PLAN 17: MAXIMIZE SAFETY, PARTICPATION, DECISIONS, TOUCHES & ENJOYMENT

SAFETY GOALS	- Screen & Assess Health - Administer Hand Sanitizer - Minimize Contact	**TECHNICAL GOALS**	-Close Dribbling with Split Vision -Big & Baby Toe Turns -Passing on the Equator	**TACTICAL GOALS**	- Creativity - Penetration - Support & Mobility	**PHYSICAL GOALS**	-Agility, Balance, Coordination (ABCs) -Speed, Suppleness & Stamina	**MENTAL GOALS**	-Awareness & Perception -Cooperation With Others -Growth-Mindset & Inquisitive

FOLLOW THE LEADER (10min)	CLEAN UP THE YARD (10min)	BRITISH BULLDOG (10min)	BUM TO MUM (10min)	3v3 GAME (15min)
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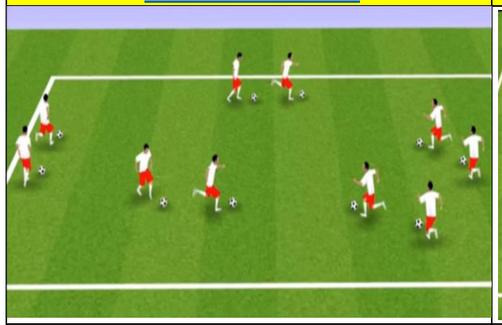	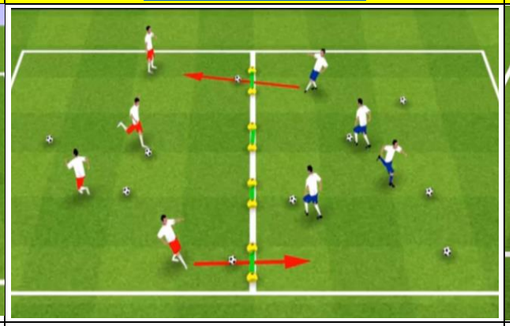			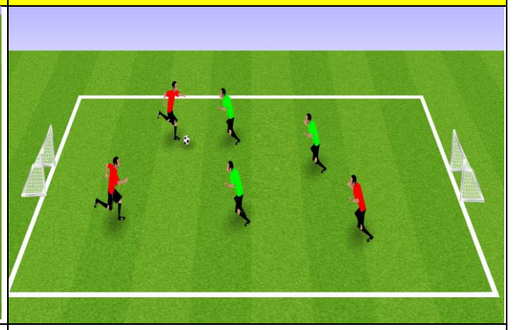
- In a 30 x 30 yard area -Parent & child (family bubble), or two players take turns leading -Switch the roles periodically -Make a competitive game by counting down from 10 to 0, if the follower is within two yards of the leader, they win a point **Encourage:** - Head up dribbling (split vision on ball & space) -Every step there is a touch of the ball	-In a 30 x 30 yard area -Players try to clean up their yards by passing the ball over the middle line / fence -The players should take two touches, receive and pass **Encourage:** - Passing with the side of the foot - Passing the ball into space **Progression:** - Have the player do a technical action before passing (ie toe taps on the north pole of the ball, penguin passes on the inside of the foot between their feet, etc)	-In a 30 x 20yard area -Players run from one side to the other avoiding the coach / bulldog -If the coach/bulldog kicks the ball out on the sides the player joins the coach as a bulldog -Allow the players to find success the first few rounds **Encourage:** - Head up dribbling (split vision on ball & space) -Every step there is a touch of the ball	- In a 10 x 10 yard area -Parent & child (family bubble), or two players take turns shielding the ball from one another - At first, start with a stationary ball that can't move -Then allow the player in possession to shield & dribble, shield & dribble **Encourage:** - Head up seeing the ball and the player -The arm and leg are extended like a shield -When dribbling, every step there is a touch of the ball (close dribbling)	-In a 15 x 20 yard area -Play a 3v3 game -No thrown-ins -Ensure the teams are balanced -Take water breaks as needed