Age: 3-5		Sport: Soccer - Week 4	
Duration: 55 mins	**Physical Skills:** Goalie, throw-ins	**Social Skill:** Leadership	**Stickers:** Goalie, Leadership

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 **leadership** is and how we use it

Social Skill Intro

- **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**?
  - 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

★ **Throwing / Catching**

- Cues for the underhand throw:
  - Face your target
  - Arm looks like a lower case “L” (straight line)
  - Swing (arm), Step (always with opposite leg), Throw
- Cues for catching:
  - Reach - hands out toward the ball
  - Grab - grab the ball
  - Give - bring it to your body

Dribble Freeze Tag!

Equipment

☐ **Soccer balls, cones**

Key Points

➔ 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 get their own ball and dribble around the space while the players who are IT try to freeze them by tagging
➔ If tagged, a player is frozen. To unfreeze themselves, they have to do an action with the ball - Each round, you can pick a new motion and demonstrate the action
  - ◆ 5 toe taps on the ball
  - ◆ Run around the ball in a circle 2 times
  - ◆ Sitting on the ball and standing up
  - ◆ Bell taps on the ball
➔ 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

Equipment

☐ **Soccer balls, cones, spot markers**

Key Points

- ➔ 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:
  - ◆ 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
  - ◆ 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

Adaptation

- **Progression:** Players will practice throwing and catching in partners
  - ○ 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!

Equipment

☐ **Soccer balls, cones, nets, spot markers**

Key Points

- ➔ 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!

Equipment

☐ **Soccer balls**

Key Points

- ➔ Introduce the purpose of a throw-in: Restarting play when the ball goes out of the bounds on the sideline
- ➔ Demonstrate proper technique:
  - ◆ 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, ‘Throw-In Bowling’

Adaptation

- **Progression:** Place hula hoops on the ground for players to aim their throw-ins toward

Throw-In Bowling!	
Equipment	☐ **Soccer balls, tall cones, spot markers**
Key Points	➔ Set up 1-2 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	• **Simplify:** Place a line of tall cones on one side of the play space, and have all players lined up together along the opposing end of the play space. Each player will have their own ball, and the group works together simultaneously to throw their ball overhead to knock down all the cones. • **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	☐ **Cones, hula hoop**
Key Points	➔ 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	• 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	➔ 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	• The coach yells 'GO' and the kids yell 'PLAY' - GO! PLAY! GO! PLAY! • Be as LOUD as you can!
Stickers	★ Hand out Goalie **<u>or</u>** Throw-In and **Leadership** stickers