MOVE, DRIBBLE, FINISH

WEEK 1 / SESSION 1 / AGES 6-9 / 20 MINUTES

Meet your ball

Move slowly and stop with control.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Traffic-light touches: 30-45 sec play, then short pauses; repeat.

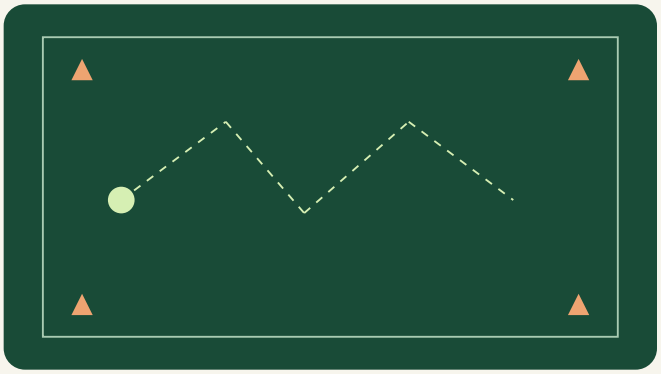
10-11 Water and reset. Take longer if needed.

11-16 Gate explorer: short rounds, pauses and choice.

16-19 Let the child choose the final gate.

19-20 Walk and reflect: Can you tell me one way to keep the ball close?

Traffic-light touches



Space: 6 x 4 m

Mark a rectangle with four flat markers. Parent stands outside the area.

1. Dribble anywhere inside the rectangle at walking speed.

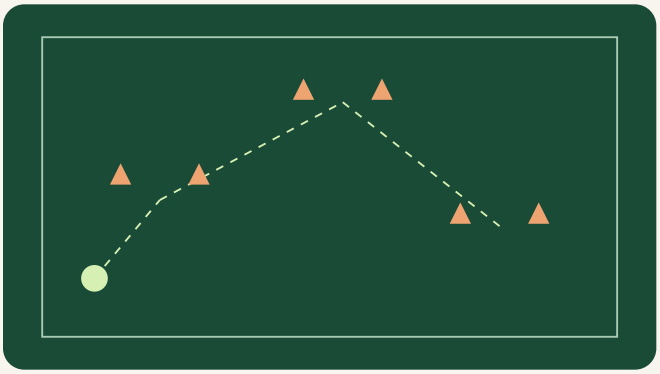
2. Parent says green: move; yellow: tiny touches; red: stop the ball gently with the sole.

3. Look up after each stop. Choose a new direction before moving again.

Cue: Keep the ball close enough to stop.

Easier: Use only green and red. Give three seconds to respond.

Gate explorer



Space: 6 x 4 m

Use six cones to make three gates, each about 1 m wide. Leave room between them.

1. Dribble through any gate, keeping the ball within one step.

2. After crossing, look up and choose a different gate.

3. Parent calls left, middle or right before the next choice; the child finds that gate.

Cue: Look, choose, then move.

Easier: Use two wide gates and let the child choose.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 1 / SESSION 2 / AGES 6-9 / 20 MINUTES

Turn and explore

Change direction before you run out of space.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Island turn: 30-45 sec play, then short pauses; repeat.

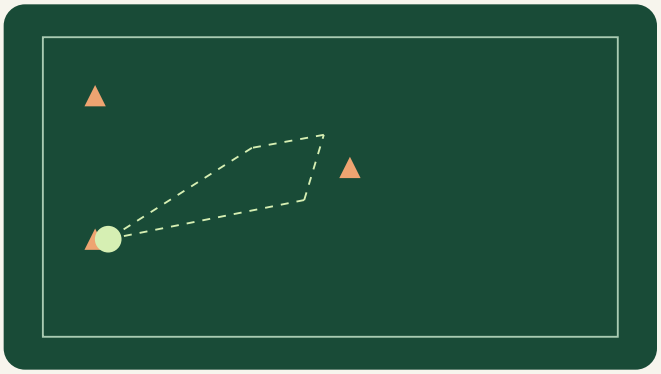
10-11 Water and reset. Take longer if needed.

11-16 Gate explorer: short rounds, pauses and choice.

16-19 Choose a turn, visit two gates, then stop.

19-20 Walk and reflect: Which turn felt most comfortable?

Island turn



Space: 6 x 4 m

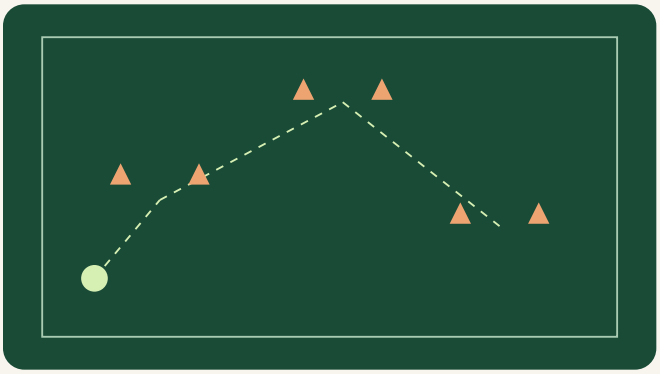
Place one cone in the middle and two start markers about 2 m away.

