

Age: 5-7		Sport: Soccer - Week 1	
Duration: 55 mins	Physical Skills: Ball control, dribbling	Social Skill: Sportsmanship	Stickers: Dribbling, 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

- ★ **Skipping**
- Start Slow -
 - Begin by practicing balancing on one foot (then the other)
 - Practice hopping on one foot (then the other)
 - Practice marching on the spot (then march around the circle together)
- Teach the "Step-Hop" technique to learn the rhythm of skipping -
 - Step with right foot, then hop on right foot; Step with left foot, then hop on left foot.
 - Continue to "step, hop, step, hop", alternating feet

Body Part Game!

Equipment

☐ **Soccer balls**

Key Points

- 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
- Do this for 1-2 minutes before changing from body parts to soccer actions
 - ◆ Toe Taps - [Example](#)
 - ◆ Bell Taps - [Example](#)

PHYSICAL SKILLS	
Bees and Flowers!	
Equipment	☐ Cones, soccer balls
Key Points	→ Spread lots of tall cones around the playing area - These cones will be the “flowers” → Give each player their own soccer ball - The players are the “bees” → Make sure there is enough space between the cones for players to safely dribble → On the coach’s signal, the bees begin dribbling their soccer balls around the space → Players travel from flower to flower, using their soccer ball to try to knock down the cones → Encourage players to keep the ball close to their feet and use controlled touches while moving around the space → Once a player reaches a flower, they can take a controlled shot at the cone and try to knock it over → Players then continue dribbling to find another flower. → The round ends when all of the flowers have been knocked down → Quickly reset the cones and rotate through the different progressions listed below
Adaptation	• Progression: ○ Busy Bee, Sleepy Bee - Players must dribble slowly and quietly when the coach says “sleepy bees” and quickly when they say “busy bees” ○ Protect the Flowers - Place a hula hoop around the cones. Add a few “gardeners” who try to stand beside the hoops and prevent the bees from knocking them down. ○ Replant the Flowers: After knocking down a cone, the player must dribble to a new space and stand the flower back up before moving on. ○ Time Challenge: Give the bees 30–60 seconds to knock down as many flowers as possible, then reset and try to beat their score.
SOCIAL SKILLS	
Stack the Towers! - EXAMPLE	
Equipment	☐ Tall Cones, flat cones, soccer balls, nets
Key Points	→ 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	• Progression: Divide players into teams and play as a relay race
Dribble Freeze Tag!	
Equipment	☐ Soccer balls, cones
Key Points	→ 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) ◆ 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.)

Adaptation	→ 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 • 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	☐ Cones, nets, soccer balls
Key Points	→ 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
Adaptation	• 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.
Red Light, Green Light!	
Equipment	☐ Soccer balls, cones
Key Points	→ 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!
WRAP UP	
Huddle & Review!	
Review	→ 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”?
Cheer	• The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can!
Stickers	★ Hand out Dribbling and Sportsmanship stickers