PLAN 20: 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

BUM TO MUM (10min)	TAG (10min)	GATE DRIBBLING (10min)	SHOOTERS & KEEPERS (10min)	3v3 GAMES (15min)
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	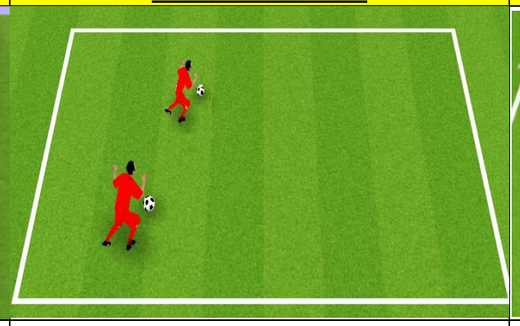	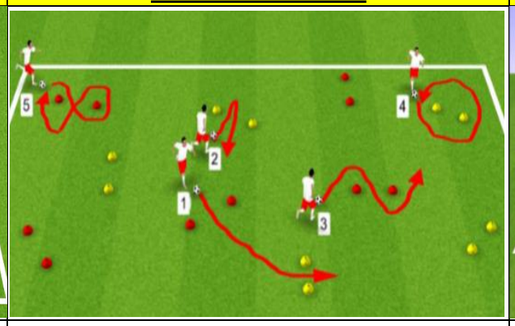	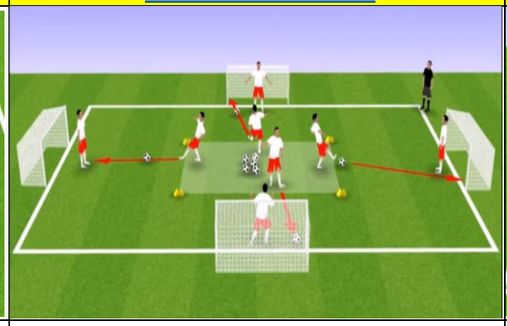	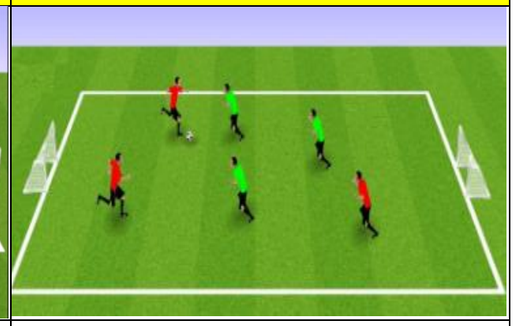
- In a 10 x 10 yard area -Parent & child (family bubble), or two players take turns shielding the ball from one another - At first, start with a stationary ball that can't move -Then allow the player in possession to shield & dribble, shield & dribble **Encourage:** - Head up seeing the ball and the 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 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 30 yard area -Parent & child (family bubble), or all players take turns shooting and being a goalkeeper -Goalkeepers can only use their feet (NO HANDS) - Once the shooter shots on one goal, they then go to a different goal **Encourage:** -As many goals as possible in 2minutes -Shoot for the corners or where the GK isn't	-In a 15 x 10 yard area -Play a 3v3 game -No thrown-ins -Take water breaks as needed