1. Approach the middle cone slowly with small touches.
2. Before reaching it, turn the ball back with the inside of the foot.
3. Return to a start marker. Try the other foot on the next trip.

Cue: Slow down before the turn.

Easier: Walk with the ball and make a wide turn.

Gate explorer



Space: 6 x 4 m

Use six cones to make three gates, each about 1 m wide. Leave room between them.

1. Dribble through any gate, keeping the ball within one step.
2. After crossing, look up and choose a different gate.
3. Parent calls left, middle or right before the next choice; the child finds that gate.

Cue: Look, choose, then move.

Easier: Use two wide gates and let the child choose.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.
First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 1 / SESSION 3 / AGES 6-9 / 20 MINUTES

Follow the leader

Notice a signal between touches.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Mirror trail: 30-45 sec play, then short pauses; repeat.

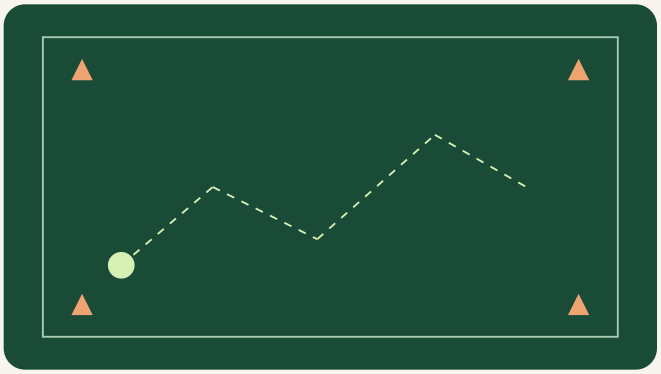
10-11 Water and reset. Take longer if needed.

11-16 Traffic-light touches: short rounds, pauses and choice.

16-19 Child leads a 30-second trail for the parent.

19-20 Walk and reflect: When did you look up?

Mirror trail



Space: 6 x 4 m

Parent walks inside the rectangle; child starts 2 m behind with a ball.

1. Parent walks slowly, turning with plenty of room. Child follows while dribbling.

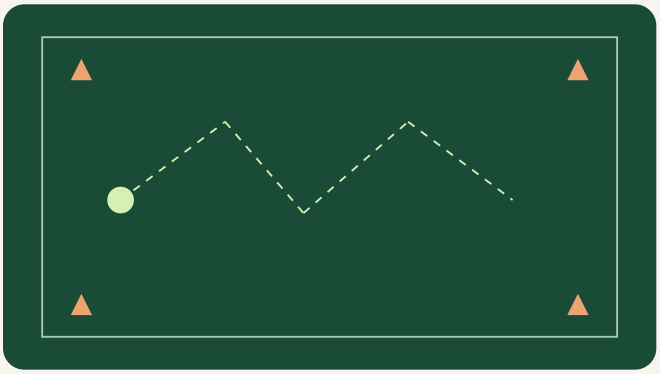
2. When the parent stops, the child stops too, keeping a safe gap.

3. Swap leaders: child chooses the path, parent follows without a ball.

Cue: Watch the leader between touches.

Easier: Use straight paths with long pauses.

Traffic-light touches



Space: 6 x 4 m

Mark a rectangle with four flat markers. Parent stands outside the area.

1. Dribble anywhere inside the rectangle at walking speed.

2. Parent says green: move; yellow: tiny touches; red: stop the ball gently with the sole.

3. Look up after each stop. Choose a new direction before moving again.

Cue: Keep the ball close enough to stop.

Easier: Use only green and red. Give three seconds to respond.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 2 / SESSION 4 / AGES 6-9 / 20 MINUTES

Find the window

Send a gentle pass where you intend.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Pass through the window: 30-45 sec play, then short pauses; repeat.

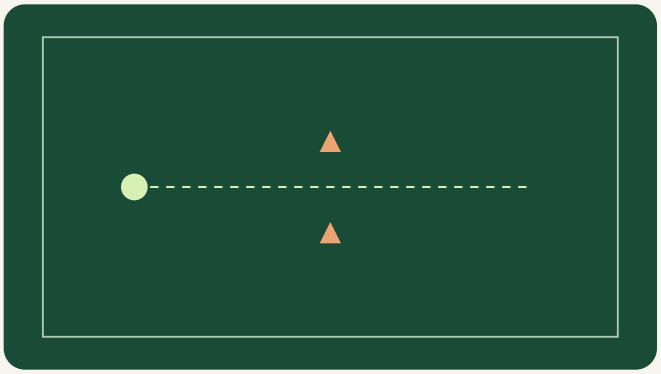
10-11 Water and reset. Take longer if needed.

11-16 Gate explorer: short rounds, pauses and choice.

16-19 Visit one gate, stop, and pass to the parent.

19-20 Walk and reflect: What helped you aim?

Pass through the window



Space: 6 x 4 m

Make a 1.5 m gate halfway between parent and child, who stand 3 m apart.

