

Age: 5 - 7		Sport: Soccer - Week 4	
Duration: 55 mins	Physical Skills: Throw-ins, Goalie	Social Skill: Leadership	Stickers: Goalie, Leadership

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 leadership 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 and we have also worked on throw-ins.</p> <p>Another player in soccer who can use their hands is the goalie.</p> <p>Does anyone know what a goalie is?</p> <p>Yes, they go in the net and try to prevent balls from getting past them!</p> <p>It is important to practice leadership in sports!</p> <p>Today we are going to work on our leadership skills.</p> <p>Leadership is a BIG word. But it really just means encouraging our friends, setting a good example, giving high fives!</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:</p> <ul style="list-style-type: none"> - Reach high to the sky - Jumping jacks - Reach low to the ground - Arm circles - Running on the spot - High knees 	<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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Minions	Equipment: Soccer balls
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<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>Okay GoPlayers!, who remembers when we played minions?</p> <p>Who wants to play it again to keep warming up?!</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. We will be even better at it than last time since we have worked on our soccer skills so much!</p> <p>If you are "it", you are a Minion and will have a ball. Your job is to</p>
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<p>Note: remind the kiddos of the acceptable ways of tagging.</p>	<p>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>
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<p>Physical Skills ~ 15 - 20 mins Goalie Skills</p>	<p>Equipment: Soccer balls, ground markers</p>
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<p>Start by having each kiddo spread out in their own space with a ball.</p> <p>To begin, have the kids practice throwing the ball up in the air and then catching it above their head.</p> <p>A couple important notes: you want the kids to try and catch the ball with as straight of arms as possible, so the ball is higher off the ground. You also want them to catch the ball with their hands in a "w" position, with their thumbs touching.</p> <p>Then, you can progress to having them bounce the ball on the ground first, then catch the rebound in the air.</p> <p>Once they have worked on their skills on their own for a bit, you can try to progress to working in partners.</p> <p>This would involve having two ground markers per partner grouping to mark where each kiddo would stand.</p> <p>They would then start by throwing their balls in the air while also catching the ball their partner threw. They can progress to bouncing like they worked on individually after.</p> <p>Refer to the example to break this down.</p> <p>Level up: by adding diving for the ball (as outlined in the example)</p> <p>Example</p>	<p>Let's work on some of our goalie skills!</p> <p>Sometimes goalies have to catch balls in the air, sometimes they bounce off the ground and then the goalie catches it.</p> <p>Let's see everyone make a "w" with their hands.</p> <p>Good job! That is how we want to catch the soccer balls.</p>
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<p>Rotating Goalie</p>	<p>Equipment: Soccer balls, nets</p>
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<p>Depending on the amount of kids in your group, set up 1-2 nets with a cone in front of it where the kids will line up (so a good distance away from the net).</p> <p>Have the kids line up at the cone, and have one kid start in net, as goalie.</p> <p>The first person in line gets to dribble the ball and shoot and score on the goalie.</p> <p>Whether they score or not, they will grab the ball, hand it over to the kid who was acting as goalie. Then that kid will go to the back of the line and the one who just shot on net becomes the goalie.</p> <p>This way every kid gets a chance and there is fast rotation so there should also be no complaining about someone being in net too long!</p> <p>Remind kids to try to kick with the inside of their foot like they do with their penguin walks.</p>	<p>Okay GoPlayers!, who wants to try being goalie??</p> <p>Well, EVERYONE is going to get a chance!!</p> <p>We all need to turn on our listening ears so we can learn what we need to do for this to work.</p> <p>So, the first person in line will get to shoot on the net and try to score on the goalie. Then they will get to be goalie for the next person in line and our other friend will go to the back of the line with your ball.</p> <p>Don't worry, coaches are going to show you right now and then we will help you as we go!</p>
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<p>Social Skill ~ 10 - 15 mins Kingpin</p>	<p>Equipment: Hula hoops, cones/pylons, soccer balls</p>
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<p>Split the kids into groups of 4-5.</p> <p>Each group will find their own space where they will put a</p>	<p>For this game, one person in your group will start as the defender or in our case, the goalie for the cone/pylon!</p>
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<p>pointy cone/pylon in the middle of a hula hoop.</p> <p>One person in the group will be the defender (or “goalie”) who stands by the hula hoop.</p> <p>The other players stand spread out around the hula hoop. They can move slightly from their spots but not too much.</p> <p>The attackers are trying to knock over the pointy cone/pylon in the hula hoop by passing to each other and getting past the defender/goalie.</p> <p>Once the cone/pylon is knocked over, the defender will switch roles with an attacker.</p> <p>Example</p>	<p>The rest of your group will be the attackers, trying to pass and knock over the cone!</p> <p>We will all have to be leaders for this game to work. If we are the attackers, we need to work with our friend’s to pass. We can’t do it on our own.</p> <p>And then when we do knock it over, we are all going to be good sports!</p>
<p>Four goals Equipment: Soccer balls, nets, cones/pylons</p>	
<p>Set up four “nets” using cones/pylons on each wall across from each other. Or use soccer nets if available.</p> <p>Depending on the number of kids, have them in pairs or groups of three at each “net”.</p> <p>Put all of the soccer balls in the middle of the play area.</p> <p>The pairs/groups will have to go one at a time into the middle, get a ball, and dribble it back to their net, then score. The next person in their group will do the same thing.</p> <p>Focus on control and encourage good form in their dribbling and kicking even though the kids will want to race and go quickly.</p> <p>Example</p>	<p>We always want to be leaders and cheer your partner/team member on!</p> <p>Let’s see the best control you can show me in your dribbling and scoring on the goal!</p>
<p>Game/Fun Activity ~ 10 - 15 mins Equipment: Soccer balls, nets Soccer Scrimmage</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>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>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>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 skill we worked on today?</p> <p>Yes, being a goalie!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced leadership!</p> <p>I know it is a big word, but can I hear everyone say "I am a leader"!</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 Goalie and Leadership 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>