



# Activity: Soccer Standards:

Age	Toddler 1-3 years	Preschool 3-5 years	Elementary 5-10 years
Outcomes	<ul style="list-style-type: none"> <li>• Demonstrate how to control a moving object</li> <li>• Follow simple instructions to complete a task</li> <li>• Activate bilateral coordination through object control/manipulation</li> <li>• Demonstrate kicking a stationary object</li> </ul>		
Safety	<ul style="list-style-type: none"> <li>• All students should practice object control in a space that allows objects/students to travel without colliding with another student or objects.</li> <li>• Use developmentally appropriate equipment to reduce the risk of injury.</li> <li>• Review and demonstrate all safety precautions before, during, and after the lesson.</li> </ul>		
Safety (extension)			<ul style="list-style-type: none"> <li>• Older students: Develop and explore an understanding of different soccer skills, techniques, and cues such as dribbling, passing, kicking, scoring, and running.</li> </ul>
Materials Needed	1 soccer ball for each kid, 1-2 goals, and 8-10 cones.	1 soccer ball for each student, 1-2 goals, and 8-10 cones. <i>Have the children sit on the ball while you are explaining the activity (older students only).</i>	
Class Format	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Stretch</li> <li>3. Warm-up: age-appropriate gross motor skills</li> <li>4. Sport/Activity-in a 45-minute class includes free play</li> <li>5. Clean up</li> <li>6. Sit-ups</li> <li>7. Push Ups</li> <li>8. Muscle/Bone with flipbook</li> <li>9. Sticker or Stamp</li> </ol>		
Description of Activities	<p><b><u>Dribbling</u></b></p> <ul style="list-style-type: none"> <li>• Line all the kids up against a wall or on a line and have them balance their right foot on the ball</li> <li>• Line all the kids up against a wall or on a line and have them balance their left foot on the ball</li> </ul>	<p><b><u>Dribbling</u></b></p> <ul style="list-style-type: none"> <li>• Line all the children up against a wall or on a line and have them balance their right foot on the ball for 10 counts</li> <li>• Line all the children up against a wall or on a line and have them balance</li> </ul>	<p><b><u>Dribbling</u></b></p> <ul style="list-style-type: none"> <li>• Line all the children up against a wall or on a line and have them balance their right foot on the ball for 10 counts</li> <li>• Line all the children up against a wall or on a line and have them balance their</li> </ul>