1. Place the standing foot beside the ball, pointing toward the gate.

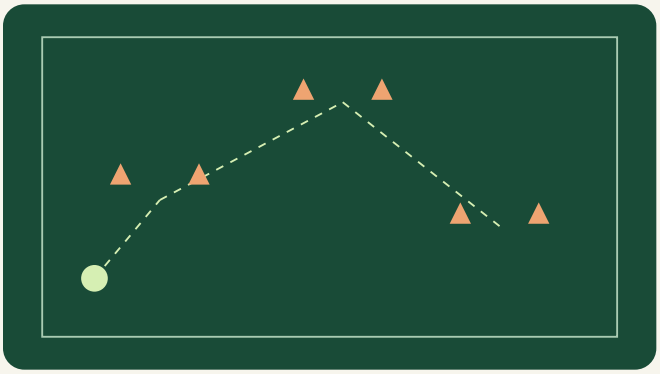
2. Use the inside of the other foot to send a gentle ground pass through the gate.

3. Parent stops and passes back. Child controls before the next pass.

Cue: Point your standing foot where the ball should go.

Easier: Move to 2 m apart and widen the gate.

Gate explorer



Space: 6 x 4 m

Use six cones to make three gates, each about 1 m wide. Leave room between them.

1. Dribble through any gate, keeping the ball within one step.

2. After crossing, look up and choose a different gate.

3. Parent calls left, middle or right before the next choice; the child finds that gate.

Cue: Look, choose, then move.

Easier: Use two wide gates and let the child choose.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 2 / SESSION 5 / AGES 6-9 / 20 MINUTES

Receive into space

Make the first touch useful.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 First touch to space: 30-45 sec play, then short pauses; repeat.

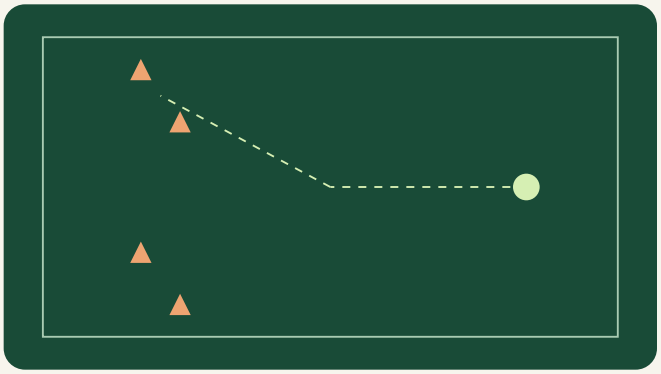
10-11 Water and reset. Take longer if needed.

11-16 Pass through the window: short rounds, pauses and choice.

16-19 Receive through a chosen exit, then pass back.

19-20 Walk and reflect: Where do you want the ball after your first touch?

First touch to space



Space: 6 x 4 m

Place two exit gates to either side of the child. Parent stands 3 m in front.

1. Parent rolls a slow ball along the ground toward the child.

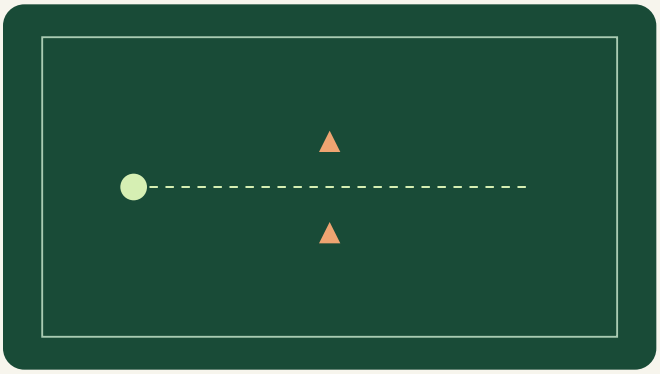
2. Child takes a soft first touch toward either exit gate.

3. Dribble through the gate, stop, then pass back to the parent and reset.

Cue: Let the first touch take you somewhere.

Easier: Choose the gate before the roll; use a very slow roll.

Pass through the window



Space: 6 x 4 m

Make a 1.5 m gate halfway between parent and child, who stand 3 m apart.

1. Place the standing foot beside the ball, pointing toward the gate.

2. Use the inside of the other foot to send a gentle ground pass through the gate.

3. Parent stops and passes back. Child controls before the next pass.

Cue: Point your standing foot where the ball should go.

Easier: Move to 2 m apart and widen the gate.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 2 / SESSION 6 / AGES 6-9 / 20 MINUTES

Pass and move

Find a new spot after a pass.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Pass and find a new spot: 30-45 sec play, then short pauses; repeat.

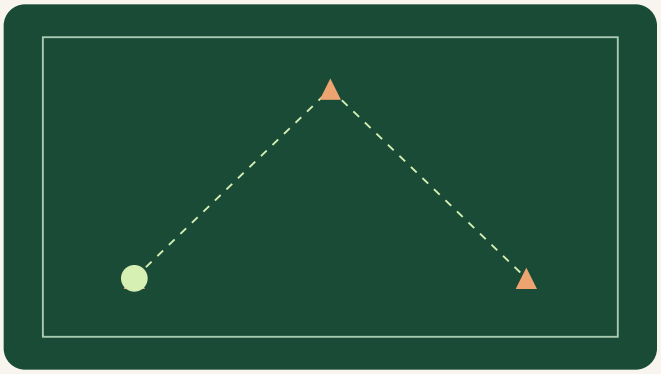
10-11 Water and reset. Take longer if needed.

