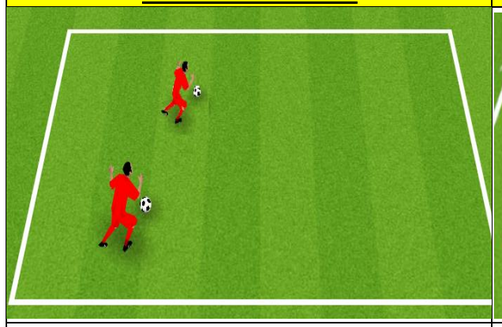
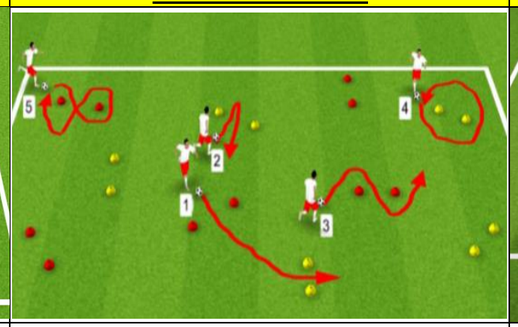
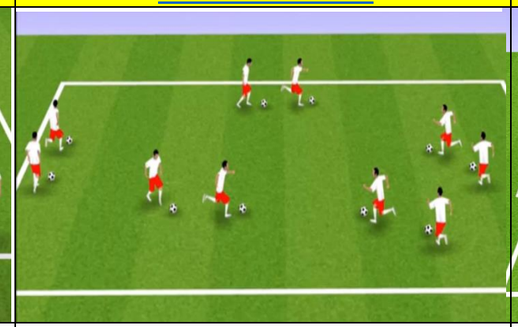
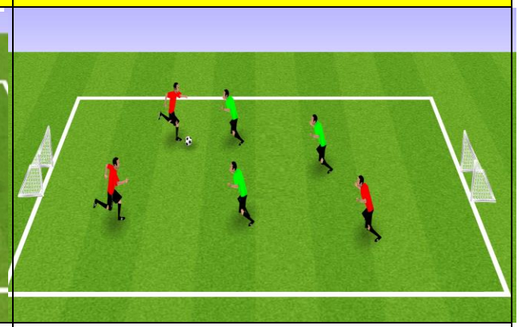
PLAN 18: MAXIMIZE SAFETY, PARTICPATION, DECISIONS, TOUCHES & ENJOYMENT

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

TAG (10min)	GATE DRIBBLING (10min)	BRITISH BULLDOG (10min)	FOLLOW THE LEADER (10min)	3v3 GAME (15min)
->VIDEO LINK<-	->VIDEO LINK<-	->VIDEO LINK<-	->VIDEO LINK<-	
				
-In a 10 x 10 yard area -Parent & child (family bubble), or two-four players play tag -A tag can only be made if the player has the ball at their feet & either • Tags them with their hand • Passes the ball to hit the opponent or their ball -Switch roles upon the tag **Encourage:** • Head up dribbling (split vision on ball & space) • Every step there is a touch • Stay within the boundary	- In a 20 x 20 yard area with numerous 2 yard gates - Players dribble through the gates and execute certain turns -Ensure there are more gates that people **Progressions:** -Have them execute a particular turn: • Big or baby toe turn • Pull back turn • Challenge them with time - How many gates can they go through in 30 seconds?	-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 30 v 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 15 x 20 yard area -Play a 3v3 game -No thrown-ins -Ensure the teams are balanced -Take water breaks as needed