





## Session Plan 7: Maximize Participation, Touches & Smiles

<p><b>PIRATE ATTACK</b> <a href="#">&gt;&gt;&gt;VIDEO LINK CLICK HERE&lt;&lt;&lt;</a></p>	<p><b>Time:</b> 7mins    <b>Size:</b> 20 x 20 yards    <b>Organization / Equipment:</b> Cones, Balls, Goals</p> <p><b>Explanation:</b> You're the Rogue Pirate &amp; the mini-pirates try to pass their ball to hit you below the knee</p> <p><b>Constraints to Modify or Challenge:</b></p> <ul style="list-style-type: none"><li>● Rotate the kids into the pirate roles</li><li>● Have the parents be the hittable pirates</li></ul>
<p><b>STEAL THE GOLD</b> <a href="#">&gt;&gt;&gt;VIDEO LINK CLICK HERE&lt;&lt;&lt;</a></p>	<p><b>Time:</b> 10mins    <b>Size:</b> 20 x 20 yards    <b>Organization / Equipment:</b> Cones, Balls</p> <p><b>Explanation:</b></p> <ul style="list-style-type: none"><li>● Split kids into 2-4 pirate ships (cone circles)</li><li>● Visual &amp; Verbal Demonstration</li><li>● Kids can only take one piece of gold at a time</li></ul> <p><b>Constraints to Modify or Challenge:</b></p> <ul style="list-style-type: none"><li>● One of the coaches can be a giant octopus that steals gold</li><li>● Kids can hop to the pirate ship &amp; dribble back</li><li>● Have them perform pull back turns or use the baby-toe to turn with the ball</li></ul>
<p><b>WATER BREAK</b> <span style="float: right;"><b>2 mins</b></span></p>	
<p><b>DROP - KICK - CATCH</b> <a href="#">&gt;&gt;&gt;VIDEO LINK CLICK HERE&lt;&lt;&lt;</a></p>	<p><b>Time:</b> 6mins    <b>Size:</b> 20 x 20 yards    <b>Organization / Equipment:</b> Balls</p> <p><b>Explanation:</b> Have kids drop-kick-catch the ball</p> <p><b>Constraints to Modify or Challenge:</b></p> <ul style="list-style-type: none"><li>● Have kids throw the ball in the air and catch</li><li>● Have them clap and catch, clap twice &amp; catch, throw and turn 180, throw &amp; turn 360</li></ul>
	<p><b>BUILDERS &amp; DESTROYERS</b> <a href="#">&gt;&gt;&gt;VIDEO LINK CLICK HERE&lt;&lt;&lt;</a></p> <p><b>Time:</b> 6mins    <b>Size:</b> 10 x 10 yards    <b>Organization / Equipment:</b> Cones, Balls</p> <p><b>Explanation:</b> Split the kids evenly between Builders &amp; Destroyers Play for 1 min. Count score. Restart.</p> <p><b>Constraints to Modify or Challenge:</b></p> <ul style="list-style-type: none"><li>● Have them dribble their ball to turn the cones over</li><li>● Can they then jump over a cone and then turn it over</li></ul>
	<p><b>BRITISH BULLDOG</b> <a href="#">&gt;&gt;&gt;VIDEO LINK CLICK HERE&lt;&lt;&lt;</a></p> <p><b>Time:</b> 7mins    <b>Size:</b> 20 x 20 yards    <b>Organization / Equipment:</b> Balls</p> <p><b>Explanation:</b></p> <ul style="list-style-type: none"><li>● All kids have a ball on the line</li><li>● Kids have to dribble past the Bulldog (coach) to the far line to be safe</li><li>● Allow all the kids to find success the first few times</li></ul> <p><b>Constraints to Modify or Challenge:</b></p> <ul style="list-style-type: none"><li>● If the Bulldog kicks their ball they then become a Bulldog with the coach</li><li>● Alternate the Bulldog (parents or players)</li></ul>
	

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<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>