11-16 First touch to space: short rounds, pauses and choice.

16-19 Child chooses the next receiving marker.

19-20 Walk and reflect: How did you show you were ready?

Pass and find a new spot



Space: 6 x 4 m

Put three markers in a triangle about 2 m apart. Parent uses the top marker.

1. Child passes gently from the left marker to the parent.

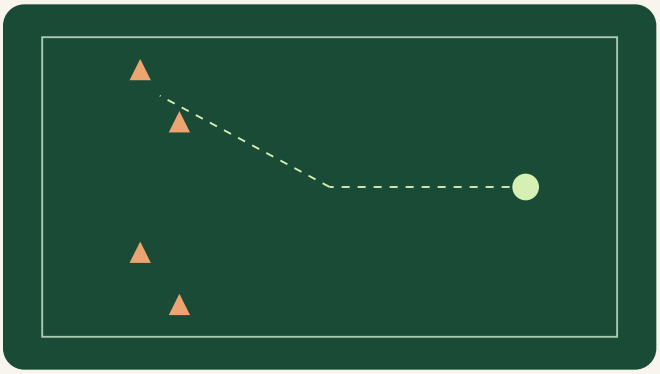
2. Child walks to the right marker and turns to face the parent.

3. Parent passes to the new position. Control, pass back, and move again.

Cue: Pass, move, then show you are ready.

Easier: Stop between each action; parent waits until the child is set.

First touch to space



Space: 6 x 4 m

Place two exit gates to either side of the child. Parent stands 3 m in front.

1. Parent rolls a slow ball along the ground toward the child.

2. Child takes a soft first touch toward either exit gate.

3. Dribble through the gate, stop, then pass back to the parent and reset.

Cue: Let the first touch take you somewhere.

Easier: Choose the gate before the roll; use a very slow roll.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 3 / SESSION 7 / AGES 6-9 / 20 MINUTES

Spot the open gate

Look before choosing a direction.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Choose the open gate: 30-45 sec play, then short pauses; repeat.

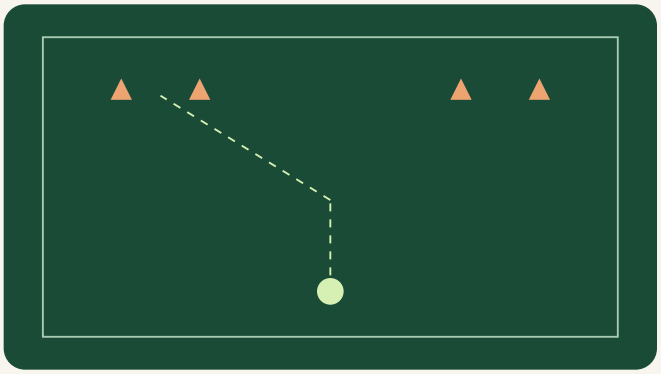
10-11 Water and reset. Take longer if needed.

11-16 Gate explorer: short rounds, pauses and choice.

16-19 Parent closes one gate with a point; child chooses the route.

19-20 Walk and reflect: What did you notice before you moved?

Choose the open gate



Space: 6 x 4 m

Put two 1 m gates at one end. Parent stands behind the gate line.

1. Child starts 4 m away with the ball. Parent points to one closed gate.

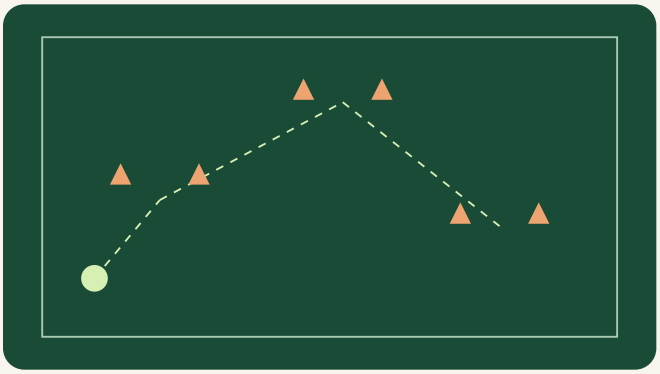
2. Child looks up and dribbles toward the other, open gate.

3. Stop after crossing. Walk the ball back and choose again. Parent never blocks physically.

Cue: Find the space you can use.

Easier: Give the signal before the child starts.

Gate explorer



Space: 6 x 4 m

Use six cones to make three gates, each about 1 m wide. Leave room between them.

1. Dribble through any gate, keeping the ball within one step.

2. After crossing, look up and choose a different gate.

3. Parent calls left, middle or right before the next choice; the child finds that gate.

Cue: Look, choose, then move.

Easier: Use two wide gates and let the child choose.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 3 / SESSION 8 / AGES 6-9 / 20 MINUTES

Make room

Turn into available space without contact.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Turn away from a shadow: 30-45 sec play, then short pauses; repeat.

