
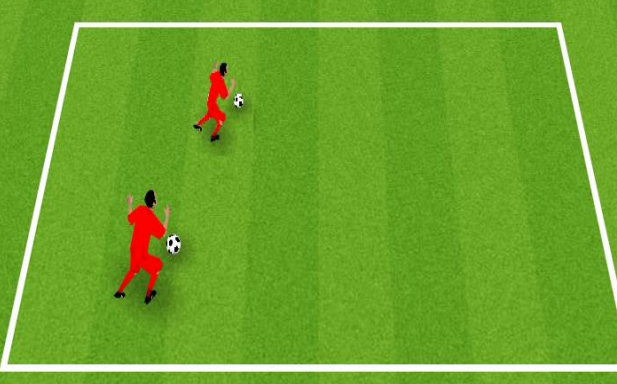
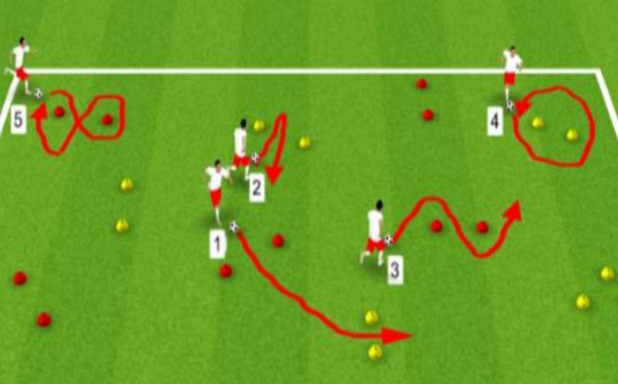
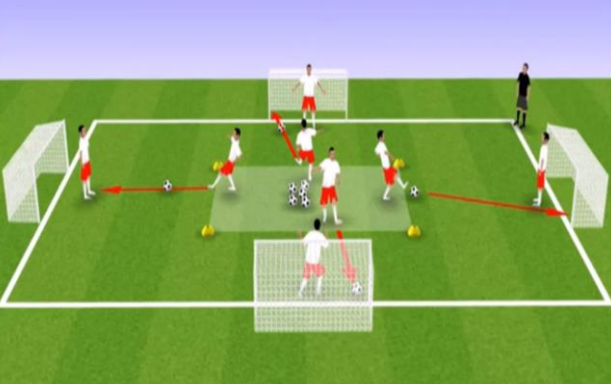



# PLAN 20: MAXIMIZE SAFETY, PARTICIPATION, DECISIONS, TOUCHES & ENJOYMENT

<b>SAFETY GOALS</b> - Screen & Assess Health - Administer Hand Sanitizer - Minimize Contact	<b>TECHNICAL GOALS</b> -Close Dribbling with Split Vision -Big & Baby Toe Turns -Passing on the Equator	<b>TACTICAL GOALS</b> - Creativity - Penetration - Support & Mobility	<b>PHYSICAL GOALS</b> -Agility, Balance, Coordination (ABCs) -Speed, Suppleness & Stamina	<b>MENTAL GOALS</b> -Awareness & Perception -Cooperation With Others -Growth-Mindset & Inquisitive
<b>BUM TO MUM (10min)</b>	<b>TAG (10min)</b>	<b>GATE DRIBBLING (10min)</b>	<b>SHOOTERS &amp; KEEPERS (10min)</b>	<b>3v3 GAMES (15min)</b>
<a href="#">-&gt; VIDEO LINK &lt;-</a>	<a href="#">-&gt;VIDEO LINK&lt;-</a>	<a href="#">-&gt;VIDEO LINK&lt;-</a>	<a href="#">-&gt; VIDEO LINK &lt;-</a>	
				
<p>- In a 10 x 10 yard area                      -Parent &amp; 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 &amp; dribble, shield &amp; dribble</p> <p><b>Encourage:</b>                      - 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>	<p>-In a 10 x 10 yard area                      -Parent &amp; child (family bubble), or two-four players play tag                      -A tag can only be made if the player has the ball at their feet &amp; either</p> <ul style="list-style-type: none"> <li>• Tags them with their hand</li> <li>• Passes the ball to hit the opponent or their ball</li> </ul> <p>-Switch roles upon the tag</p> <p><b>Encourage:</b></p> <ul style="list-style-type: none"> <li>• Head up dribbling (split vision on ball &amp; space)</li> <li>• Every step there is a touch</li> <li>• Stay within the boundary</li> </ul>	<p>- In a 20 x 20 yard area with numerous 2 yard gates                      - Players dribble through the gates and execute certain turns                      -Ensure there are more gates that people</p> <p><b>Progressions:</b></p> <p>-Have them execute a particular turn:</p> <ul style="list-style-type: none"> <li>• Big or baby toe turn</li> <li>• Pull back turn</li> <li>• Challenge them with time - How many gates can they go through in 30 seconds?</li> </ul>	<p>-In a 30 x 30 yard area                      -Parent &amp; child (family bubble), or all players take turns shooting and being a goalkeeper                      -Goalkeepers can only use their feet (NO HANDS)                      - Once the shooter shots on one goal, they then go to a different goal</p> <p><b>Encourage:</b></p> <ul style="list-style-type: none"> <li>-As many goals as possible in 2minutes</li> <li>-Shoot for the corners or where the GK isn't</li> </ul>	<p>-In a 15 x 10 yard area                      -Play a 3v3 game                      -No thrown-ins                      -Take water breaks as needed</p>