

<b>Age: 5 - 7</b>		<b>Sport: Soccer</b>	
<b>Duration:</b> 55 mins	<b>Physical Skills:</b> Control, dribbling, passing	<b>Social Skill:</b> <b>Sportsmanship</b>	<b>Stickers:</b> Soccer, <b>Sportsmanship</b>

<b>Instructions</b>	<b>Language</b>
<b>Welcome!</b>	
<b>Equipment: N/A</b>	
<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>
<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 2-3 warm-up actions.</b></li> <li>3. <b>Then, always move into the second warm-up again after.</b></li> </ol>	
<b>Warm-Up: Get Moving! ~ 5 - 10 mins</b>	
<b>Equipment: Cones</b>	
<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 movement they want to share.</p> <p>If they do, try to all complete that movement.</p> <p>Some examples:  - Reach high to the sky  - Jumping jacks  - Reach low to the ground  - Arm circles  - Running on the spot  - High knees</p>	<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 warm up action that they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's try!</p> <p>Or</p> <p>Who wants to know coach's favourite ways to warm up?!</p> <p>I think we should do.... (use examples)</p>
<b>Blob Tag</b>	
<b>Equipment: N/A</b>	
<p>Before playing the game, demonstrate safe tagging and soft touches for tag. Also talk about not pulling on each other in the blob.</p> <p>Pick two players to be IT.</p> <p>Have all of the kids spread out around the play space.</p> <p>As they tag other players, they join hands and start forming the Blob.</p> <p>The game continues until all players have been tagged</p>	<p>Okay GoPlayers!, in Soccer, we do a lot of running but we also work as a team.</p> <p>It isn't just about ourselves, we also have to be mindful of our friends we are playing with.</p> <p>We are going to do this in the next game but we can only play if we are demonstrating good <b>sportsmanship!</b></p> <p>Remember, this means <b>treating others how you want to be treated</b> when we play sports. We want to tag nicely and not pull on each other's arms when you are in the blob.</p>

	Work together to move and tag your friends!
<b>Physical Skills ~ 15 - 20 mins</b> <b>Body Part Game</b>	
<b>Equipment: Soccer balls</b>	
<p>2 ways to do this depending on the level of the group:</p> <p>The first is to have them dribble the ball around the space using their feet.</p> <p>Then when the coach yells out a body part they have to stop the ball with that body part.</p> <p>The second way is to have them move the ball around the space with that body part.</p> <p>So you might say to use your hands and the kids can push the ball around with their hands.</p>	<p>In Soccer, we usually only use our feet, but we are going to use all of our body right now!</p> <p>We are all strong and are going to practice controlling our bodies in different ways to move the ball.</p>
<b>Keep Away from Coach</b>	
<b>Equipment: Soccer balls</b>	
<p>Start by having the kids in partners.</p> <p>First have them pass back and forth in their pairs.</p> <p>Then level up by having the coach go around and attempt to stop the ball between partners. They have to try to pass when the coach is not there and then when the coach is there, stop the ball before the coach gets it.</p> <p>Then finally level up by having all the players passing the ball between each other, moving around the space and dribbling, while the coaches try to get it from them.</p>	<p>Remember our penguin walks/dribbling when passing the ball!</p> <p>You have to work with your partner to keep the ball away from the coach.</p> <p>Work as one big team to keep the ball away from the coaches!</p>
<b>Cone Heads</b>	
<b>Equipment: Flat cones, soccer balls, pylons</b>	
<p>Set up pointy pylons around the play space.</p> <p>Then randomly place flat cones all around the play space as well.</p> <p>Each kiddo will start with a ball.</p> <p>They will have to dribble their ball to a flat cone, put it on their head, and then keep dribbling to a pointy pylon. They will then take the cone off their head, and put it on the pylon.</p> <p>This is helping the kiddos keep their heads up while dribbling but it is also fun!</p> <p>If the kiddo drops the cone off their head, they can just pick it up and put it back on their head to keep going.</p> <p><a href="#">Example</a></p>	<p>When we play soccer and have to dribble the ball. We can't always be looking down at the ball. We need to keep our head up so we can see where everyone is on the field and be smart about where we run or pass!</p> <p>You will be dribbling your ball to a cone and you will have to put it on your head and balance it there all the way to a pylon.</p> <p>Then you will keep doing this until all of the cones are on the pylons, all while dribbling our soccer balls!</p> <p>Who thinks they can do that?</p> <p>Yeah you can!</p>
<b>Social Skill ~ 10 - 15 mins</b> <b>Twins Obstacle Course</b>	
<b>Equipment: Soccer net, soccer balls, cones, pylons, hula hoop</b>	
<p>Set up an obstacle course that you could dribble a ball through.</p> <p>Put a net at the end of the course.</p> <p>Have the players partner up.</p> <p>The partners must link arms and go through the course together to score on the net. They will be using one ball between the two of them.</p> <p>Make sure they are working together and not pulling at each other. If one person gets to score at the end, the next time</p>	<p>We must work together to get through the course!</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>You have to take turns with the ball, staying together and taking turns scoring.</p>

