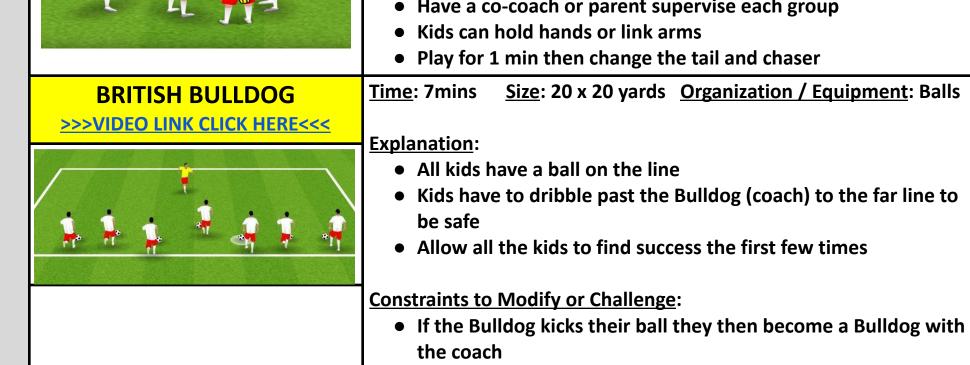
Session Plan 5: Maximize Participation, Touches & Smiles

FOLLOW THE LEADER	<u>Time</u> : 5mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>>VIDEO LINK CLICK HERE<<<	 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
MOSQUITO	<u>Time</u> : 10mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Cones, Balls
>>>VIDEO LINK CLICK HERE<<<	 Explanation: At first, the coach should be the Mosquito. Can the kids hit the coach Have the kids take turns as the Mosquito Constraints to Modify or Challenge: Have the parents be the Mosquitos Have the kids be the Mosquitos (If raining, have the kids be the Mosquitos often & parents as Swatters)
WATER BREAK	2 mins
DROP - KICK - CATCH >>>VIDEO LINK CLICK HERE<<<	 <u>Time</u>: 6mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: Balls <u>Explanation</u>: Have kids drop-kick-catch the ball <u>Constraints to Modify or Challenge</u>: 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	<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". <u>Constraints to Modify or Challenge</u> :
	 Have a co-coach or parent supervise each group



• Alternate the Bulldog (parents or players)

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WATER BREAK	2 mins
	<u>Time</u> : 5mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>VIDEO LINK CLICK HERE<<	 Explanation: 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
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
	 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