



WEEK 1

SOCCKER

SPORT

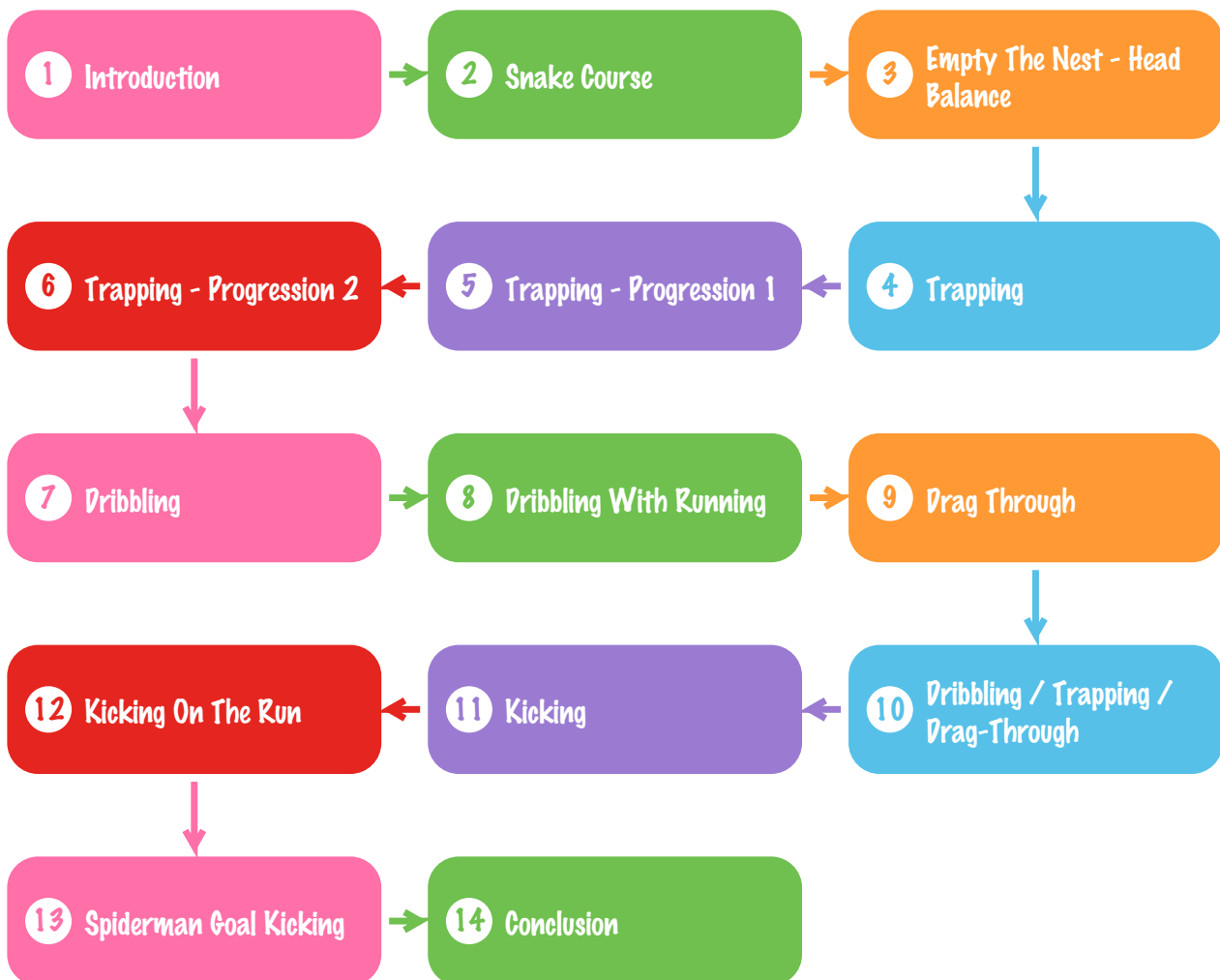


WELCOME TO WEEK 1

YOUR SPORT SESSION

LET'S GET MOVING!