<p>the pair goes, make sure the other partner gets a chance to score.</p>	
<p><b>Teamwork Scoring</b> <span style="float: right;"><b>Equipment: Soccer nets, soccer balls</b></span></p>	
<p>If the group doesn't seem like they want to partner up or link arms with others, you can play this game instead.</p> <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>
<p><b>Game/Fun Activity ~ 10 - 15 mins</b> <span style="float: right;"><b>Equipment: Soccer balls</b></span></p> <p><b>Minions</b></p>	
<p>This is a variation of a tag game using soccer balls.</p> <p>The kids will spread out around the play space.</p> <p>Two kiddos will start as "it" – they are Minions and will both have a ball.</p> <p>They have to dribble the ball around and tag people by kicking the ball at the feet of another GoPlayer.</p> <p>Once a GoPlayers feet have been hit, they can grab a ball and also become a Minion ("it").</p> <p>Note: remind the kiddos of the acceptable ways of tagging.</p>	<p>Okay GoPlayers!, let's practice all of the skills we have learned in soccer to play a fun game of tag.</p> <p>We are going to remember our penguin and our dragon dribbles, we are going to watch our ball, and aim when we kick while still controlling the ball!</p> <p>Wow, that is a lot! But I know we can do it.</p> <p>If you are "it", you are a Minion and will have a ball. Your job is to try to bump your friends feet with the ball to tag them!</p> <p>When your feet get tagged with a ball, you have to grab a ball and join the people who are "it" and become a Minion as well!</p> <p>Remember, we want to be nice to our friends! The goal is to only gently bump our friends' feet.</p>
<p><b>Soccer Scrimmage</b> <span style="float: right;"><b>Equipment: Soccer ball, nets</b></span></p>	
<p>Split the players into two teams.</p> <p>Set up a net on each end of the space. Start with having no goalies.</p> <p>Discuss how players can use the skills that have been taught through all the weeks (dribbling, passing, stopping the ball, throw-ins) to protect and move the ball and work as a team by having players spread out.</p> <p>Discuss how they can work on their offense and defense skills.</p> <p>Have them pass to two members of their team before they can score.</p> <p>Level up: you could add in goalies or have the coaches be goalies.</p>	<p>Let's see everyone working together and communicating with your teammates.</p> <p>Let's make this our best game yet since it is our last class!</p> <p>We are going to practice ALL of the skills we have worked on! Can anyone tell me some of the important things to remember?</p> <p>We want to make sure we are spread out over the play area.</p> <p>Pass to your teammates before scoring!</p> <p>We want to cheer each other on! If someone scores, make sure to give them a high five!</p> <p>Remember, we don't want to all be in the same place on the field, we want to spread out and work in our different positions!</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>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>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><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>