

Session Plan 2: Maximize Participation, Touches & Smiles

<p>BUM TO MUM >>>VIDEO LINK CLICK HERE<<<</p>	<p>Time: 5mins Size: 20 x 20 yards Organization / Equipment: Balls</p> <p>Explanation:</p> <ul style="list-style-type: none">● At first just have the kids shield without touching the ball against their parents “bum to mum” <p>Constraints to Modify or Challenge:</p> <ul style="list-style-type: none">● Progress into the child being able to move the ball slightly - “Shield the ball”● Parents might steal the ball & the kid must get it back and then shield
<p>WATER BREAK 2 mins</p>	
<p>3V3 OR 4V4 GAMES</p>	<p>Time: Remaining Time Size: 20 x 20 yards Organization / Equipment: Cones, Balls, Goals</p> <p>Explanation:</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

