Session Plan 8: Maximize Participation, Touches & Smiles

BRITISH BULLDOG

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

Explanation:

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

BUILDERS & DESTROYERS

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<u>Time</u>: 6mins <u>Size</u>: 10 x 10 yards <u>Organization / Equipment</u>: Cones, Balls

Explanation: Split the kids evenly between Builders & Destroyers Play for 1 min. Count score. Restart.

Constraints to Modify or Challenge:

- Have them dribble their ball to turn the cones over
- Can they then jump over a cone and then turn it over

WATER BREAK

DROP - KICK - CATCH

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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

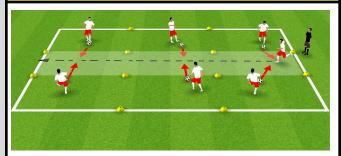
Constraints to Modify or Challenge:

- 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

<u>Size</u>: 20 x 20 yards <u>Organization / Equipment</u>:

MOSQUITO

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Explanation:

Cones, Balls

Time: 10mins

- 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)

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STEAL THE GOLD

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<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

BUM TO MUM

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2 mins

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

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"

<u>Time</u>: Remaining Time <u>Size</u>: 20 x 20 yards <u>Organization /</u>

 Parents might steal the ball & the kid must get it back and then shield

3V3 OR 4V4 GAMES

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Explanation:

Equipment: Cones, Balls, Goals

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