## Soccer 2

	<ul style="list-style-type: none"> <li>• Talk to the kids about dribbling and explain that you need to kick the ball very slowly and keep the ball close to your feet.</li> <li>• Walk the ball to the other side of the room by dribbling it, when you get to the other side wait there with your foot on the ball</li> </ul> <p><b>Progression:</b> Dribble ball in general space with start and stop signal ( whistle or music)</p> <p><b>Kicking</b></p> <ul style="list-style-type: none"> <li>• Stand on a line or against a wall have all the kids line up behind a soccer ball and when you blow the whistle they must kick the ball.</li> <li>• Have the kids run and get the ball and come back and repeat this drill</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• If you have 18 kids place 18 half cones all around the room and have the kids go in front of a cone and place their ball on it. Make sure you can step back about 5 spaces.</li> <li>• When you blow the whistle you have all the kids run up to their ball on the half cone and kick it</li> </ul> <p><b>Scoring</b></p> <ul style="list-style-type: none"> <li>• Place a goal in the middle of the play space. kids form a line and take turns trying to kick the ball into the net.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• Have the kids try to score a goal while you are moving around and taking the goal with you, this way no-one has to have to wait in line to try and score a goal</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Line up all the kids and have them put the ball above their</li> </ul>	<p>their left foot on the ball for 10 counts</p> <ul style="list-style-type: none"> <li>• Line all the children up against a wall or on a line and have them balance their right foot on the ball and roll it back and forth for 10 counts</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• Talk to the children about dribbling and explain that you need to kick the ball very slowly and keep the ball close to your feet.</li> <li>• Line all the children up against a wall or on a line and have them balance their left foot on the ball and roll it back and forth for 10 counts</li> </ul> <p><b>Skill Builder:</b></p> <ul style="list-style-type: none"> <li>• Walk the ball to the other side of the room by dribbling it, when you get to the other side wait there with your foot on the ball</li> <li>• Place cones around the room and have the children dribble the ball without knocking over the cones</li> <li>• Place cones around the room and have the children dribble the ball without knocking over the cones and when you blow your whistle they must freeze and place their foot on the ball</li> </ul> <p><b>Kicking</b></p> <ul style="list-style-type: none"> <li>• Explain to all the children that they must wait before going to get their ball once they kick it. They should wait for the coach to tell them to go get their ball.</li> <li>• Stand on a line or against a wall have all the children line up behind a soccer ball and when you blow the</li> </ul>	<p>left foot on the ball for 10 counts</p> <ul style="list-style-type: none"> <li>• Line all the children up against a wall or on a line and have them balance their right foot on the ball and roll it back and forth for 10 counts</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• Talk to the children about dribbling and explain that you need to kick the ball very slowly and keep the ball close to your feet.</li> <li>• Line all the children up against a wall or on a line and have them balance their left foot on the ball and roll it back and forth for 10 counts</li> <li>• Walk the ball to the other side of the room by dribbling it, when you get to the other side wait there with your foot on the ball</li> <li>• Place cones around the room and have the children dribble the ball without knocking over the cones</li> <li>• Place cones around the room and have the children dribble the ball without knocking over the cones and when you blow your whistle they must freeze and place their foot on the ball</li> </ul> <p><b>Skill Builder:</b></p> <ul style="list-style-type: none"> <li>• Make two rows of cones approximately 3 feet apart and have the children dribble in and out of the cones to the other side</li> <li>• Make two rows of cones approximately 3 feet apart and have the children dribble in and out of the cones to the other side and when you get to the end have them shoot the ball in a goal</li> </ul> <p><b>Kicking</b></p> <ul style="list-style-type: none"> <li>• Explain to all the children that</li> </ul>
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	<p>head and show them how to do a throw-in. Explain that you only use your hands if you are on the sideline and throwing in or if you are the goalie.</p> <ul style="list-style-type: none"> <li>● Hold a hoop in front of the kids and have them throw the ball through the hoop keeping their feet on the ground. Once the ball goes through the hoop, the kids will retrieve their ball and try again.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>● Open up a tunnel and hold it upright and have the kids throw the soccer ball into the tunnel while keeping their feet on the ground. Once the ball exits the hoop, the kids will retrieve their ball and try again.</li> </ul>	<p>whistle they must kick with their right foot. Repeat this drill</p> <ul style="list-style-type: none"> <li>● Stand on a line or against a wall have all the children line up behind a soccer ball and when you blow the whistle they must kick with their left foot. Repeat this drill</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>● Stand on a line or against a wall have all the children line up behind a soccer ball and when you blow the whistle they must kick with their right foot as hard as they can</li> <li>● Stand on a line or against a wall have all the children line up behind a soccer ball and when you blow the whistle they must kick with their left foot as hard as they can</li> </ul> <p><b>Skill Builder:</b></p> <ul style="list-style-type: none"> <li>● If you have 18 children place 18 half cones in front of all the children and have them place their ball in the half cone. Make sure you can step back about 5 spaces.