

Age: 3-5 / 5-7		Sport: Soccer - Week 1	
Duration: 60 mins	Physical Skills: Ball control, dribbling	Social Skill: Sportsmanship	Stickers: Dribbling, Sportsmanship

Review Soccer Sport Resources (Dribbling) 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"> ★ <u>Galloping</u> ● 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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Body Part Game!

Equipment	<input type="checkbox"/> Soccer balls
Key Points	<ul style="list-style-type: none"> → Players will spread out around the play space, each with their own ball → Players begin by dribbling the ball around the space using their feet → When the coach yells out a body part they have to stop the ball and touch the ball with that body part

PHYSICAL SKILLS

Penguin Dribbles!

Equipment	<input type="checkbox"/> Soccer balls, cones
Key Points	<ul style="list-style-type: none"> → Set up a two lines of cones on both ends of the play space → To begin, all players will stand on one end of the space, each with a ball → When the coach says GO, players will dribble (using the inside of their foot) to the other line of cones → Practice dribbling back and forth a few times as a warm-up to introduce dribbling before playing Red Light Green Light
Adaptation	<ul style="list-style-type: none"> • Progression: Place tall cones at random in the space between both end zones. Players must dribble around the cones from one end to the other without knocking any cones over. If a player knocks a cone over, they have to do 10 toe taps before continuing!

Red Light, Green Light!

Equipment	<input type="checkbox"/> Soccer balls, cones
Key Points	<ul style="list-style-type: none"> → Players will stand at the line of cones, each with a 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 → Focus on using small touches on the ball to keep control and freeze quickly!

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"> → Set up a two lines of tall cones on both ends of the play space (enough for each player) → On one side of the line, place 3-6 flat cones on top of each tall cone - the other line of cones will be the “towers” → Each player has their own soccer ball → Players will take one cone at a time, to dribble to their tower and stack the cone on top of the tower, then dribble back → Players can only carry one cone at a time → Continue until all cones are stacked. 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 try their best and play with a good attitude
Adaptation	<ul style="list-style-type: none"> • Progression: Divide players into teams and play as a relay race

Dribble Freeze Tag!

Equipment	<input type="checkbox"/> Soccer balls, cones
Key Points	<ul style="list-style-type: none"> → Use cones to create a large boundary that players must stay within to dribble → 2 players (coaches to start) will have “freezing powers” like Elsa from Frozen - they will be IT and do not have a ball → All other players gets a ball and dribbles within the boundary while the other 2 try to freeze them by tagging → If tagged, a player is frozen. To unfreeze themselves, they have to do 5 toe taps on the ball (demonstrate this for them) <ul style="list-style-type: none"> ◆ Each round, you can pick a new motion (i.e. run around the ball in a circle 2 times, sitting on the ball and standing up, etc.) → After a couple of minutes, give 2 new players a turn at tagging and start the activity again (manipulate the length of the activity so everyone is successful) → Emphasize sportsmanship by encouraging players to be being honest when they get tagged

Adaptation	<ul style="list-style-type: none"> ● Progression: Dribble Knockout - All players dribble their own ball within the boundary while trying to knock other players' balls away. If their ball is knocked out of bounds, players can complete a task to rejoin the game (i.e. 10 toe taps on the ball, dribble around a cone and back, etc).
FUN ACTIVITY	
Soccer Scrimmage!	
Equipment	<input type="checkbox"/> Cones, nets, soccer balls <hr/>
Key Points	<ul style="list-style-type: none"> → Use cones to create a large boundary that players must stay within → Divide players into 2 teams (i.e. yellow shirts and purple shirts) and set up two nets on either side of the space → Play a short and friendly scrimmage <hr/>
Adaptation	<ul style="list-style-type: none"> ● Progression: Assign 2 players to be "neutral" - they will each stand on one sideline of the field. The neutral players' job is to run up and down the sideline to 1) help keep the ball in bounds, or 2) receive a pass and play the ball back out. The neutral player helps both teams.
WRAP UP	
Huddle & Review!	
Review	<ul style="list-style-type: none"> → Who can tell me what actions we practiced in soccer today (dribbling, small touches, penguin walks)? → What social skill did we work on today? → Yes, sportsmanship! Can I hear everyone say "sportsmanship"? <hr/>
Cheer	<ul style="list-style-type: none"> ● The coach yells 'GO' and the kids yell 'PLAY' - GO! PLAY! GO! PLAY! ● Be as LOUD as you can! <hr/>
Stickers	<ul style="list-style-type: none"> ★ Hand out Dribbling and Sportsmanship stickers