

Age: 5 - 7		Sport: Soccer - Week 3	
Duration: 55 mins	Physical Skills: Throw-ins	Social Skill: Communication	Stickers: Throw-ins, Communication

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 communication is and how we use it. 	<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 and then we worked on stopping the ball and passing.</p> <p>We don't use our hands very often in soccer, but when we do, it can be for something called throw-ins.</p> <p>We are going to work on those today!</p> <p>It is important to practice communication when we work with others!</p> <p>Today we are going to work on our communication.</p> <p>Communication is a BIG word. But it involves talking using our mouths (point to mouth), or listening using our ears (point to ears), or even using our bodies!</p> <p>Which are all things we know!</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 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
<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>

Follow the Leader	Equipment: Soccer balls
<p>Have every player lined up behind the coach with a ball.</p> <p>The coach will lead the kids with their balls in a line around the play area.</p> <p>Kids will have to copy whatever actions the coach does.</p> <p>You can move around the play space dribbling but also add</p>	<p>Okay GoPlayers!, we are going to keep warming up.</p> <p>Let's follow the coach! We are going to copy all of the actions the coach does as we move around the space.</p>

in funny actions such as the ones below and then just keep dribbling

- Pick up the ball and put it on your head
- Spin around
- Hop

Level up: You can do this a couple of times and pick kids to be the leader (if you feel like they would be able to do this).

Physical Skills ~ 15 - 20 mins
Throw-in Challenge

Equipment: Soccer balls, cones/pylons

Depending on the amount of kids in the group, set up 1-2 lines of 3 cones in a row, getting progressively farther away.

Put two of the disc cones to mark where the kids will line up.

This game is to help the kids practice their throw-ins. Trying to make them accurate and also work on throwing to different distances.

Before they start playing, coach should demonstrate how to do a proper throw-in. Using both arms, over your head, stepping forward as you throw.

Without balls, have all of the kids practice this action where they are standing.

Then, the game will be a relay where the person at the front of the line tries to knock over the first cone in line by doing a throw-in.

If they do not knock it over, they will just grab their ball and go to the back of the line.

If they do knock it over, take that cone and put it on top of the next one.

Then, everyone will be aiming for the next cone.

Keep going until they are all knocked over.

Let's watch coach do a throw-in!

When doing a throw-in, you want to hold the ball with two hands, you will bring it back behind your head, then when you're ready to throw, you will take a step forward and release the ball!

Can I see all of you practice this action holding an imaginary soccer ball?

Good job!

Now, in our lines, we are going to practice our throw-ins, but while trying to knock over the cone that is first in line!

Who thinks they can do that??

Throw-In Treasure Hunt

Equipment: Cones, pylons, balls, ground markers, hula hoops

Set up a line of cones/pylons around the middle of the play space.

Scatter small "treasure" items (cones, pylons, ground markers, playground balls) on one side of the line.

Place a hula hoop on the empty side of the play space. This will be the treasure chest.

The kids will line up starting at the line of cones/pylons, on the side with the hula hoop.

Each child will get a turn to try and "throw-in" a soccer ball from the starting line.

They want to try to aim and hit one of the pieces of treasure (equipment) on the other side.

If they hit one, they can grab that piece of treasure (equipment) and bring it back to the treasure chest (hula hoop).

Okay GoPlayers!, let's keep working on our throw-ins.

This time, we need to get all of our treasure back!!

The only way to do this is by aiming our throw-ins at the treasure, if we hit it, you can bring that treasure back to the treasure chest!

Social Skill ~ 10 - 15 mins
Pass the Circle

Equipment: Cones/pylons/ground markers, soccer ball

<p>Set up a circle of cones/pylon or ground markers.</p> <p>Have the kids stand in this circle.</p> <p>The game begins with one player passing the ball to the person next to them in the circle.</p> <p>When they pass, they have to call out their friend's name first.</p> <p>The receiving player must stop the ball and then repeat these actions. Call out the next person's name and pass.</p> <p>Make it all the way around the circle a couple of times.</p> <p>Emphasize the importance of communication and paying attention to who has the ball. If a player doesn't hear their name being called, they might not be ready to receive the pass!</p>	<p>Let's work on our communication skills! When we pass, it is important to make sure our friend is ready.</p> <p>We will do this by calling out our friend's name before we kick the ball to them.</p> <p>Let's see if we can make it all the way around the circle!</p>
---	--

<p>Name and Pass Equipment: Soccer ball</p>	
<p>Have the group spread out in the play area.</p> <p>The coach can start with the ball.</p> <p>Everyone should be running around the space (they should not be stationary), and the person with the ball will call another player's name and then pass them the ball. Using their feet!</p> <p>This action will be repeated, making sure that the person with the ball is calling out the name!</p>	<p>We are going to work on our passing from last class just a little more.</p> <p>In soccer we also need to communicate with our team mates. Let's hear you call out the person's name before you pass it to them!</p> <p>We should always be moving and ready!</p> <p>Let's work together and communicate and wait for our name to be called to be passed to!</p>

<p>Game/Fun Activity ~ 10 - 15 mins Elephant Ball Equipment: Soccer balls</p>	
<p>Players will stand in a circle facing inward, with their legs spread a little more than shoulder width apart, and feet resting against those of the players to either side.</p> <p>Players will hit the ball with both hands clasped with the goal of knocking it through the legs of another player and trying to prevent it from going through their own legs.</p> <p>Level up: Each time the ball is scored through a player's legs, they lose one arm. When both arms are out, they only remain standing with their legs wide and become a "Black Hole", so that if other players accidentally score, they lose one arm.</p>	<p>Okay GoPlayers!, we are going to play a fun game called elephant ball. We call it that because we are going to use our arms as an elephant trunk!</p> <p>Can I see everyone hold their hands together, arms straight out, and then we will put them down so we can hit the ball on the ground.</p> <p>We are going to get in a circle and make sure our feet are just touching.</p> <p>Let's see if we can use our elephant trunks to get the ball through our friends legs!</p>

<p>Soccer Game Equipment: Soccer ball, nets, cones/pylons</p>	
<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>To level up from last week, add in throw-ins.</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 goal 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> <p>If the ball goes out of bounds we will practice our throw-ins that we were working on today to start playing again!</p>

Clean-Up		Equipment: N/A	
<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>		
Review!		Equipment: Soccer ball	
<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, throw-ins!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced communication!</p> <p>I know it is a big word, but can I hear everyone say "I practiced communication!"!</p>		
Cheer!		Equipment: N/A	
<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>		
Stickers		Equipment: Sticker boxes	
<p>Hand out Throw-ins and Communication 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>		