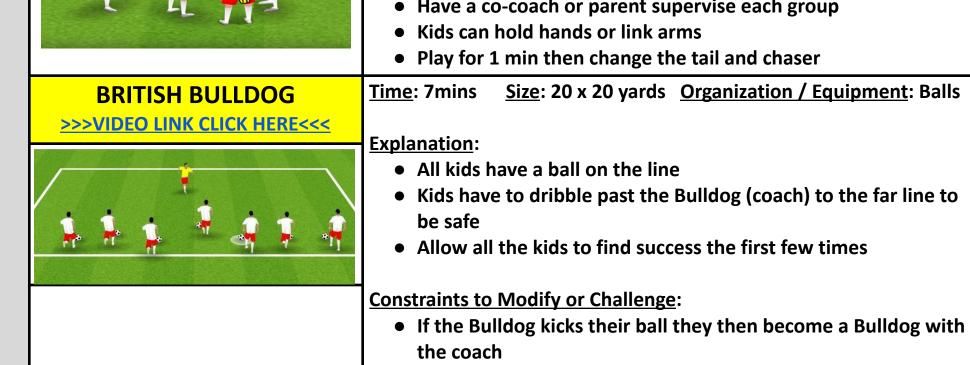
## Session Plan 5: Maximize Participation, Touches & Smiles

FOLLOW THE LEADER	<u>Time</u> : 5mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Balls
>>>VIDEO LINK CLICK HERE<<<	<ul> <li>Explanation: <ul> <li>Have the kids follow their parents (or another player)</li> <li>If they get within 3-4 steps of the leader when you say freeze, they get a point</li> <li>If playing kid following kid, switch roles periodically</li> </ul> </li> <li>Constraints to Modify or Challenge: <ul> <li>Encourage them to keep their eyes up to see the ball and their leader</li> </ul> </li> </ul>
MOSQUITO	<u>Time</u> : 10mins <u>Size</u> : 20 x 20 yards <u>Organization / Equipment</u> : Cones, Balls
>>>VIDEO LINK CLICK HERE<<<	<ul> <li>Explanation: <ul> <li>At first, the coach should be the Mosquito. Can the kids hit the coach</li> <li>Have the kids take turns as the Mosquito</li> </ul> </li> <li>Constraints to Modify or Challenge: <ul> <li>Have the parents be the Mosquitos</li> <li>Have the kids be the Mosquitos</li> <li>(If raining, have the kids be the Mosquitos often &amp; parents as Swatters)</li> </ul> </li> </ul>
WATER BREAK	2 mins
DROP - KICK - CATCH >>>VIDEO LINK CLICK HERE<<<	<ul> <li><u>Time</u>: 6mins <u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>: Balls</li> <li><u>Explanation</u>: Have kids drop-kick-catch the ball</li> <li><u>Constraints to Modify or Challenge</u>:         <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> </li> </ul>
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> :
	<ul> <li>Have a co-coach or parent supervise each group</li> </ul>



• 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<<	<ul> <li>Explanation: <ul> <li>At first just have the kids shield without touching the ball against their parents "bum to mum"</li> </ul> </li> <li>Constraints to Modify or Challenge: <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>
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>