

<b>Age: 5 - 7</b>		<b>Sport: Soccer - Week 2</b>	
<b>Duration:</b> 55 mins	<b>Physical Skills:</b> Dribbling, Passing	<b>Social Skill:</b> Goal Setting	<b>Stickers:</b> Passing, Goal Setting

<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>goal setting</b> is and how we use it.</li> </ol>	<p>Who remembers this ball from last week?</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. <b>Goal setting!</b></p> <p>If we set a <b>goal</b> for all of you to run to the other side of the gym, and you all did it. That means you <b>achieved the goal!</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 2-3 warm-up actions.</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 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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<b>Cone Knockdown!</b>	<b>Equipment: Soccer ball, cone</b>
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<p>Have all of the kids start at one end of the play space.</p> <p>Put a cone at the other end of the play space.</p> <p>To start the game coach will throw the soccer ball to one player. They will catch it and then they have to stay where they are and can only pivot.</p> <p>The rest of the GoPlayers can move and are trying to progress across the play space.</p> <p>The goal is to pass the ball all the way down and then knock the cone over.</p>	<p>Okay GoPlayers!, let's keep warming up.</p> <p>We are all going to go to this side of the play space.</p> <p>The <b>goal</b> of this game is to pass the ball all the way down and knock over that cone (point to cone).</p> <p>But... if you are the one with the ball, your feet are <b>GLUED</b> to the ground and you can only pivot to pass the ball to the next person.</p> <p>Does anyone know what pivot means?</p> <p>Let me show you! (Demonstrate)</p> <p>Can you all show me how to pivot now.</p>
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	<p>Awesome!</p> <p>If you do NOT have the ball, you can move so that we can get to the cone!</p> <p>Even though in soccer we use our feet to pass the ball, we are going to be practicing passing in this game!</p>
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<p><b>Physical Skills ~ 15 - 20 mins</b> <b>Passing Through the Gates</b></p>	<p><b>Equipment: Soccer balls, cones/pylons</b></p>
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<p>Put the kids in partners.</p> <p>Have them spread out/find their own space with one ball and two cones/pylons.</p> <p>The kids will be putting the 2 cones a reasonable distance from each other in a line. The kids will be on either side of the cones so that they can pass the ball through the "gate".</p> <p>Have the kids set <b>goals</b> with their partner of how many times they want to pass through the gates in a row.</p> <p>Once they have reached their <b>goal</b>, they can move the cones closer together and set a new <b>goal</b>.</p>	<p>Okay GoPlayers!, let's keep working on our passing.</p> <p>How many times do you and your partner think they can pass the ball through the gates??</p> <p>Set a <b>goal</b> and work with your partner to reach that goal!</p> <p>Once you have achieved that <b>goal</b>, move the cones closer together and set a new <b>goal</b>.</p> <p>Does everyone remember how we practiced stopping the ball with our foot during Red Light, Green Light?</p> <p>We want to keep that going! It is best to stop the ball with our foot before we pass it back to our partner. This way we can have better control over the ball and more accuracy when we kick it back through the gates!</p>
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<p><b>Gate Dribbling</b></p>	<p><b>Equipment: Cones/pylons, soccer balls</b></p>
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<p>Randomly place pairs of cones/pylons arms-length apart around the play space to create small "gates".</p> <p>Put the kiddos into partners.</p> <p>Set a 30 sec timer and have one partner dribbling the ball around the space, trying to go through as many of the "gates" as possible.</p> <p>The other partner is to count how many gates their partner is able to get through in 30 sec.</p> <p>After the timer, have the kiddos switch roles.</p> <p>Play a second round if time permits, have the players set a personal goal to beat their last number of going through the gates.</p>	<p>Okay GoPlayers!, we are going to play another game using our gates.</p> <p>This time they are randomly set up around the space.</p> <p>Coach is going to set a 30 second timer and our partner is going to try and go through as many gates as they can while dribbling the ball.</p> <p>Our partner is going to be counting for us! Then, we will switch roles.</p> <p>Who thinks they can go through more gates the second time we play?? Let's set personal <b>goals</b> to beat our last numbers!</p>
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<p><b>Red Light, Green Light</b></p>	<p><b>Equipment: Soccer balls</b></p>
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<p>Have the kids 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 and they yell RED LIGHT they have to FREEZE. They have to stop the ball with their foot and then freeze.</p> <p>When the coach turns their back to the kids 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! This is going to be by putting your foot on top of the soccer ball to stop it from moving.</p> <p>Let's put all of those skills together for another game!</p> <p>Okay, so what will you all do when I yell RED LIGHT? We have practiced controlling the soccer ball, moving it with small penguin walk taps.</p> <p>When we pass, we also have to stop the ball to control it before we can pass it to our friend.</p> <p>We are going to try all of these things one more time today in this game! 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>
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<p><b>Social Skill ~ 10 - 15 mins</b></p>
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<b>Goal Setting Kicks!</b>	<b>Equipment: Soccer balls, cones</b>
<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.</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 will pick up the cones, and then the kids can line up to go again.</p>	<p>Okay GoPlayers! Let's <b>set some goals</b> 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 <b>setting this goal</b> 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 <b>reached our goal!</b></p> <p>Good job GoPlayers! It <b>takes work to achieve our goals</b> and you are all practicing this so well.</p>
<b>Game/Fun Activity ~ 10 - 15 mins</b> <b>Minions</b>	<b>Equipment: Soccer balls</b>
<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 <b>goal</b> is to only gently bump our friends' feet.</p>
<b>Soccer Game</b>	<b>Equipment: Soccer ball, nets, cones/pylons</b>
<p>Set up nets or use cones/pylons to create goals on either side of the play space.</p> <p>Make sure not to make the space between the goals too large so it is difficult for the kids to make it to either side or too close together that it is too easy. Do a good distance for your group and adjust as needed!</p> <p>Split the kids into two teams (trying to make them somewhat even based on ages and skill levels).</p> <p>Since this is the first time we are attempting to mimic a real game of soccer it is okay if it isn't perfect!</p> <p>Go over some general rules with the kids but it is okay if they are not followed perfectly.</p>	<p>Okay GoPlayer! Who wants to try to play a game of soccer!</p> <p>Can everyone point to one of the nets? Awesome! Now point to the other net. Good Job!</p> <p>Now that we all know where both of the nets are, what do you think we are going to try to do when we play a soccer game?</p> <p>Exactly! Our <b>goal</b> is to get the soccer ball into the other team's net.</p> <p>Don't forget, soccer isn't only about ourselves, it is also about working as a team!</p>
<b>Clean-Up</b>	<b>Equipment: N/A</b>

<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>And what skill did we work on today?</p> <p>Yes, passing!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced <b>goal setting!</b></p> <p>I know it is a big word, but can I hear everyone say "<b>goal setting!</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 Passing and <b>Goal Setting</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>