

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

- **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?
 - 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

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

- ★ **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
 - 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

Cat and Mouse Tag!

Equipment

☐ **Cones**

Key Points

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- 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:
 - ◆ 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
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Adaptation	Switch it up each round - let the players be cats and chase other players (or the coaches), make the parents cats, etc.
PHYSICAL SKILLS	
Roll, Control & Kick Back!	
Equipment	☐ Soccer balls, spot markers
Key Points	→ 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	☐ Soccer balls, spot markers
Key Points	→ 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 ◆ "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	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	☐ Tall Cones, flat cones, soccer balls, nets
Key Points	→ 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	Progression: Stack cones on the same color tower
FUN ACTIVITY	
Red Light Green Light!	

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