## Session Plan 2: Maximize Participation, Touches & Smiles

PIRATE ATTACK	Time: 10mins Size: 20 x 20 yards Organization / Equipment:
>>>VIDEO LINK CLICK HERE<<<	Cones, Balls, , Goals
	<ul> <li><u>Explanation</u>: You're the Rogue Pirate &amp; the mini-pirates try to pass their ball to hit you below the knee</li> <li><u>Constraints to Modify or Challenge</u>:         <ul> <li>Rotate the kids into the pirate roles</li> <li>Have the parents be the hittable pirates</li> </ul> </li> </ul>
PICTURE PERFECT	Time: 5mins Size: 20 x 20 yards Organization / Equipment: Balls
>>>VIDEO LINK CLICK HERE<<<	<ul> <li>Explanation:</li> <li>Players are to draw a picture with their crayon (ball) on the paper or canvas (dribbling square)</li> <li>Have them draw their favourite animal, person or food</li> <li>Ask them what they drew</li> </ul>
DROP - KICK - CATCH	Time: 6mins Size: 20 x 20 yards Organization / Equipment: Balls
>>>VIDEO LINK CLICK HERE<<	Explanation: Have kids drop-kick-catch the ball Constraints to Modify or Challenge:
	<ul> <li>Have kids throw the ball in the air and catch</li> <li>Have them clap and catch, clap twice &amp; catch, throw and turn 180, throw &amp; turn 360</li> </ul>
WATER BREAK	2 mins
BUILDERS & DESTROYERS <a>&gt;&gt;&gt;VIDEO LINK CLICK HERE&lt;&lt;&lt;&lt;</a>	<u>Time</u> : 6mins <u>Size</u> : 10 x 10 yards <u>Organization / Equipment</u> : Cones, Balls
BUILDERS DO THIS DESTROYERS DO THIS	<b>Explanation</b> : Split the kids evenly between Builders & Destroyers Play for 1 min. Count score. Restart.
	Constraints to Modify or Challenge:
	<ul> <li>Have them dribble their ball to turn the cones over</li> </ul>
	<ul> <li>Can they then jump over a cone and then turn it over</li> </ul>
STEAL THE GOLD	Time: 10mins Size: 20 x 20 yards Organization / Equipment:
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#### >>>VIDEO LINK CLICK HERE<<<



#### Cones, Balls

#### **Explanation**:

- Split kids into 2-4 pirate ships (cone circles)
- Visual & Verbal Demonstration
- Kids can only take one piece of gold at a time

### **Constraints to Modify or Challenge:**

- One of the coaches can be a giant octopus that steals gold
- Kids can hop to the pirate ship & dribble back
- Have them perform pull back turns or use the baby-toe to turn with the ball

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<section-header></section-header>	<ul> <li><u>Time</u>: 5mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: Balls</li> <li><u>Explanation</u>:         <ul> <li>At first just have the kids shield without touching the ball against their parents "bum to mum"</li> </ul> </li> <li><u>Constraints to Modify or Challenge</u>:         <ul> <li>Progress into the child being able to move the ball slightly - "Shield the ball"</li> <li>Parents might steal the ball &amp; the kid must get it back and then shield</li> </ul> </li> </ul>
WATER BREAK	2 mins
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
	<ul> <li>Explanation:</li> <li>Two 3V3 or 4v4 Games</li> <li>NO Goalkeepers</li> <li>Coaches have a responsibility to ensure the games and teams are balanced</li> <li>Ensure playing time is even</li> <li>End activity with a team cheer</li> <li>Ensure every child finds their way safety to their parents</li> </ul>