

Week 4 / Session 7

Lesson 7	Life Skill – Courage Soccer Skill – Shooting for Accuracy Tactical – Ball Movement
Time	Activity
	Field or Court Space Needed: 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.
15 min’s Prior to session	Equipment Check: Estimating 10-20 players ✓ Soccer Goals: 2 goals, 6’ wide x 4’ high or cones can be used for goals. ✓ Cones: 16 – 24 count ✓ Life Skills Soccer Balls: One for every participant if possible, ✓ Practice bibs: 10 each of 2 different colors (third color optional) ✓ Players should bring water and soccer ball and wear shin guards
5 min’s	Welcome the children: Sit all children in a circle and ask how they are doing, how they feel today. Have a little small talk. Explain the activities the rules and take attendance.
15 min’s Total time	Soccer Skill – Shooting for Accuracy “Precision over Power” Think about passing the ball past the keeper into the goal. Explain the Key teaching points in 1 – 2 minutes: <ol style="list-style-type: none"> 1. Look up and find the keeper. Where is he/she located? 2. Pick out your target. Note: you should usually aim at the far post (the keeper should be guarding the near post). If the keeper gets a hand on the shot to the far post, there’s a good chance the rebound will be in front of the goal. Rebounds in front of the goal lead to tap in goals! 3. Place the non-kicking foot (plant foot) approximately 6-8” to the side of the ball; knee is slightly bent. 4. Use the inside of the foot which is a bigger surface. 5. Keep your knee and head over the ball. If your knee is behind the ball and your foot is out in front of your knee, you’re going to pop the ball up and shoot over the goal. Don’t lean back either, keep your shoulders forward. 6. Strike the ball with about 80-85% of your max power.
15 min’s	Skills / games: <ul style="list-style-type: none"> • Finishing Drill - Players are divided into 4 equal groups and are positioned in the shape of a square in front of the goal. <div style="text-align: center;"> <p style="text-align: center;">K=Keeper</p> </div> <p style="text-align: center;">1 touch, shot</p>
	Players in lines 1 and 2 have soccer balls. Players in line 1 pass to players in line 3 and players in line 2 pass to players in line 4. The object of the

6-7 min's	<p>activity is to control the ball and take a shot on goal using only 2 touches: the first touch is to control the ball (take the touch in the direction that sets up the shot) and the second touch is for the shot itself. Players in line 1 and 2 (passers) switch with players in line 3 and 4 (shooters). Line 1 and 2 alternate turns passing to lines 3 and 4. Have players switch lines so they are shooting from the other side of the box.</p>
15 min's	<p>Water break and Life Skill Lesson – Courage</p> <p>What is Courage?</p> <p>Courage is being brave and overcoming your fear. For example, it takes courage to stand up for a friend that is being teased or bullied. In a sports context, courage can also mean that you're willing to try new moves and skills, even when you know there's a good chance you may fail. Courage is overcoming your fear of what others may think of you in order to struggle and improve.</p> <p>Understanding Courage:</p> <p>Courage is very important to learning because developing new skills involves a natural process of reaching and failing. In order to improve you have to spend a large majority of your practice time doing things you can't do very well. You also have to be brave enough to try those developing skills in highly competitive training sessions with other players.</p> <p>Connection to Soccer:</p> <p>There are many situations in soccer that require, even demand courage. Here are just a few examples:</p> <ul style="list-style-type: none"> • Goalies must demonstrate tremendous courage when they come off their line and leap to catch or knock away a ball, knowing full well that an opponent is bearing down on them and there will be contact. • It takes a lot of courage to step up and calmly take a penalty kick knowing that the outcome of the match, perhaps the State Cup, is on the line. • It takes courage to try something hard and struggle in front of your friends and family
20 min's	<p>Small Sided Games:</p> <ul style="list-style-type: none"> • Make up 2 teams consisting of 7-9 players per team and 2 goalies (coach can play goalie for one team) • Play on a field approximately as wide as the 18 yard box and 40 Yards long. Basically it's (2) 18 yard boxes placed in front of each other (no middle of the field) • The objective is to create as many scoring opportunities as possible. All players should be in range to shoot, even defenders. • If your open, let it fire and practice finishing.
5 min's	<p>Cool down and farewell</p> <p>Ask how they liked the session and which activities they liked and which ones they didn't like as much.</p> <p>Home Work:</p> <ul style="list-style-type: none"> ✓ Practice shooting for 15 min's each day between sessions ✓ Encourage players to do the Courage activity at home

Week 4 / Lesson 8

Lesson 8	<p>Life Skill – Courage</p> <p>Soccer Skill – Shooting for Accuracy Tactical – Ball Movement</p>
Time	Activity
	<p>Field or Court Space Needed: 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.</p>
15 min's Prior to session	<p>Equipment Check: Estimating 10-20 players</p> <ul style="list-style-type: none"> ✓ Soccer Goals: 2 goals, 6' wide x 4' high or cones can be used for goals. ✓ Cones: 16 – 24 count ✓ Life Skills Soccer Balls: One for every participant if possible, ✓ Practice bibs: 10 each of 2 different colors (third color optional) ✓ Players should bring water and soccer ball and wear shin guards
5 min's	<p>Welcome the children: Sit all children in a circle and ask how they are doing, how they feel today. Have a little small talk. Explain the activities the rules and take attendance.</p>
15 min's Total time	<p>Soccer Skill – Shooting for Accuracy “Precision over Power” Think about passing the ball past the keeper into the goal.</p> <p>Explain the Key teaching points in 1 – 2 minutes:</p> <ol style="list-style-type: none"> 1. Look up and find the keeper. Where is he/she located? 2. Pick out your target. Note: you should usually aim at the far post (the keeper should be guarding the near post). If the keeper gets a hand on the shot to the far post, there's a good chance the rebound will be in front of the goal. