

Session Plan 8: Maximize Participation, Touches & Smiles

<p>STEAL THE GOLD >>>VIDEO LINK CLICK HERE<<<</p>	<p><u>Time:</u> 10mins <u>Size:</u> 20 x 20 yards <u>Organization / Equipment:</u> Cones, Balls</p> <p><u>Explanation:</u></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><u>Constraints to Modify or Challenge:</u></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>BUM TO MUM >>>VIDEO LINK CLICK HERE<<<</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">● At first just have the kids shield without touching the ball against their parents “bum to mum” <p><u>Constraints to Modify or Challenge:</u></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>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

