

Age: 3-5 / 5-7		Sport: Soccer - Week 2	
Duration: 60 mins	Physical Skills: Passing, dribbling	Social Skill: Goal Setting	Stickers: Passing, Goal Setting

Review Soccer Sport Resources (Passing) 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 [goal setting](#) is and how we use it

Social Skill Intro	<ul style="list-style-type: none"> ● Goal Setting means trying to get better at something step by step to help us improve and succeed. ● Does anyone know what Goal Setting looks like? <ul style="list-style-type: none"> ○ Trying your best every time ○ Working on one skill at a time ○ Not giving up when something is hard ○ Celebrating improvement because practice helps us get better
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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"> ★ Balance ● Balance means staying steady and not falling ● When standing normally, we are balancing on two feet ● Explore static balance - try to balance in different still positions: <ul style="list-style-type: none"> ○ Stand up on the tips of your toes, arms stretched straight overhead (giraffe pose) ○ Standing on one foot only (flamingo pose) ○ Stand on one leg, arms out sideways like wings, bend forward at the waist and lift rear leg (airplane pose) ○ Stand on all fours, head down, and bum to the sky (downward dog pose) ○ Stand on all fours, head down, and hold one leg in the air (eiffel tower pose) ● Introduce dynamic balance - try to balance while moving: <ul style="list-style-type: none"> ○ Walking along a line (create two parallel lines of cones, leaving foot-wide distance between them so players can walk in the narrow middle space) ○ Heel-to-toe walking (forward and backwards) ○ Jumping over an object and landing still
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Cat and Mouse Tag! - [EXAMPLE](#)

Equipment	<input type="checkbox"/> Soccer balls
Key Points	<ul style="list-style-type: none"> → Divide players into partners → Set up a small triangle or circle of cones for each pair → One player will start at the cat (the tagger) and the other will be the mouse (running away) → Players can run in any direction around their triangle / circle of cones → When the mouse is caught by the cat (tagged), they switch roles and start again
Adaptation	<ul style="list-style-type: none"> ● Simplify: Rather than having players switch roles each time the mouse is tagged, play short rounds

	<p>where players remain in their role until the coach calls out “Switch” - this helps eliminate situations where players are stuck in their roles and promotes success (i.e. a player has consistent difficulty tagging their partner)</p> <ul style="list-style-type: none"> • Progression: Change the shape of cones to make it harder to run around (such as a square)
PHYSICAL SKILLS	
Gates Passing!	
Equipment	<input type="checkbox"/> Soccer balls, cones
Key Points	<ul style="list-style-type: none"> → Put players into partners (avoid asking them if they want to be someone’s partner and instead tell them who is their partner) → Each pair gets 1 ball and 2 cones → Set up the cones to create a “gate” → Partners will stand on opposite sides of the gate and practice passing the ball through the gate to each other → Set a goal for how many successful passes in a row (i.e. 5) - Once they reach the goal, move the cones closer together to make the passing space more challenging and then set a new goal
Pass, Stop, Score!	
Equipment	<input type="checkbox"/> Soccer balls, cones
Key Points	<ul style="list-style-type: none"> → Players will remain in partners, each with 1 ball and a “gate” of cones → Place one net on either side of the space → Partners will stand on opposite sides of the gate and pass the ball through the gate to each other 3 times → The player receiving the 3rd pass will STOP the ball, TURN and dribble to SCORE on the net behind them → Retrieve the ball from the net, dribble back to their gate and reset so their partner can stop, turn and score → Focus on controlling the ball and encourage practicing passing with both feet
SOCIAL SKILLS	
Busy Bees!	
Equipment	<input type="checkbox"/> Cones, soccer balls
Key Points	<ul style="list-style-type: none"> → Set up a boundary using cones for players to stay within → This is a variation of a tag game using soccer balls → Players will spread out around the space within the boundary without a ball → Coaches will start as the “Bees” and will both have a ball → Bees will dribble the ball around and “sting” other players by kicking the ball at their feet to tag them → Once a players feet have been “stung”, they must grab a ball and also become a Bee
The floor is Lava! - EXAMPLE	
Equipment	<input type="checkbox"/> Soccer balls, cones
Key Points	<ul style="list-style-type: none"> → Put players into partners (avoid asking them if they want to be someone’s partner and instead tell them who is their partner) → Each pair gets 1 ball → Spread lots of cones all around the space - make sure they are not too far apart as the kids will be passing to each other from the distance of the cones → The cones will be “islands” → Players will both be standing at different islands → Players will pass the ball to their partner, then move to a new island to receive a return pass → Players continue to pass and move, counting how many passes they make
	<ul style="list-style-type: none"> • Simplify: Rather than playing with the whole group among all of the cones, create individual island

Adaptation	passing zones for each pair. Set up 3-5 cones per pair in their own space to pass and move to. This will help avoid players bumping into each other and getting hit with another ball, and will help players maintain successful passing distances each time they move to a new cone.
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.
Pizza Party!	
Equipment	<input type="checkbox"/> Spot markers, cones <hr/>
Key Points	<ul style="list-style-type: none"> → Create a boundary using cones that players must stay within → All players have a spot marker - this is the “pizza” → Players balance their pizza on one hand while keeping the other hand behind their back → Everybody is IT in this game → Players run around the space trying to balance and protect their pizza while trying to knock off other players pizzas at the same time → If a players pizza gets knocked off, choose an action they have to perform to get back in the game (i.e. 5 jumping jacks)
WRAP UP (~5 mins)	
Huddle & Review!	
Review	<ul style="list-style-type: none"> → Who can tell me what actions we practiced in soccer today (passing, dribbling, control)? → What social skill did we work on today? → Yes, goal setting! Can I hear everyone say “goal setting”? <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 Passing and Goal Setting stickers