

Age: 5 - 7		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 2-3 warm-up actions. 3. Then, always move into the second warm-up again after.

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 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>
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Blob Tag	Equipment: N/A
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<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 sportsmanship!</p> <p>Remember, this means treating others how you want to be treated when we play sports. We want to tag nicely and not pull on each other's arms when you are in the blob.</p>
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	Work together to move and tag your friends!
Physical Skills ~ 15 - 20 mins Body Part Game	
Equipment: Soccer balls	
<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>
Busy Bees	
Equipment: Soccer balls	
<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>Alternative: Coach starts with the ball as the bee. Coach will try to hit the players feet with the ball and once hit, they join the coach as a bee until there is only one player left.</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>
Social Skill ~ 10 - 15 mins Twins Obstacle Course	
Equipment: Soccer balls, nets, pylons/cones, hula hoops	
<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.</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 the pair goes, make sure the other partner gets a chance to score.</p>	<p>We must work together to get through the course!</p> <p>One way to show sportsmanship is by working with your friends instead of all on your own.</p> <p>You have to take turns with the ball, staying together and taking turns scoring.</p>
Teamwork Scoring	
Equipment: Soccer nets, balls	
<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</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>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 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 Crab Soccer Equipment: Soccer balls, nets</p>	
<p>Start by having all of the kids practice their crab walk</p> <p>Have one net set up on either side of the play space.</p> <p>Have the kids split into two teams.</p> <p>Put 3-4 soccer balls spread out in the play area.</p> <p>The players are trying to score on their opponents net.</p> <p>Except everyone has to be crab walking while playing!</p>	<p>Let's see everyone move like a crab!</p> <p>Feet on the ground, hands on the ground behind you, walking on "all fours" with your belly up to the sky!</p> <p>Who thinks they can play soccer in a crab walk?!</p> <p>I think you can! Let's try!</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 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!</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>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> <p>Thanks for a great class ____!</p> <p>Thanks for being awesome!</p>

