


Session Plan 4: Maximize Participation, Touches & Smiles

<p>WATER BREAK</p>	<p>2 mins</p>
<p>BUM TO MUM >>>VIDEO LINK CLICK HERE<<<</p>	<p><u>Time:</u> 5mins <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Balls</p> <p><u>Explanation:</u></p> <ul style="list-style-type: none"> ● At first just have the kids shield without touching the ball against their parents “bum to mum” <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none"> ● Progress into the child being able to move the ball slightly - “Shield the ball” ● Parents might steal the ball & the kid must get it back and then shield
	<p>3V3 OR 4V4 GAMES</p> <p><u>Time:</u> Remaining Time <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Cones, Balls, Goals</p> <p><u>Explanation:</u></p> <ul style="list-style-type: none"> ● Two 3V3 or 4v4 Games ● NO Goalkeepers ● Coaches have a responsibility to ensure the games and teams are balanced ● Ensure playing time is even ● End activity with a team cheer ● Ensure every child finds their way safely to their parents
