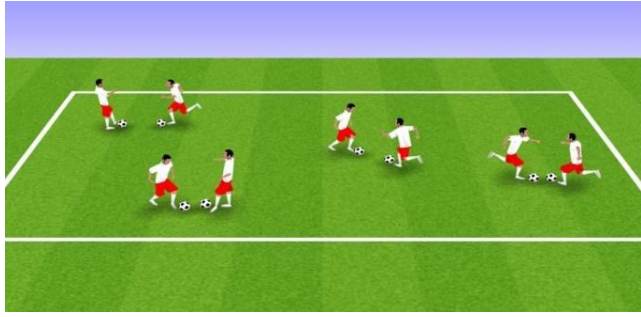
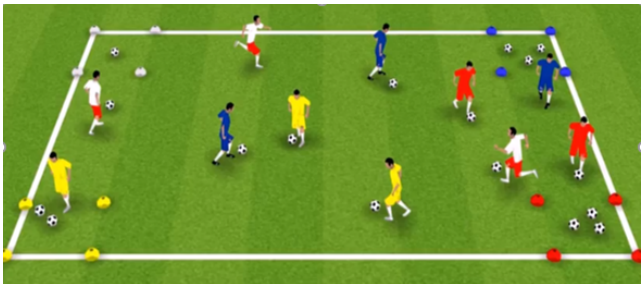
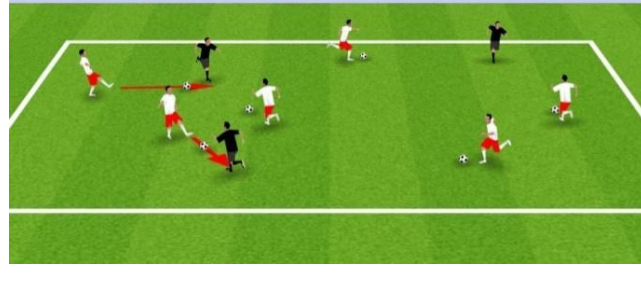



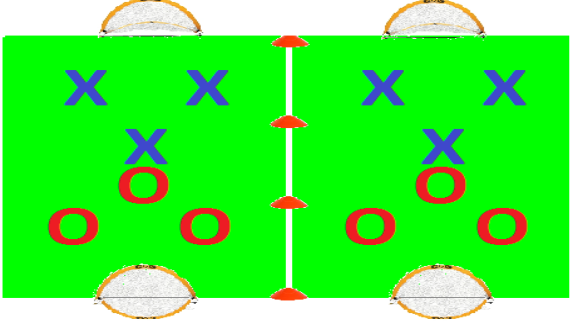


Session Plan 1: Maximize Participation, Touches & Smiles

<p>Player and Parent Welcome</p>	<p>Time: 5 mins Size: n/a Organization / Equipment: Players and Parents</p> <p>Explanation: Introduce yourself and your expectations</p> <p>Safety Expectations:</p> <ul style="list-style-type: none"> ● Remind the parents that they are to remain at the field throughout the session ● Remind the players they are not to leave the field without the coach's permission
<p>PLEASE & THANK YOU >>>VIDEO LINK CLICK HERE<<<</p> 	<p>Time: 5mins Size: 20 x 20 yards Organization / Equipment: Balls</p> <p>Explanation: Players exchange balls with one another with a "Please" & "Thank You".</p> <p>Constraints to Modify or Challenge: As they exchange, encourage them to introduce themselves and say their name How many times can they exchange in 1min?</p>
<p>STEAL THE GOLD >>>VIDEO LINK CLICK HERE<<<</p> 	<p>Time: 10mins Size: 20 x 20 yards Organization / Equipment: Cones, Balls</p> <p>Explanation:</p> <ul style="list-style-type: none"> ● Split kids into 2-4 pirate ships (cone circles) ● Visual & Verbal Demonstration ● Kids can only take one piece of gold at a time <p>Constraints to Modify or Challenge:</p> <ul style="list-style-type: none"> ● 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
<p>WATER BREAK 2 mins</p>	
<p>PIRATE ATTACK >>>VIDEO LINK CLICK HERE<<<</p> 	<p>Time: 10mins Size: 20 x 20 yards Organization / Equipment: Balls</p> <p>Explanation: You're the Rogue Pirate & the mini-pirates try to pass their ball to hit you below the knee</p> <p>Constraints to Modify or Challenge:</p> <ul style="list-style-type: none"> ● Rotate the kids into the pirate roles ● Have the parents be the hittable pirates
<p>DROP - KICK - CATCH >>>VIDEO LINK CLICK HERE<<<</p> 	<p>Time: 6mins Size: 20 x 20 yards Organization / Equipment: Balls</p> <p>Explanation: Have kids drop-kick-catch the ball</p> <p>Constraints to Modify or Challenge:</p> <ul style="list-style-type: none"> ● 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

Session Plan 1: Maximize Participation, Touches & Smiles

<p>BUILDERS & DESTROYERS >>>VIDEO LINK CLICK HERE<<<</p>	<p><u>Time:</u> 6mins <u>Size:</u> 10 x 10 yards <u>Organization / Equipment:</u> Cones, Balls</p>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>BUILDERS DO THIS</p> </div> <div style="text-align: center;">  <p>DESTROYERS DO THIS</p> </div> </div>	<p><u>Explanation:</u> Split the kids evenly between Builders & Destroyers Play for 1 min. Count score. Restart.</p> <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none"> • Have them dribble their ball to turn the cones over • Can they then jump over a cone and then turn it over
<p>WATER BREAK 2 mins</p>	
<p>3V3 OR 4V4 GAMES</p>	<p><u>Time:</u> Remaining Time <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Cones, Balls, Goals</p>
	<p><u>Explanation:</u></p> <ul style="list-style-type: none"> • 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 safely to their parents