</li> <li>● When you blow the whistle you have all the children run up to their ball on the half cone and kick it with your right foot</li> <li>● When you blow the whistle you have all the children run up to their ball on the half cone and kick it with your left foot</li> </ul> <p><b>Scoring</b></p> <ul style="list-style-type: none"> <li>● Practice shooting the ball into a goal using your right foot</li> <li>● Practice shooting your ball into a goal using your left foot</li> </ul>	<p>they must wait before going to get their ball once they kick it. They should wait for the coach to tell them to go get their ball.</p> <ul style="list-style-type: none"> <li>● Stand on a line or against a wall have all the children line up behind a soccer ball and when you blow the whistle they must kick with their right foot. Repeat this drill</li> <li>● Stand on a line or against a wall have all the children line up behind a soccer ball and when you blow the whistle they must kick with their left foot. Repeat this drill</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>● Stand on a line or against a wall and have all the children line up behind a soccer ball and when you blow the whistle they must kick with their right foot as hard as they can</li> <li>● Stand on a line or against a wall have all the children line up behind a soccer ball and when you blow the whistle they must kick with their left foot as hard as they can</li> </ul> <p><b>Skill Builder:</b></p> <ul style="list-style-type: none"> <li>● If you have 18 children place 18 half cones in front of all the children and have them place their ball in the half cone. Make sure you can step back about 5 spaces.</li> <li>● When you blow the whistle you have all the children run up to their ball on the half cone and kick it with your right foot</li> <li>● When you blow the whistle you have all the children run up to their ball on the half cone and kick it with your left foot</li> </ul> <p><b>Scoring</b></p> <ul style="list-style-type: none"> <li>● Practice shooting the ball</li> </ul>
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		<p>and bring it back to the starting line to throw again on the coach's signal.</p> <p><b>Skill Builder:</b></p> <ul style="list-style-type: none"> <li>Place several cones in the middle of the play space. Have the children practice throwing their ball on the signal to knock over a cone. Coach will ask children to retrieve the ball and stand up the cones that were knocked over bring it back to the starting line to throw again on the coach's signal.</li> </ul>	<ul style="list-style-type: none"> <li>Have the children practice throwing their ball on the signal. Coach will ask children to retrieve the ball and bring it back to the starting line to throw again on the coach's signal.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>Place a cone in the middle of the play space. Have the children practice throwing their ball on the signal. Coach will ask children to retrieve the ball and bring it back to the starting line to throw again on the coach's signal.</li> </ul> <p><b>Skill Builder:</b></p> <ul style="list-style-type: none"> <li>Place several cones in the middle of the play space. Have the children practice throwing their ball on the signal to knock over a cone. Coach will ask children to retrieve the ball and stand up the cones that were knocked over. Then bring it back to the starting line to throw again on the coach's signal.</li> </ul> <p><b>Passing</b></p> <ul style="list-style-type: none"> <li>Show the children the right way to kick the ball, using the inside of their foot.</li> <li>Line up all the children and have them pass the ball to the other side of the room</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>Place a row of poly spots 15-20 feet away and have the children pass the ball and pretend the spot is a person and try to have it stop on the spot.</li> </ul> <p><b>Skill Builder:</b></p> <ul style="list-style-type: none"> <li>Partner all the children up with each other and take one ball away and have the children pass the ball between each other and when you get the ball stop "trap" it with your <b>right</b> foot.</li> </ul>
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## Soccer 6

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<p>Wrap-Up &amp; Clean-Up</p>	<p><i>Clean-up is always done by kids.</i></p> <p><b>Sit-Ups:</b> Make sure you do 5-10 sit-ups</p> <p><b>Push-Ups:</b> Make sure you do 5-10 push-ups or plank for 10 counts</p> <p><b>Muscles and Bones:</b> Talk about the muscle and bone and show a visual of a muscle and bone</p> <ul style="list-style-type: none"> <li>Tips: During the class use the names of muscles and bones periodically (if kids are under 3 years of age use body part names periodically) For example “we are doing sit-ups so our belly gets strong.”</li> <li>Make sure when the kids throw a ball, a frisbee, or hit a ball or puck that they wait before they get it</li> <li>All classes need structure and discipline</li> <li>Have a designated spot, line, or rope for kids to stand on and run back to</li> </ul> <p><b>Stickers or Stamps:</b> Every kid needs to leave with a sticker or stamp</p>		
<p>Activity Card</p>	<p>Every child needs to leave a class with an activity card in hand if they are doing an enrichment. These need to be filled out before the beginning of the class. If you are doing a Physical Education class one activity card needs to be filled out and given to the teacher so she can share what the children learned with the parents.</p>		