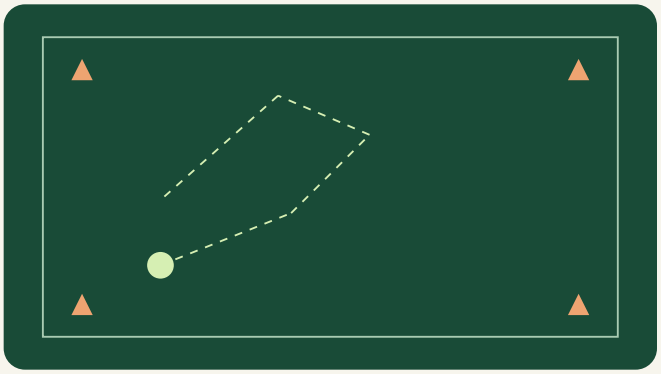
10-11 Water and reset. Take longer if needed.

11-16 Island turn: short rounds, pauses and choice.

16-19 Child chooses three different escape turns.

19-20 Walk and reflect: Which direction gave you more room?

Turn away from a shadow



Space: 6 x 4 m

Child has a ball. Parent stays at least an arm’s length away and only walks.

1. Child dribbles slowly while the parent follows as a shadow.

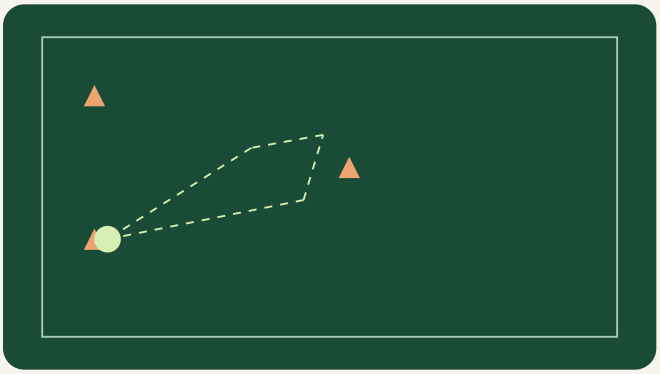
2. Child turns into open space when the parent approaches one side.

3. Parent does not tackle or make contact. Stop after 20–30 seconds and reset.

Cue: Turn toward space, with the ball close.

Easier: Parent stays farther away and pauses often.

Island turn



Space: 6 x 4 m

Place one cone in the middle and two start markers about 2 m away.

1. Approach the middle cone slowly with small touches.

2. Before reaching it, turn the ball back with the inside of the foot.

3. Return to a start marker. Try the other foot on the next trip.

Cue: Slow down before the turn.

Easier: Walk with the ball and make a wide turn.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.
First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 3 / SESSION 9 / AGES 6-9 / 20 MINUTES

Aim your finish

Choose a target and keep shots gentle.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Pick a corner: 30-45 sec play, then short pauses; repeat.

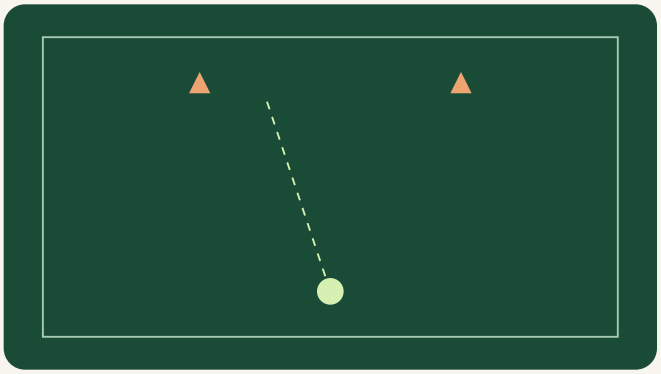
10-11 Water and reset. Take longer if needed.

11-16 Choose the open gate: short rounds, pauses and choice.

16-19 Pick a gate, dribble through it, and finish at the target.

19-20 Walk and reflect: Was your shot aimed or rushed?

Pick a corner



Space: 6 x 4 m

Make a 2 m ground-level target gate. Shoot from 3 m; leave clear space beyond.

1. Start with a stationary ball and choose the left or right half of the gate.

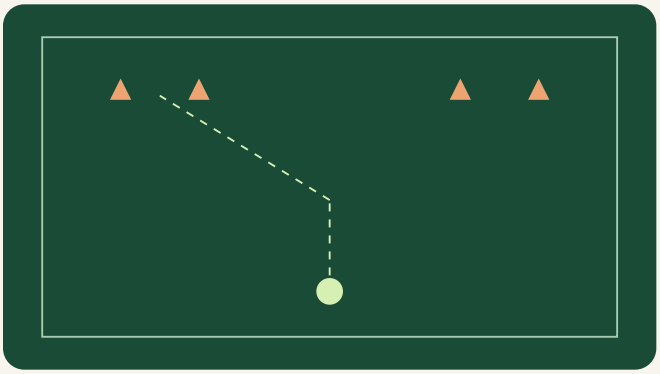
2. Use a gentle inside-foot ground shot toward that half.

3. Walk to collect the ball. Reset and alternate the target side.

Cue: Choose a target before you kick.

Easier: Move closer and make the gate wider.

Choose the open gate



Space: 6 x 4 m

Put two 1 m gates at one end. Parent stands behind the gate line.

1. Child starts 4 m away with the ball. Parent points to one closed gate.

2. Child looks up and dribbles toward the other, open gate.

3. Stop after crossing. Walk the ball back and choose again. Parent never blocks physically.

Cue: Find the space you can use.

