

Age: 3 - 5		Sport: Soccer - Week 1	
Duration: 55 mins	Physical Skills: Ball control, dribbling	Social Skill: Sportsmanship	Stickers: Dribbling, Sportsmanship

Instructions	Language
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Welcome!	Equipment: N/A
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<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 sportsmanship is and how we use it. 	<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 sportsmanship when we work with others!</p> <p>Today we are going to work on sportsmanship. Sportsmanship is a BIG word. But it really just means being a good friend to all GoPlayers! and treating others how you want to be treated when we play sports.</p> <p>It also means we don't only focus on winning, it is our effort and trying that matters!</p>
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<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 animals (1-2). 3. Then, always move into the second warm-up again after.
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Warm-Up: Get Moving! ~ 5 - 10 mins	Equipment: Cones
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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"> - rabbits/bunnies: hop around the circle - penguins: waddle around the circle with feet turned out - giraffe: stand on tippy toes and put both arms up in the air for the neck and walk around the circle - cheetah: run as fast as you can around the circle - bird: move your arms up and down (flapping like wings) to fly around the circle 	<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).</p> <p>Let's warm up our penguin walks to use when we play soccer!</p>
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Body Part Game	Equipment: Soccer balls
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<p>Have the GoPlayers spread out around the play space.</p> <p>They should each have a soccer ball with them.</p> <p>When coach says go, they will dribble the ball around the space using their feet.</p>	<p>Let's get our bodies moving and warm up even more. Now we can also be silly!</p> <p>In Soccer, we usually only use our feet (point to your feet), but to get warm we are going to use all parts of our body parts!</p>
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<p>Then when the coach yells out a body part they have to stop 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 coach.</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 get our sportsmanship going and give another GoPlayer a hi-five for all of your hard work!</p>
<p>Physical Skills ~ 15 - 20 mins Penguin Dribbles</p>	
<p>Have each kid line up on one end of the space with a soccer ball.</p> <p>They have to penguin dribble (with the inside of their feet) all the way to the other end of the space.</p> <p>Use this as a quick intro to Busy Bees.</p> <p>This is just to introduce dribbling and is not an entire game.</p>	<p>Equipment: Soccer balls</p> <p>Remember our penguin walks! We need to try to use the inside of our feet to make little taps against the ball to move it down the space.</p> <p>This is called dribbling!</p>
<p>Busy Bees</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 coach, kiddos will be trying to kick the ball at coach's feet.</p> <p>The kids are being the bees who are trying to sting coach by kicking the ball.</p> <p>Coach can react by jokingly saying "ouch" or "you got me!"</p>	<p>Equipment: Soccer balls</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 coach's feet to sting them!</p>
<p>Bunny Trail</p>	
<p>Place as many cones/pylons as there are kids in a circle or a windy "trail".</p> <p>Each cone should be at least 6 ft apart.</p> <p>Each player will start at their own cone/pylon with a ball.</p> <p>Coach will either call out "bunnies" or "dribbles".</p> <p>When coach yells "dribble", the players dribble their ball from the cone they were standing at to the next cone and then stop.</p> <p>When coach yells "bunnies", the players pick up their ball and then hop with it from the cone they were standing at to the next cone and then stop.</p> <p>Coach will alternate randomly between dribbling and hopping as they make their way around the "trail".</p>	<p>Equipment: Cones/pylons, soccer balls</p> <p>GoPlayers!, remember in warm-up when we were bunnies?</p> <p>What action did we do? Yes, hop!</p> <p>Does everyone see the cones? That is our bunny trail!</p> <p>We need to make it ALL the way around the bunny trail!</p> <p>This means we need to turn our listen ears on, because coach is either going to yell "dribble!", what do you think we do if we hear dribble?</p> <p>Or, coach might yell "bunnies!", when we hear bunnies we are going to pick up our ball, give it a big hug, and hop like bunnies to our next cone!</p>
<p>Social Skill ~ 10 - 15 mins Teamwork Dribbling</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>Equipment: Soccer nets, soccer balls</p> <p>Okay GoPlayers! Let's go back to working on our sportsmanship.</p> <p>One way to show sportsmanship is by working with your friends instead of all on your own.</p> <p>For this game, we are going to work as one team 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,</p>

<p>The goal is to get all of the balls into the nets by working together.</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>it is also for your whole TEAM!</p>
<p>Game/Fun Activity ~ 10 - 15 mins Turtle Tag Equipment: N/A</p>	
<p>This is a variation of tag.</p> <p>If you are tagged, you lay on the ground on your back with your legs and arms up like a turtle stuck on their shell.</p> <p>The way that you get back into the game is by being high-fived by another player who is still in the game.</p> <p>You may want to start with 1-2 of the players being "it" or coaches could start as "it".</p> <p>Alternative: everyone is "it", so running away from each other, but everyone can also high-five tagged players back into the game.</p>	<p>Who can tell me what a turtle has on their back? Yes, a shell!</p> <p>If a turtle gets stuck on their shell they would have their arms and legs up in the air. Let's see everyone in their turtle positions!</p> <p>For this game of tag, when you are tagged by someone who is "it", you lay in your turtle position on the ground.</p> <p>The way you can get back in the game is by being an awesome team player and giving the turtle a high-five!</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>Who remembers what it is called when we move the ball with our penguin walks?</p> <p>Yes, dribbling!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced sportsmanship!</p> <p>I know it is a big word, but can I hear everyone say "sportsmanship"!</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 Dribbling and Sportsmanship stickers</p>	<p>Try to use the kiddos names as you hand out their stickers:</p> <p>Good job ____!</p>

Thanks for a great class ____!

Thanks for being awesome!