

Age: 1.5 - 3		Sport: Soccer	
Duration: 45 mins	Physical Skills: Control, dribbling, passing	Social Skill: Sportsmanship	Stickers: Soccer, Sportsmanship

Review Soccer Sport Resources Alongside Lesson Plan [HERE](#)

Welcome!

1. Introduce the sport - holding out soccer ball
2. Talk about the actions we do in soccer
3. Introduce the social skill
3. Talk about what [sportsmanship](#) is and how we use it

Social Skill Intro	<ul style="list-style-type: none"> • Sportsmanship means being a good friend and treating others how you want to be treated when we play sports. • It also means we don't only focus on winning, it is our effort and trying that matters! • What are some ways that we can show good sportsmanship when we play? <ul style="list-style-type: none"> ○ High five our teammates ○ Cheer our teammates on ○ Share equipment with everyone ○ Always try your best ○ Having a good attitude, even if we don't win or score a goal
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WARM UP

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

Physical Literacy Skill	<ul style="list-style-type: none"> ★ Galloping • Rhythm: Step (with lead foot), Together (back foot follows), Step, Together • Step one leg out in front of your body - this is the leading foot • The back foot follows and steps forward to meet the leading foot - the back foot is always chasing the lead leg but never goes in front of it <ul style="list-style-type: none"> ○ The fox (back foot) never catches the rabbit (lead foot) • Practice galloping in different pathways - zig-zag, circles, around cones • Add challenges - around obstacles, in different directions, changes in speed
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Cat and Mouse Tag!

Equipment	<input type="checkbox"/> Cones
Key Points	<hr/> <ul style="list-style-type: none"> → Set up a large triangle or circle of cones for the whole group → Coaches begin as cats; players are the mice → Players can run with their parents, who help them move around the triangle/circle and avoid getting tagged → Cats (coaches) try to tag the mice → When a player is tagged, choose one option: <ul style="list-style-type: none"> ◆ They become a cat and help tag others, or ◆ They sit down where they were tagged and another mouse gives them a high five to get back up <hr/>

Adaptation	<ul style="list-style-type: none"> • Switch it up each round - let the players be cats and chase other players (or the coaches), make the parents cats, etc.
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PHYSICAL SKILLS

Roll, Control & Kick Back!

Equipment	<input type="checkbox"/> Soccer balls, spot markers
Key Points	<ul style="list-style-type: none"> → Each player will pair up with their parent and find their own space in the play area → Each pair should have one soccer ball and one spot marker → Parents will start by sitting on the ground, sitting with their legs apart to creating a pizza shape (making the "goal") → Parents will place the spot marker a few feet away from their legs - the player will stand on the dot facing their parent to receive the ball → Parents roll the ball to their kiddo. Encourage players to trap the ball with their foot before kicking it back into their parents' pizza legs. → Keep it slow and successful - control first by trapping the ball, then pass

Penguin Passing!

Equipment	<input type="checkbox"/> Soccer balls, spot markers
Key Points	<ul style="list-style-type: none"> → Each player and parent pair stays in their own space with one soccer ball → Parents now stand on their feet, facing their kiddo → Practice passing the ball back and forth → Encourage players to use the inside of their foot when passing <ul style="list-style-type: none"> ◆ "Turn your foot like a hockey stick / penguin feet and use the inside part to kick the ball" → Focus on gentle and controlled passes - remind players to trap the ball before they kick it
Adaptation	<ul style="list-style-type: none"> • Progression: Parents stand with their legs open to make a goal - players pass/kick the ball through the goal to score

SOCIAL SKILLS

Stack the Towers! - EXAMPLE

Equipment	<input type="checkbox"/> Tall Cones, flat cones, soccer balls, nets
Key Points	<ul style="list-style-type: none"> → This is a modified version of the video example linked above → Set up a wide line of 6-8 tall cones ("towers") a few meters in front of the net → Place 2-3 hula hoops a few meters away from the towers, each with 6-10 flat cones inside. → Each player has their own soccer ball → All players dribble to any hula hoop, stop their ball, and pick up one flat cone → Then they dribble to the towers and stack the cone on top of any tower → Players can only carry one cone at a time → Continue until all cones are stacked - encourage players to work together as a team → Once all cones are stacked, players dribble to the net and score a goal - then high five a friend! → Emphasize sportsmanship by encouraging players to work together as a team and share the cones
Adaptation	<ul style="list-style-type: none"> • Progression: Stack cones on the same color tower

FUN ACTIVITY

Red Light Green Light!

<p>Equipment</p> <p>Key Points</p>	<p><input type="checkbox"/> Cones</p> <hr/> <p>→ Set up a line of cones on one end of the play area</p> <p>→ Have kids and parents stand at the line of cones, each child with a soccer ball</p> <p>→ The coach stands at the opposite end of the space</p> <p>→ When the coach faces the group and calls "RED LIGHT!", everyone must stop and freeze with their ball</p> <p>→ When the coach turns their back and calls "GREEN LIGHT!", players dribble toward the coach</p>
<p>WRAP UP</p>	
<p>Huddle & Review!</p>	
<p>Review</p> <p>Cheer</p> <p>Stickers</p>	<p>→ Who can tell me what actions we practiced in soccer today (dribbling, passing, control)?</p> <p>→ What social skill did we work on today?</p> <p>→ Yes, sportsmanship! Can I hear everyone say "sportsmanship"?</p> <hr/> <p>• The coach yells 'GO' and the kids yell 'PLAY' - GO! PLAY! GO! PLAY!</p> <p>• Be as LOUD as you can!</p> <hr/> <p>★ Hand out Soccer and Sportsmanship stickers</p>