Easier: Give the signal before the child starts.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 4 / SESSION 10 / AGES 6-9 / 20 MINUTES

Link the moves

Connect a pass, movement, and a controlled finish.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Pass, move, finish: 30-45 sec play, then short pauses; repeat.

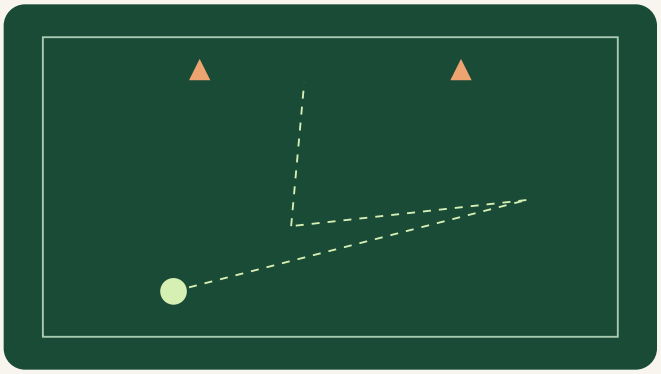
10-11 Water and reset. Take longer if needed.

11-16 Pass and find a new spot: short rounds, pauses and choice.

16-19 Child chooses where to receive before finishing.

19-20 Walk and reflect: Which first touch made finishing easier?

Pass, move, finish



Space: 8 x 5 m

Parent stands to one side of a 2 m target gate. Child starts 4 m away.

1. Child passes gently to the parent and moves forward one step.

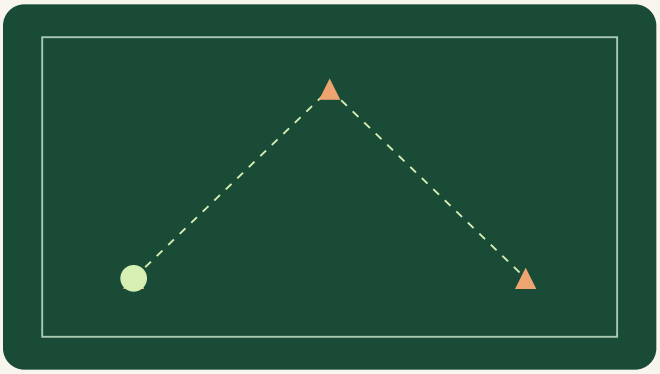
2. Parent returns a slow ground pass into the child's path.

3. Child controls the ball, then sends a gentle ground shot through the gate.

Cue: Control first; finish second.

Easier: Parent stops the ball before returning it; pause before shooting.

Pass and find a new spot



Space: 6 x 4 m

Put three markers in a triangle about 2 m apart. Parent uses the top marker.

1. Child passes gently from the left marker to the parent.

2. Child walks to the right marker and turns to face the parent.

3. Parent passes to the new position. Control, pass back, and move again.

Cue: Pass, move, then show you are ready.

Easier: Stop between each action; parent waits until the child is set.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 4 / SESSION 11 / AGES 6-9 / 20 MINUTES

Build your route

Make decisions while keeping the ball close.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Backyard quest: 30-45 sec play, then short pauses; repeat.

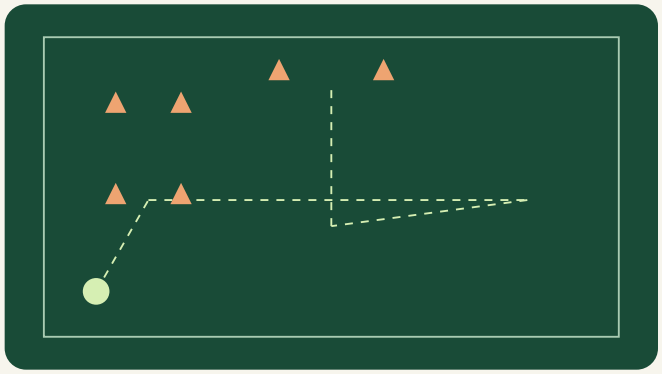
10-11 Water and reset. Take longer if needed.

11-16 Turn away from a shadow: short rounds, pauses and choice.

16-19 Child designs a route; parent follows their instructions.

19-20 Walk and reflect: What would you change about the route?

Backyard quest



Space: 8 x 5 m

Use four cones for two gates and two for a target. Parent stands outside the route.

1. Child chooses a gate and dribbles through it.

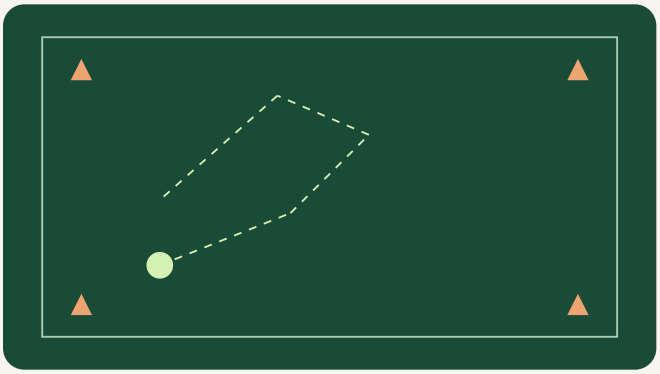
2. Pass to the parent, move to a new spot, and receive a gentle return.

