




## Session Plan 5: Maximize Participation, Touches & Smiles

<p><b>WATER BREAK</b></p>	<p><b>2 mins</b></p>
<p><b>BUM TO MUM</b>  <a href="#">&gt;&gt;&gt;VIDEO LINK CLICK HERE&lt;&lt;&lt;</a></p>	<p><u>Time:</u> 5mins    <u>Size:</u> 20 x 20 yards    <u>Organization / Equipment:</u> Balls</p> <p><u>Explanation:</u></p> <ul style="list-style-type: none"> <li>● At first just have the kids shield without touching the ball against their parents “bum to mum”</li> </ul> <p><u>Constraints to Modify or Challenge:</u></p> <ul style="list-style-type: none"> <li>● Progress into the child being able to move the ball slightly - “Shield the ball”</li> <li>● Parents might steal the ball &amp; the kid must get it back and then shield</li> </ul>
	<p><b>3V3 OR 4V4 GAMES</b></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"> <li>● Two 3V3 or 4v4 Games</li> <li>● NO Goalkeepers</li> <li>● Coaches have a responsibility to ensure the games and teams are balanced</li> <li>● Ensure playing time is even</li> <li>● End activity with a team cheer</li> <li>● Ensure every child finds their way safely to their parents</li> </ul>