SESSION FLOW · 14 ACTIVITIES



1

Introduction

Welcome the children to their first week of soccer. Ask the children if they have played soccer before. Go through some of the rules of soccer and ask them if they know what the most important rule is - in soccer we are not allowed to use our hands unless we are the Goalie. Let the kids know some of the skills they are going to learn in this session.

WARM UP ACTIVITIES

2

Snake Course

Line up all the obstacles up and down your space. The kids will go through the course performing all the obstacles that we have set up. We want the kids to be jumping, balancing, zig zagging and any other motor skill we can get them performing. Make sure the last activity of the obstacle course finishes close to the first activity so that the children can continue to go round and round the course.

3

Empty The Nest - Head Balance Progression

The children need to match the coloured bean bags with the coloured hoops. Make a big rectangle / square with the hoops (2 hoops at one end of the space and 2 hoops down the other end). Place all the bean bags in the middle of the space. Children will grab 1 bean bag at a time; once they have their bean bag they are to place it on their heads. They are to walk and balance the bean bag to the matching coloured hoop. Without touching their beanbag with their hands, the kids lean forward and try to land the bean bag in the coloured hoop. Repeat until all bean bags are in the correct coloured hoop.

SKILL ACQUISITION

4

Trapping

The children are to spread out with their soccer ball on the ground in front of them. The trap position requires the children to put one foot on top of the ball whilst leaving the other on the ground. Repeat with both feet 2-3 times.

5

Trapping - Progression 1

The children are to start in the trap position, they are then to practice rolling the ball around (forward and back, side to side) whilst keeping pressure on top of the ball. We are teaching the kids to control the ball in the trapped position.

6

Trapping - Progression 2

Starting in the trapped position, the children are to roll the ball from the trapped position (left foot on top) and receive in the trapped position on the other foot (right foot on top). Continue going back and forward. Repeat for 1-2 minutes.

7

Dribbling

Line the children up in a straight line with the ball on the ground. Remind the children about Spiderman and how in basketball we controlled our ball with our hands (like Spiderman). Then remind the kids that in soccer we can't use our hands, so in soccer we have to control the ball (dribble) with our feet. Tapping the ball softly with both feet (1 at a time). Dribble the ball up to one end, turn and dribble the ball back to where they started.

8

Dribbling With Running

Line the children up in a straight line with the ball on the ground. This is a progression on the previous game. Remind the kids again that in soccer we can't use our hands, so in soccer we have to control the ball (dribble) with our feet. The children are to tap the ball softly with both feet, but this time are trying to complete this whilst jogging / running. Dribble the ball up to one end, turn and dribble the ball back to where they started.

★ Progress them through slowly - start with a jog, then a little bit faster, and finish with a run on their last turn.

9

Drag Through

Spread the kids out around the space. Starting the ball in the trap position, have the children count 1, 2, drag through. As the children will already have the bottom of their foot on top of the ball due to being in the 'trap position', have them roll the ball from the front all the way to the back (drag through). They want to release the ball as they are moving their legs from the front to the back. The ball is to end up well behind the children. They are then to run, grab the ball and repeat the game.

10

Dribbling / Trapping / Drag-Through

The children are to start dribbling the ball as above. When they hear the whistle they are to immediately trap their ball and then perform the drag through. (May have to quickly go over this skill before this game.) Repeat 2-3 times.

11

Kicking

Line the children in a straight line with the ball on the ground. Get the children to repeat these words using their loud voices. Soldier, Step Forward (the kids are to have 1 foot next to the ball and 1 foot behind the ball), Back and Kick.

12 Kicking On The Run

The children are to place the ball 3-4m in front of them. When the coach says go the children are to run and kick the ball as far as they can. Repeat 2-3 times.

13 Spiderman Goal Kicking

The children are to dribble the ball until they are close enough to the goals, then the children are to kick the ball into the goals.

14 Conclusion

Sit the children down where we started the session. Ask the kids if they had fun and what their favourite part of the session was. Go through the skills that we learned and ask if the kids are excited for next week's session. Let them know that we have 2 weeks of soccer remaining.



**END OF
WEEK 1**