

Age: 1.5 - 3		Sport: Soccer 2	
Duration: 45 mins	Physical Skills: Kicking, dribbling	Social Skill: Goal Setting	Stickers: Soccer, Goal Setting

Instructions	Language
---------------------	-----------------

Welcome!	Equipment: N/A
-----------------	-----------------------

<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> 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 goal setting is and how we use it. 	<p>Who remembers this ball?</p> <p>Today we are playing...Soccer! Again! Remember, in soccer, we use our feet to move the ball.</p> <p>Last week we practiced doing 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>Today we are going to practice another important skill. Goal setting!</p> <p>If we set a goal for all of you to run to the other side of the field, and you all did it. That means you achieved the goal!</p>
--	---

<p>Note:</p> <ol style="list-style-type: none"> 1. Start the lesson by setting up the circle of cones/pylons for everyone to meet at. 2. Complete a couple laps around the circle as an automobile (1-2). 3. Then, always move into the second warm-up again after.
--

Warm-Up: Get Moving! ~ 5 - 10 mins	Equipment: Cones
---	-------------------------

<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>Introduce automobiles by asking if the kiddos have been on a plane or if any of them like cars or trucks.</p> <p>Try to ask some kids in the group if they have a favourite automobile they want to share.</p> <p>If they do, try to move around the circle like that automobile.</p> <p>Another option is to suggest animals to the group (if the kids are shy or you want to incorporate a few other automobiles).</p> <p>Then move around the circle like that animal.</p> <p>Some examples: - Plane: move around with arms straight out like the plane wings flying! - Motorcycle: move around with our hands gripping the imaginary handlebars - Car: hands holding our imaginary steering wheel</p>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Has anyone been on a plane before? Planes are super cool because they go in the air like birds!</p> <p>Or what about cars or trucks??</p> <p>Does anyone in the group have an automobile 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 automobile?!</p> <p>I think we should be.... (use examples)</p>
--	--

Body Part Game	Equipment: Soccer balls
-----------------------	--------------------------------

<p>Have the GoPlayers spread out with their adult around the play space.</p> <p>The pairings should each have a soccer ball with them.</p> <p>When coach says go, they will dribble the ball around the space with their parents using their feet.</p> <p>Then when the coach yells out a body part they have to stop</p>	<p>Does anyone remember when we did the silly warm-up game last time we played soccer?</p> <p>When we used our entire body to stop the ball?!</p> <p>Let's get our bodies moving and warm up even more. Now we can also be even more silly!</p> <p>Remember, in Soccer, we usually only use our feet (point to your</p>
---	---

<p>the ball with that body part.</p> <p>When you are finished the game, have all of the GoPlayers! give another kiddo a hi-five. If they won't give another GoPlayer a hi-five, they can also give one to their parent.</p>	<p>feet), but to get warm we are going to use all parts of our body parts!</p> <p>Can I see everyone's penguin walks?</p> <p>Amazing! Let's practice our penguin walks to do little taps to move the ball between stopping.</p> <p>Good job GoPlayers! Let's give another GoPlayer a hi-five for all of your hard work!</p>
---	---

<p>Physical Skills ~ 10 - 15 mins Dragon Dribbling</p>	<p>Equipment: Soccer balls</p>
--	---------------------------------------

<p>Keep the kids lined up on one side of the play area with their ball.</p> <p>They are now going to try using their feet to move the ball to the other side of the play area.</p> <p>When coach says go, they will dribble the ball slowly to the other side.</p> <p>The parents can help their kiddos keep the balls on track and also encourage the kids to stay slow and controlled.</p>	<p>Our goal for this game is to make it all the way to the other side only using our feet!</p> <p>This is NOT a race, the goal is actually to be slow, because when we are slow we can practice our control!</p> <p>We should all think of the ball as a peaceful, sleeping dragon. If you move too fast or kick the ball too hard, you will wake up the dragon!</p>
--	--

<p>Busy Bees</p>	<p>Equipment: Soccer balls</p>
-------------------------	---------------------------------------

