

Age: 3-5		Sport: Soccer - Week 3	
Duration: 55 mins	Physical Skills: Shooting, goal kicks	Social Skill: Communication	Stickers: Goal Kicks, Communication

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 **communication** is and how we use it

Social Skill

Intro

- **Communication** helps the team play better together - good teammates **talk to each other** while they play!
- What does good **communication** look like?
 - 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

- ★ **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

- ☐ **Cones, hula hoops, spot markers**

Key Points

- Create 4–5 stations around the space using cones, hula hoops and spot markers
- Stations can include:
 - ◆ 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	☐ Soccer balls, cones, spot markers
Key Points	→ 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	• 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
Cone Knock Down!	
Equipment	☐ Soccer balls, cones
Key Points	→ Set up a line of flat cones in the middle of the gym to clearly divide the two sides in half → On the end zone of each half, spread out 5-6 tall cones - these will be the targets → Divide players into 2 teams and put each team on either side, with as many balls as there are players on both sides → The goal is for each team to work together to knock down their opponents targets by kicking the balls, while also defending their own from being knocked down → The first team to knock down all of their opponents targets wins → Reset the balls and cones and play again
Adaptation	• Simplify: If the tall cones are too difficult of a target to knock down, change to flat cones with a playground ball on top for a larger surface area to aim at
SOCIAL SKILLS	
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 → Emphasize communication by reminding players to use their listening ears to know what actions they need to follow
Adaptation	• Progression: Play elimination style, where the last player to complete the action is out
Shooting Obstacle Course!	

Equipment	☐ Soccer balls, cones, nets
Key Points	• 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	
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
Fire and Ice Tag!	
Equipment	☐ Cones, playground balls
Key Points	→ 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	• 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).
WRAP UP	
Huddle & Review!	
Review	→ 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	• The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can!
Stickers	★ Hand out Goal Kicks and Communication stickers