3. Control and finish through the target. Let the child redesign the next route.

Cue: Look up between each part of your route.

Easier: Do the dribble, pass, and finish as separate tasks.

Turn away from a shadow



Space: 6 x 4 m

Child has a ball. Parent stays at least an arm’s length away and only walks.

1. Child dribbles slowly while the parent follows as a shadow.

2. Child turns into open space when the parent approaches one side.

3. Parent does not tackle or make contact. Stop after 20–30 seconds and reset.

Cue: Turn toward space, with the ball close.

Easier: Parent stays farther away and pauses often.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

WEEK 4 / SESSION 12 / AGES 6-9 / 20 MINUTES

Your backyard festival

Enjoy the skills you have practiced.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Gate explorer: 30-45 sec play, then short pauses; repeat.

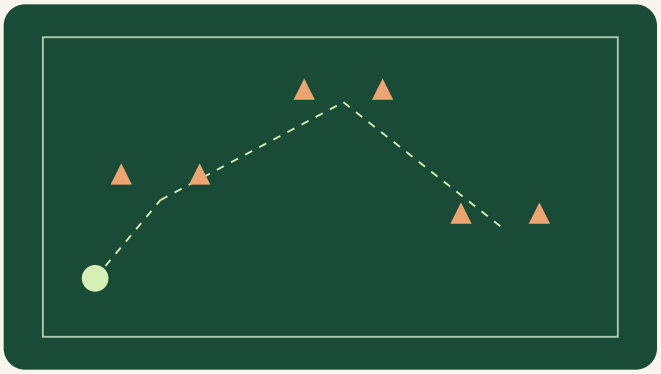
10-11 Water and reset. Take longer if needed.

11-16 Backyard quest: short rounds, pauses and choice.

16-19 Replay the session-one gate challenge, then invent a celebration route.

19-20 Walk and reflect: What do you enjoy now, and what would you like to try next?

Gate explorer



Space: 6 x 4 m

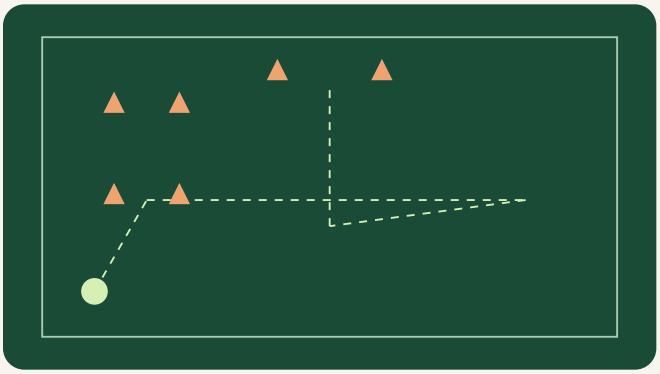
Use six cones to make three gates, each about 1 m wide. Leave room between them.

1. Dribble through any gate, keeping the ball within one step.
2. After crossing, look up and choose a different gate.
3. Parent calls left, middle or right before the next choice; the child finds that gate.

Cue: Look, choose, then move.

Easier: Use two wide gates and let the child choose.

Backyard quest



Space: 8 x 5 m

Use four cones for two gates and two for a target. Parent stands outside the route.

1. Child chooses a gate and dribbles through it.
2. Pass to the parent, move to a new spot, and receive a gentle return.
3. Control and finish through the target. Let the child redesign the next route.

Cue: Look up between each part of your route.

Easier: Do the dribble, pass, and finish as separate tasks.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.
First edition. Green: child / orange: cones / dashed: suggested route.

PARENT NOTES / ADAPT THE GAME

Traffic-light touches

Easier: Use only green and red. Give three seconds to respond.

Harder: Parent shows hand signals instead of speaking. Look up to spot them.

Ask: What helped you stop the ball without chasing it?

Optional challenge: Count controlled stops in 30 seconds. Repeat once; aim for control, not speed.

Gate explorer

Easier: Use two wide gates and let the child choose.

Harder: Avoid the last gate used and try a different foot on the next trip.

Ask: When was a good moment to look for the next gate?

Optional challenge: Count different gates visited in 30 seconds without losing the ball.

Island turn

Easier: Walk with the ball and make a wide turn.

Harder: Choose inside turn or gentle sole pullback; parent names a return marker.

Ask: How did slowing down change your turn?

Optional challenge: Try five turns each way. Count how many stay within one step.

Gate explorer

Easier: Use two wide gates and let the child choose.

Harder: Avoid the last gate used and try a different foot on the next trip.

Ask: When was a good moment to look for the next gate?

Optional challenge: Count different gates visited in 30 seconds without losing the ball.

Single-household practice. Use fewer rounds or shorter sessions whenever needed.

PARENT NOTES / ADAPT THE GAME

Mirror trail

Easier: Use straight paths with long pauses.

Harder: Add a gentle change of direction; keep the parent at walking speed.

Ask: How could you watch the leader and still control the ball?

Optional challenge: Follow three changes of direction while keeping the safe gap.

Traffic-light touches

Easier: Use only green and red. Give three seconds to respond.

