Play a 3v3 game</p> <p>-No thrown-ins / use of hands</p> <p>-Take water breaks as needed</p>