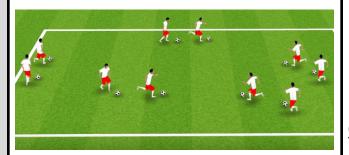
# Session Plan 4: Maximize Participation, Touches & Smiles

#### **FOLLOW THE LEADER**

>>>VIDEO LINK CLICK HERE<<<



<u>Time</u>: 5mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: Balls

#### **Explanation:**

- Have the kids follow their parents (or another player)
- If they get within 3-4 steps of the leader when you say freeze, they get a point
- If playing kid following kid, switch roles periodically

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

 Encourage them to keep their eyes up to see the ball and their leader

## **STEAL THE GOLD**

>>>VIDEO LINK CLICK HERE<<<



<u>Time</u>: 10mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: 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

#### WATER BREAK

**DROP - KICK - CATCH** 

>>>VIDEO LINK CLICK HERE<<<





2 mins

<u>Time</u>: 6mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: Balls

**Explanation**: Have kids drop-kick-catch the ball

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

- Have kids throw the ball in the air and catch
- Have them clap and catch, clap twice & catch, throw and turn 180, throw & turn 360

**DRAGON TAILS** 

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<u>Time</u>: 5mins <u>Size</u>: 10 x 10 yards <u>Organization / Equipment</u>: Pinny

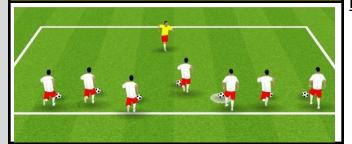
<u>Explanation</u>: Ensure the groups are not too close together. Players work together to keep the catcher from grabbing the "Dragon Tail".

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

- Have a co-coach or parent supervise each group
- Kids can hold hands or link arms
- Play for 1 min then change the tail and chaser

### **BRITISH BULLDOG**

>>>VIDEO LINK CLICK HERE<<<



## **Explanation:**

Time: 7mins

- All kids have a ball on the line
- Kids have to dribble past the Bulldog (coach) to the far line to be safe

Size: 20 x 20 yards Organization / Equipment: Balls

Allow all the kids to find success the first few times

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

- If the Bulldog kicks their ball they then become a Bulldog with the coach
- Alternate the Bulldog (parents or players)

# **Session Plan 4: Maximize Participation, Touches & Smiles**

# 2 mins WATER BREAK Size: 20 x 20 yards Organization / Equipment: Balls Time: 5mins **BUM TO MUM** >>>VIDEO LINK CLICK HERE<<< **Explanation:** Ĥ • At first just have the kids shield without touching the ball against their parents "bum to mum" **Constraints to Modify or Challenge:** • 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 <u>Time</u>: Remaining Time <u>Size</u>: 20 x 20 yards <u>Organization /</u> **3V3 OR 4V4 GAMES Equipment**: Cones, Balls, Goals **Explanation**: 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 safety to their parents