

Age: 3-5 / 5-7		Sport: Soccer - Week 3	
Duration: 60 mins	Physical Skills: Shooting, goal kicks	Social Skill: Communication	Stickers: Goal Kicks, Communication

Review Soccer Sport Resources (Shooting/Goal Kicks) 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 **communication** is and how we use it

Social Skill Intro	<ul style="list-style-type: none"> ● Communication helps the team play better together - good teammates talk to each other while they play! ● What does good communication look like? <ul style="list-style-type: none"> ○ Calling for the ball: "I got it!" ○ Asking for the ball: "Pass here!" ○ Letting teammates know: "I'm open!" ○ Encouraging others: "Good job!"
---	--

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"> ★ Jumping ● Practice bending your knees and standing back up ● Try small jumps in place with both feet together - practice landing softly with bent knees like a quiet ninja! ● Try big jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really high like a spaceship taking off into space! ● Try far jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really far and powerful like a kangaroo
--------------------------------	--

Jumping Course!

Equipment	<input type="checkbox"/> Cones, hula hoops, spot markers
Key Points	<ul style="list-style-type: none"> → Create 4–5 stations around the space using cones, hula hoops and spot markers → Stations can include: <ul style="list-style-type: none"> ◆ Two-foot jumps - Jump forward with two feet together landing in the hula hoop ◆ Side-to-side jumps - Jump side to side over a line of cones ◆ Mini hurdles - Jump over small lines of tall cones ◆ Spot jumps - jump and land on a zigzag of spot markers → Players can try the different stations at random, or they can be assigned where to go → Encourage bending knees before jumping, using their arms to help lift, and jumping with two feet

PHYSICAL SKILLS

Shooting Progression!

Equipment	<input type="checkbox"/> Soccer balls, cones, spot markers
Key Points	<ul style="list-style-type: none"> → Create a line of flat cones with one spot marker to the left of each cone - place a ball on top of each cone → All players will stand at their own cone/spot marker setting - ensure there is a good amount of space between them → Players will step with their left foot on the spot, tap the top of the ball with their kicking foot, swing their leg back and then kick the ball as far as they can → After kicking the ball, players retrieve their ball and continue practicing this motion
Adaptation	<ul style="list-style-type: none"> • Progression: Players will practice running up to the ball to kick the ball off the cone as far as they can, and making sure that they are planting their foot on the spot beside the cone before swinging through. After kicking the ball off the cone, reset and have players continue practicing this motion • Progression: Set a tall cone a few meters behind each cone/spot setting. Players will stand at their cone/spot setting, shuffle backwards around the tall cone, and then run forward to kick the ball off the cone as far as they can

Clean Your Backyard!

Equipment	<input type="checkbox"/> Soccer balls, cones
Key Points	<ul style="list-style-type: none"> → Set up a large boundary zone using cones for the kids to stay within → In the centre of the boundary, use additional cones to create a channel that runs from one sideline to the other - this will be the “river” (no player zone) for safety → Divide players into 2 teams and put each team on either side of the river, each side with as many balls as there are players → The goal is for each team to clean their backyard by kicking the balls off their lawns, while their opponents do the exact same thing → No one enters the river for safety reasons. If a ball stops in the river, the coach removes it. → After about a minute, the team with the fewest balls in their yard wins the round → Redistribute the balls and play again

SOCIAL SKILLS

Head, Shoulders, Knees & Soccer Ball!

Equipment	<input type="checkbox"/> Nets, soccer balls, spot markers
Key Points	<ul style="list-style-type: none"> → Set up a line of cones or spot markers on the side of the space - have all players find a spot to stand on → A few meters in front of the players, set a line of flat cones and place a soccer ball on top of each → Place both nets a few meters behind the line of balls → The coach will call out “head”, and they will touch their head. When “shoulders” is called out they touch their shoulders. When “knees” is called out, they will touch their knees. → This can go in any order and repeat as many times, but when the coach says “soccer ball!” players have to run to the cone in front of them to dribble their ball and shoot on the net → Reset and repeat for a few rounds → Emphasize communication by reminding players to use their listening ears and keep their eyes on the coach to see what actions they need to follow

Shooting Obstacle Course!

Equipment	<input type="checkbox"/> Soccer balls, cones, nets
Key Points	<ul style="list-style-type: none"> • Set up an obstacle course using cones leading up to the net • Create two courses and divide the group if working with a large group of players • Create a line of spot markers a few feet back to form the line for players to line up at • Each player will have a soccer ball and will dribble through the course to shoot on the net

FUN ACTIVITY	
Fire and Ice Tag!	
Equipment	<input type="checkbox"/> Cones, playground balls
Key Points	<ul style="list-style-type: none"> → Create a large boundary using cones that players must stay within → Choose 1-2 players who will be IT - they are the “freezers” and have “ice powers” → Choose another 1-2 players (can be coaches) who have the fireball (playground ball” to unfreeze players → Players with the fireball cannot be frozen → If you are frozen, players with the fireball can toss you the ball and if you catch it you are unfrozen → If the fireball is not caught when tossed, it must be re-tossed until it is caught successfully
Adaptation	<ul style="list-style-type: none"> ● Progression: If the fireball is dropped it is dead and cannot be picked up again. OR, the fireball is no longer invincible and can be frozen by the ice - if frozen, it can still be unfrozen by another fireball if they make a successful catch (must have 2 players with fireballs).
Soccer Scrimmage!	
Equipment	<input type="checkbox"/> Cones, nets, soccer balls
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
WRAP UP	
Huddle & Review!	
Review	<ul style="list-style-type: none"> → Who can tell me what actions we practiced in soccer today (shooting, dribbling, control)? → What social skill did we work on today? → Yes, communication! Can I hear everyone say “communication”?
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!
Stickers	<ul style="list-style-type: none"> ★ Hand out Goal Kicks and Communication stickers