Age: 5-7		Sport: Soccer - Week 2	
Duration: 55 mins	**Physical Skills:** Passing, dribbling	**Social Skill:** Goal Setting	**Stickers:** Passing, Goal Setting

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 **goal setting** is and how we use it

Social Skill Intro

- **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?
  - 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

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

★ **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:
  - 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:
  - 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

Line Tag!

Equipment

☐ **N/R**

Key Points

➔ This is a fun, active tag game played using the lines on the gymnasium floor
➔ The coach will start as “It”
➔ All the players spread out and stand on the gym floor lines
➔ Players must stay on the lines while moving around the gym
➔ The person who is “It” tries to tag other players while also staying on the lines
➔ Players can change direction, but they cannot step off the lines
➔ If a player is tagged, they can become the new “It” or follow the rule chosen by the coach - for example:

	◆ Players must do 5 jumping jacks before rejoining the game ◆ Play “infection’ style where players join and also become “It” until one player remains ➔ Encourage players to look ahead and avoid collisions ➔ Continue for several short rounds so different children get a chance to be “It”
PHYSICAL SKILLS	
Gates Passing!	
Equipment	☐ **Soccer balls, cones**
Key Points	➔ 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” ➔ Use spot markers to create the passing distance for players to stand on if needed ➔ 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	☐ **Soccer balls, cones**
Key Points	➔ 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	
The floor is Lava! - EXAMPLE	
Equipment	☐ **Soccer balls, cones**
Key Points	➔ 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 ◆ Emphasize PASS AND MOVE ➔ Players continue to pass and move, counting how many passes they make ➔ Emphasize **goal setting** by having pairs **set a goal** of how many successful passes they will make
Adaptation	• **Simplify:** Rather than playing with the whole group among all of the cones, create individual island 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. • **Progression:** Give players 30–60 seconds to make as many successful passes as possible, then reset and try to beat their score.
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.
Pizza Party!	
Equipment	☐ **Spot markers, cones**
Key Points	➔ 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	➔ 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**"?
Cheer	• The coach yells 'GO' and the kids yell 'PLAY' - GO! PLAY! GO! PLAY! • Be as LOUD as you can!
Stickers	★ Hand out Passing and **Goal Setting** stickers