

<b>Age: 1.5 - 3</b>		<b>Sport: Soccer 1</b>	
<b>Duration:</b> 45 mins	<b>Physical Skills:</b> Control, dribbling, passing	<b>Social Skill:</b> Sportsmanship	<b>Stickers:</b> Soccer, Sportsmanship

<b>Instructions</b>	<b>Language</b>
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<b>Welcome!</b>	<b>Equipment: N/A</b>
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<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> <li>1. Introduce the sport - holding out soccer ball</li> <li>2. Talk about the actions we do in soccer.</li> <li>3. Introduce the social skill.</li> <li>3. Talk about what <b>sportsmanship</b> is and how we use it.</li> </ol>	<p>Has anyone seen this ball before?</p> <p>Today we are playing...Soccer! In soccer, we use our feet to move the ball.</p> <p>We do this by using our penguin walks to do little taps on the ball.</p> <p>We don't only do this by ourselves, we also work with others in soccer.</p> <p>It is important to practice <b>sportsmanship</b> when we work with others!</p> <p>Today we are going to work on <b>sportsmanship</b>. <b>Sportsmanship</b> is a BIG word. But it really just means being a <b>good friend</b> to all GoPlayers! and <b>treating others how you want to be treated</b> when we play sports.</p> <p>It also means we don't only focus on winning, it is our <b>effort and trying that matters!</b></p>
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<p><b>Note:</b></p> <ol style="list-style-type: none"> <li>1. <b>Start the lesson by setting up the circle of cones/pylons for everyone to meet at.</b></li> <li>2. <b>Complete a couple laps around the circle as animals (1-2).</b></li> <li>3. <b>Then, always move into the second warm-up again after.</b></li> </ol>
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<b>Warm-Up: Get Moving! ~ 5 - 10 mins</b>	<b>Equipment: Cones</b>
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<p>Set up a circle of cones in the middle of the playspace and have everyone find a spot.</p> <p>Start by talking about why we always warm-up.</p> <p>Try to ask some kids in the group if they have a favourite animal they want to share.</p> <p>If they do, try to move around the circle like that animal.</p> <p>Another option is to suggest animals to the group (if the kids are shy or you want to incorporate a few other animals).</p> <p>Then move around the circle like that animal.</p> <p>Some examples:</p> <ul style="list-style-type: none"> <li>- rabbits/bunnies: hop around the circle</li> <li>- penguins: waddle around the circle with feet turned out</li> <li>- giraffe: stand on tippy toes and put both arms up in the air for the neck and walk around the circle</li> <li>- cheetah: run as fast as you can around the circle</li> <li>- bird: move your arms up and down (flapping like wings) to fly around the circle</li> </ul>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Does anyone in the group have a favorite animal they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's move around the circle like a ____.</p> <p>Or</p> <p>Who wants to know coach's favourite animal?!</p> <p>I think we should be.... (use examples)</p> <p>Next, I think we should be PENGUINS! (introduce because we reference them throughout class). Let's warm up our penguin walks to use when we play soccer!</p>
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<b>Cat and Mouse Tag</b>	<b>Equipment: N/A</b>
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<p>Start by having the coach(es) be the cat and the kiddos be the mice.</p> <p>They can run with their parents, their parents assisting them in running away.</p>	<p>Okay GoPlayers! Let's keep warming up our bodies!</p> <p>If there is a cat and a mouse, who would run away from the other? Would the mouse chase the cat? Nooooooo. Would the cat chase the mouse? Yes!</p>
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<p>This means that the coach is trying to tag the kids.</p> <p>Once tagged, the kiddos are tagged, they can become a cat and help chase, or just sit down (this will likely depend on the group you have).</p> <p>You can also switch roles! Have the kiddos chase coach.</p>	<p>So, this means that if the coach is a cat and you are all the mice, what do you think you do?? Yes, run run run!</p> <p>Do you think you can run away from coach?</p>
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<p><b>Physical Skills ~ 10 - 15 mins</b></p> <p><b>Rolling</b> <span style="float: right;"><b>Equipment: Soccer balls</b></span></p>	
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<p>Have the GoPlayers find their own space with their adult in the play area.</p> <p>Each pairing should have a soccer ball.</p> <p>Have the kids and parents sit on the ground with their legs apart.</p> <p>They should be rolling the ball back and forth between the kiddo and parent.</p> <p>Try to encourage them to stop the ball before they roll it back to their parent.</p> <p>We want control!</p> <p>If the kiddos are finding this easy, have the parent move away from each other so the ball has to roll further.</p>	<p>Okay GoPlayers! Since this is our first time playing soccer together, we are going to get used to the ball and practice our control and aim.</p> <p>We are going to do this by rolling the ball to our parent, then they will roll it back to us.</p> <p>We want to try to freeze the ball in one place before we roll it back to our parent!</p>
