

Age: 3-5 / 5-7		Sport: Soccer - Week 4	
Duration: 60 mins	Physical Skills: Goalie, throw-ins	Social Skill: Leadership	Stickers: Goalie, Leadership

Review Soccer Sport Resources (Goalie/Throw-Ins) 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 **leadership** is and how we use it

Social Skill Intro	<ul style="list-style-type: none"> • Leadership means helping your team do their best and setting a good example for others. • What are some ways that we can show good leadership? <ul style="list-style-type: none"> ○ Trying your best every time ○ Encouraging your teammates when they make mistakes or do well ○ Showing respect to coaches and other players ○ Helping teammates know what to do
---	--

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"> ★ Throwing / Catching • Cues for the underhand throw: <ul style="list-style-type: none"> ○ Face your target ○ Arm looks like a lower case "L" (straight line) ○ Swing (arm), Step (always with opposite leg), Throw • Cues for catching: <ul style="list-style-type: none"> ○ Reach - hands out toward the ball ○ Grab - grab the ball ○ Give - bring it to your body
--------------------------------	--

Dribble Freeze Tag!

Equipment	<input type="checkbox"/> Soccer balls, cones
Key Points	<ul style="list-style-type: none"> → 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.) → 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)

PHYSICAL SKILLS

Goalie Skills! - [EXAMPLE](#)

<p>Equipment</p> <hr/> <p>Key Points</p> <hr/> <p>Adaptation</p>	<p><input type="checkbox"/> Soccer balls, cones, spot markers</p> <hr/> <ul style="list-style-type: none"> → Have each player spread out into their own space with a ball → Start with a simple toss-and-catch: throw the ball straight up and catch it above the head → Emphasize proper catching technique: <ul style="list-style-type: none"> ◆ Keep arms as straight/extended as possible to catch the ball high ◆ Form a “W” shape with the hands (thumbs together, fingers spread) → Reinforce control and focus on clean catches rather than speed → After 10 catches, progress to the next level <ul style="list-style-type: none"> ◆ Players bounce their ball on the ground so that it bounces above head-height ◆ Players catch the rebound up in the air - encourage a small jump as players catch the ball with arms extended and “W” hands → Finally, Players bounce the ball on the ground. As the ball rebounds, perform a small hop while catching it. Catch with arms fully extended and hands in a “W” position. After securing the ball, bring it down and cradle it safely into the body on the ground <hr/> <ul style="list-style-type: none"> ● Progression: Players will practice throwing and catching in partners <ul style="list-style-type: none"> ○ Place two spot markers across from each other for each pair to stand on - Both players will have a ball ○ Players will both toss their ball at the same time nice and high at a diagonal to their partner, and will catch the ball their partner threw ○ After 10 throws/catches, partners can progress to bounce passes
---	---

Rotating Goalie!

<p>Equipment</p> <hr/> <p>Key Points</p>	<p><input type="checkbox"/> Soccer balls, cones, nets, spot markers</p> <hr/> <ul style="list-style-type: none"> → Set up 2 nets and place a line of spot markers a few meters back from each net for players to line up on → Create a line of cones a few feet in front of the net as the “shooting line” - players must shoot before the line to prevent them from dribbling too close to the net for this activity → One player will start in net as the goalie → The first player in line will dribble toward the net, takes a shot on the goalie and tries to score → After the shot (goal or no goal), the player retrieves the ball and gives the ball to the goalie → The shooter now becomes the new goalie, and the previous goalie goes to the back of the line → Keep rotations fast so everyone gets equal turns
--	--

SOCIAL SKILLS

Throw-In Skills!

<p>Equipment</p> <hr/> <p>Key Points</p> <hr/> <p>Adaptation</p>	<p><input type="checkbox"/> Soccer balls</p> <hr/> <ul style="list-style-type: none"> → Introduce the purpose of a throw-in: Restarting play when the ball goes out of the bounds on the sideline → Demonstrate proper technique: <ul style="list-style-type: none"> ◆ Hold the ball with both hands and bring the ball behind the head ◆ Throw the ball forward over the head in one smooth motion ◆ Both feet must stay on the ground → Each player will have a ball → Players will stand side by side beside the coach facing the same direction → When the coach says GO, players will practice their throw-in (all throwing in the same direction) → Then players will retrieve their ball, line up and go again on the coach’s signal → Practice the throw-in motion for a few rounds to prepare for the next game <hr/> <ul style="list-style-type: none"> ● Progression: Place hula hoops on the ground for players to aim their throw-ins toward
---	--

Throw-In Bowling!

Equipment	<input type="checkbox"/> Soccer balls, tall cones, spot markers
Key Points	<ul style="list-style-type: none"> → Set up 2-3 stations of tall cones like bowling pins (ensure each cone is spaced out apart slightly and not touching) → Place a line of spot markers a few meters back from each bowling station for players to line up on → Each player will have a ball → The first player in line will practice their throw-in and throw the ball aiming to knock over the cones → After throwing, the player runs to retrieve their ball and goes to the back of the line → Players continue taking turns with their throw-in until all cones are knocked over → Reset and repeat for a few rounds → Emphasize leadership by encouraging players to cheer their team members on!
Adaptation	<ul style="list-style-type: none"> • Progression: After 1-2 rounds, turn it into a relay to see which team can knock down all of their cones first

FUN ACTIVITY

VIP Tag!

Equipment	<input type="checkbox"/> Cones, hula hoop
Key Points	<ul style="list-style-type: none"> → Create a large boundary using cones that players must stay within → Place one hula hoop on the ground in one corner of the boundary zone → Choose one player to be the “VIP”; they stand inside the hula hoop - the hula hoop is the VIP’s safe zone → Assign 1-2 players to be IT and all other players play tag → If a player is tagged, they must sit down where they are → The VIP’s role is to high five seated players to bring them back into the game, without getting tagged → If the VIP gets tagged, the round ends! → Rotate the VIP each round so everyone who wants a turn gets a chance.
Adaptation	<ul style="list-style-type: none"> • Place two hula hoops in opposite ends of the space and have 2 VIP players • To better indicate who is IT - players who are IT can run with a ball and tag players with the ball (with two hands, not throwing the ball)

WRAP UP

Huddle & Review!

Review	<ul style="list-style-type: none"> → Who can tell me what actions we practiced in soccer today (throw-in, goalie skills like “W” hands, shooting)? → What social skill did we work on today? → Yes, leadership! Can I hear everyone say “leadership”?
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 Goalie <u>or</u> Throw-In and Leadership stickers