Harder: Parent shows hand signals instead of speaking. Look up to spot them.

Ask: What helped you stop the ball without chasing it?

Optional challenge: Count controlled stops in 30 seconds. Repeat once; aim for control, not speed.

Pass through the window

Easier: Move to 2 m apart and widen the gate.

Harder: Use the less-used foot or narrow the gate slightly.

Ask: Which part of your foot made the pass easier to aim?

Optional challenge: How many of five gentle passes go through the gate?

Gate explorer

Easier: Use two wide gates and let the child choose.

Harder: Avoid the last gate used and try a different foot on the next trip.

Ask: When was a good moment to look for the next gate?

Optional challenge: Count different gates visited in 30 seconds without losing the ball.

Single-household practice. Use fewer rounds or shorter sessions whenever needed.

PARENT NOTES / ADAPT THE GAME

First touch to space

Easier: Choose the gate before the roll; use a very slow roll.

Harder: Parent points to an exit before releasing the ball; child checks the signal.

Ask: Where did your first touch leave the ball?

Optional challenge: Complete five receives with the ball staying within two steps.

Pass through the window

Easier: Move to 2 m apart and widen the gate.

Harder: Use the less-used foot or narrow the gate slightly.

Ask: Which part of your foot made the pass easier to aim?

Optional challenge: How many of five gentle passes go through the gate?

Pass and find a new spot

Easier: Stop between each action; parent waits until the child is set.

Harder: Move at a gentle jog and receive with the foot farther from the parent.

Ask: How did you show that you were ready for the return pass?

Optional challenge: Try four pass-move-receive sequences without rushing.

First touch to space

Easier: Choose the gate before the roll; use a very slow roll.

Harder: Parent points to an exit before releasing the ball; child checks the signal.

Ask: Where did your first touch leave the ball?

Optional challenge: Complete five receives with the ball staying within two steps.

Single-household practice. Use fewer rounds or shorter sessions whenever needed.

PARENT NOTES / ADAPT THE GAME

Choose the open gate

Easier: Give the signal before the child starts.

Harder: Signal after the first touch, leaving plenty of stopping room.

Ask: What told you which gate was open?

Optional challenge: Make five choices; count looking up before choosing.

Gate explorer

Easier: Use two wide gates and let the child choose.

Harder: Avoid the last gate used and try a different foot on the next trip.

Ask: When was a good moment to look for the next gate?

Optional challenge: Count different gates visited in 30 seconds without losing the ball.

Turn away from a shadow

Easier: Parent stays farther away and pauses often.

Harder: Parent changes approach side slowly. Child chooses a different turn.

Ask: Which turn gave you more room?

Optional challenge: Choose three turns into space while keeping the ball nearby.

Island turn

Easier: Walk with the ball and make a wide turn.

Harder: Choose inside turn or gentle sole pullback; parent names a return marker.

Ask: How did slowing down change your turn?

Optional challenge: Try five turns each way. Count how many stay within one step.

Single-household practice. Use fewer rounds or shorter sessions whenever needed.

PARENT NOTES / ADAPT THE GAME

Pick a corner

Easier: Move closer and make the gate wider.

Harder: Take two controlled dribbling touches before the shot.

Ask: What changed when you chose a target first?

Optional challenge: Try six shots, three each side; note accurate shots, not power.

Choose the open gate

Easier: Give the signal before the child starts.

Harder: Signal after the first touch, leaving plenty of stopping room.

Ask: What told you which gate was open?

Optional challenge: Make five choices; count looking up before choosing.

Pass, move, finish

Easier: Parent stops the ball before returning it; pause before shooting.

Harder: Child chooses a target corner after the return pass.

Ask: Did your first touch help you aim the shot?

Optional challenge: Try five sequences. Celebrate controlled receives and aimed finishes.

Pass and find a new spot

Easier: Stop between each action; parent waits until the child is set.

Harder: Move at a gentle jog and receive with the foot farther from the parent.

Ask: How did you show that you were ready for the return pass?

Optional challenge: Try four pass-move-receive sequences without rushing.

Single-household practice. Use fewer rounds or shorter sessions whenever needed.

PARENT NOTES / ADAPT THE GAME

Backyard quest

Easier: Do the dribble, pass, and finish as separate tasks.

Harder: Use a different gate and finishing foot next round.

Ask: Which choice made your route work best?

Optional challenge: Invent and complete three different routes; choose a favorite.

Turn away from a shadow

Easier: Parent stays farther away and pauses often.

Harder: Parent changes approach side slowly. Child chooses a different turn.

Ask: Which turn gave you more room?

Optional challenge: Choose three turns into space while keeping the ball nearby.

Gate explorer

Easier: Use two wide gates and let the child choose.

Harder: Avoid the last gate used and try a different foot on the next trip.

Ask: When was a good moment to look for the next gate?

Optional challenge: Count different gates visited in 30 seconds without losing the ball.

Backyard quest

Easier: Do the dribble, pass, and finish as separate tasks.

Harder: Use a different gate and finishing foot next round.

Ask: Which choice made your route work best?

Optional challenge: Invent and complete three different routes; choose a favorite.

Single-household practice. Use fewer rounds or shorter sessions whenever needed.