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<p><b>Penguin Passing</b> <span style="float: right;"><b>Equipment: Soccer balls</b></span></p>	
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<p>Each pairing should still have their own space and a soccer ball.</p> <p>Now, they will be standing on their feet.</p> <p>Have the kids and parents pass back and forth to each other.</p> <p>Go around and try to encourage the kids to do their penguin walk like they did during warm-up and use the inside of their foot! (This will be more challenging for the young ones)</p> <p>Level up by having the parents create a goal with their legs and encourage the kids to try to kick the ball through their parents legs to score.</p>	<p>Okay GoPlayers! Now that we have practiced our rolling and control, let's stand up and try with our feet!</p> <p>Let's keep our penguin walks going to learn how to pass the soccer balls. This means we want to do one big leg swing using the inside of our foot (point to spot on foot) to move the ball to our parent.</p> <p>Remember, in soccer we only want to use our feet!</p> <p>Let's get the ball to our parent!</p> <p>Good job GoPlayers! Parents, please make a goal with your legs by creating a large enough space for your kiddos to kick the ball through.</p> <p>GoPlayers! let's try doing a penguin kick to get the ball through our parents legs and score a goal!</p>
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<p><b>Social Skill ~ 10 mins</b></p> <p><b>Teamwork Scoring</b> <span style="float: right;"><b>Equipment: Soccer nets, soccer balls</b></span></p>	
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<p>Start by putting all of the soccer balls in the middle of the play area.</p> <p>Have at least one net set up on either end of the play area.</p> <p>When coach says go, the kiddos have to get a ball from the middle, one ball at a time, and dribble it to one of the nets and score.</p> <p>The goal is to get all of the balls into the nets by <b>working together</b>.</p> <p>You can create variations of the game each round by having the kids only use their feet, or only rolling the ball using their hands, with little taps/kicks, or big kicks.</p>	<p>Okay GoPlayers! Let's go back to working on our <b>sportsmanship</b>.</p> <p>One way to show <b>sportsmanship</b> is by <b>working with your friends</b> instead of all on your own.</p> <p>For this game, we are going to <b>work as one team</b> to get all of the balls into the two nets.</p> <p>In soccer, getting the ball in the net and scoring isn't only for YOU, it is also for your whole <b>TEAM!</b></p>
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<p><b>Game/Fun Activity ~ 10 mins</b></p> <p><b>Red Light, Green Light</b> <span style="float: right;"><b>Equipment: Soccer balls</b></span></p>	
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<p>Have the kids and parents line up on one side, each kiddo should have a ball.</p> <p>The coach will be at the other end of the space.</p> <p>When the coach is facing the kids/parents and they yell RED LIGHT they have to FREEZE.</p> <p>When the coach turns their back to the kids/parents and yell GREEN LIGHT they have to move towards coach and the other side of the play area with their ball.</p> <p>The players are trying to get to the coach without being caught moving.</p>	<p>Before starting: Let's see your best freeze pose! Like you're frozen in ice!</p> <p>Amazing! Now let's see your best freeze pose with the soccer ball.</p> <p>Okay, so what will you all do when I yell RED LIGHT?</p> <p>Today we practiced controlling the soccer ball, moving it with small penguin walk taps, stopping the ball with our feet or body.</p> <p>We are going to try all of these things one more time today in this game!</p> <p>What will you all do when I yell GREEN LIGHT?</p> <p>Okay, let's give it a try! We need to turn on our listening ears to know when to GO and when to FREEZE.</p>
<p><b>Clean-Up</b> <span style="float: right;"><b>Equipment: N/A</b></span></p>	
<p>Have the kids help with clean up.</p> <p>Countdown from 3 and have the kids run as fast they can to grab all of the soccer balls and bring to coach.</p> <p>Count down again and do the same for any other equipment.</p> <p>Give out high fives as they bring the equipment to you!</p> <p>Make sure to say thank you ____, using the kiddos names as much as you can.</p>	<p>Let's see you quickly you can bring all of the soccer balls to me!</p> <p>Now let's do it again for ____!</p>
<p><b>Review!</b> <span style="float: right;"><b>Equipment: Soccer ball</b></span></p>	
<p>Hold out the soccer ball to the kids.</p>	<p>Can anyone remember what the sport we played today is called?</p> <p>Yes, soccer!</p> <p>Can I hear everyone say "soccer"?</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced <b>sportsmanship!</b></p> <p>I know it is a big word, but can I hear everyone say "<b>sportsmanship!</b>"!</p>
<p><b>Cheer!</b> <span style="float: right;"><b>Equipment: N/A</b></span></p>	
<p>GO! PLAY! GO! PLAY!</p> <p>Have the coach yell 'GO' and the kids yell 'PLAY'</p>	<p>Be as LOUD as you can!</p> <p>I can't hear you!</p> <p>Again, louder!!</p>
<p><b>Stickers</b> <span style="float: right;"><b>Equipment: Sticker boxes</b></span></p>	
<p>Hand out Soccer and <b>Sportsmanship</b> stickers.</p>	<p>Try to use the kiddos names as you hand out their stickers:</p> <p>Good job ____!</p> <p>Thanks for a great class ____!</p> <p>Thanks for being awesome!</p>