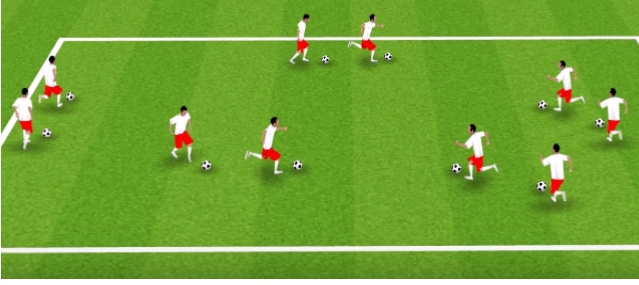






Session Plan 9: Maximize Participation, Touches & Smiles

<p>FOLLOW THE LEADER >>>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">● Have the kids follow their parents (or another player)● If they get within 3-4 steps of the leader when you say freeze, they get a point● If playing kid following kid, switch roles periodically <p>Constraints to Modify or Challenge:</p> <ul style="list-style-type: none">● Encourage them to keep their eyes up to see the ball and their leader
<p>DRAGON TAILS >>>VIDEO LINK CLICK HERE<<<</p> 	<p>Time: 5mins Size: 20 x 20 yards Organization / Equipment: Pinny</p> <p>Explanation: Ensure the groups are not too close together. Players work together to keep the catcher from grabbing the “Dragon Tail”.</p> <p>Constraints to Modify or Challenge:</p> <ul style="list-style-type: none">● Have a co-coach or parent supervise each group● Kids can hold hands or link arms● Play for 1 min then change the tail and chaser
<p>WATER BREAK 2 mins</p>	
<p>CAT & MOUSE DRIBBLING >>>VIDEO LINK CLICK HERE<<<</p> 	<p>Time: 10mins Size: 5 x 10 yards Organization / Equipment: Balls, Cones</p> <p>Explanation:</p> <ul style="list-style-type: none">● Can the Cat dribble their ball close (1 foot) to the Mouse?● They can then touch the Mouse or their ball to switch roles; a game of tag <p>Constraints to Modify or Challenge:</p> <ul style="list-style-type: none">● Have the players switch roles if tags are not happening● Have the players switch partner every 3 minutes
<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
<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

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<p>WATER BREAK</p>	<p>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