<p>All of the kids will have their own ball.</p> <p>They should spread out with their ball around the play space.</p> <p>The kids will be practicing their dribbling that we just worked on to keep the ball close to them while they move around.</p> <p>When they get close to their parent or a coach, kiddos will be trying to kick the ball at their parent or coach's feet.</p> <p>The kids are being the bees who are trying to sting their parent or coach by kicking the ball.</p> <p>The parents/coach can react by jokingly saying "ouch" or "you got me!"</p>	<p>Okay GoPlayers!, let's keep using those skills for this next game.</p> <p>You are all now bees!</p> <p>Does everyone know what a bee is? Do they buzz around? Let's hear our buzzing bees!</p> <p>Bees also have stingers. Right now, our stingers are going to be the soccer balls.</p> <p>We are going to dribble our ball around and the goal will be to aim and kick the ball at our parents or coaches feet to sting them!</p>
---	---

<p>Social Skill ~ 10 mins Goal Setting Kicks</p>	<p>Equipment: Soccer balls, cones</p>
--	--

<p>Have each kiddo line up on one end of the play space with a soccer ball.</p> <p>The coach is going to have 2-3 cones and stand in front of the kiddos/parents.</p> <p>As a group, you will set a goal of how far everyone can kick their ball.</p> <p>Once they decide on a distance, the coach will mark this spot with the cones, creating a line marking of the group's goal distance.</p> <p>As the coach, help them decide on the distance. The first one should be pretty close, each time, move the line farther back. Still making the kiddos feel like they helped pick the distance.</p> <p>Once the balls have all been kicked, check to see if everyone reached the goal.</p> <p>Encourage everyone whether all the balls crossed the line or not. Mention how sometimes you have to try more than once to reach your goal!</p> <p>When coach says go, the kids can go retrieve a ball, coach</p>	<p>Okay GoPlayers! Let's set some goals and practice our soccer kicks!</p> <p>How far do you think we can all kick the ball??</p> <p>Okay, we are going to try to kick our balls this far! We are setting this goal and will all try to get our balls past this cone line when I say go!</p> <p>Remember to stay in your spot, frozen like ice, after kicking so that we can see if we reached our goal!</p> <p>Good job GoPlayers! It takes work to achieve our goals and you are all practicing this so well.</p>
--	---

<p>will pick up the cones, and then the kids/parents can line up to go again.</p>	
<p>Game/Fun Activity ~ 10 mins Hungry Hippos Equipment: Soccer balls, hula hoops</p>	
<p>Put hula hoops around the play space.</p> <p>Spread the balls around the play space as well.</p> <p>In this game, the balls are food and the hula hoops are hungry hungry hippos!</p> <p>When coach says go, the kids have to use their feet to move the balls into the hula hoops.</p>	<p>Does everyone see the hula hoops?</p> <p>Those hula hoops are now hippos and they are very very hungry!</p> <p>We need to feed them by getting all of the balls into their mouths!</p> <p>The only way we can feed them is by using our feet to dribble!</p> <p>Don't forget all of the soccer skills we have learned! We want to keep our penguin walks going!</p> <p>Now let's feed the hippos!</p>
<p>Head, Shoulders, Knees, SOCCER BALL! Equipment: Soccer balls, nets</p>	
<p>Have all players line up (on a end or line) on one side of the play space.</p> <p>On the other side of the play space, put up the soccer nets and a line of soccer balls.</p> <p>Play Head, Shoulders, Knees and toes while calling the actions at random. Then, yell out "SOCCER BALL!". The kids will run to the line of balls, dribble one to the net and score.</p>	<p>Okay GoPlayers, let's all go line up there! (wherever you would like them to).</p> <p>Who remembers when we played t-ball and we did the game "head, shoulders, knees, and ___!" Let's try a soccer version.</p> <p>Let's do a practice round to remember what we need to do.</p> <p>When I say "head", where do you think you touch? Yes, your head! (touching your head)</p> <p>When I say "shoulders", where do you think you touch? Yes, your shoulders! (touching your shoulders)</p> <p>When I say "knees", where do you think you touch? Yes, your knees! (touching knees)</p> <p>Good job GoPlayers!</p> <p>Now does everyone see the balls and the soccer nets?</p> <p>If you hear me say "SOCCER BALL!" I want everyone to run like a cheetah to the soccer balls and dribble one all the way to the net and score!</p> <p>Do you think we can turn our listening ears on to play this game? Yes we can!</p>
<p>Clean-Up Equipment: N/A</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>Review! Equipment: Soccer ball</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 goal setting!</p> <p>I know it is a big word, but can I hear everyone say “goal setting”!</p>
<p>Cheer! Equipment: N/A</p>	
<p>GO! PLAY! GO! PLAY! 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>Stickers Equipment: Sticker boxes</p>	
<p>Hand out Soccer and Goal Setting 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>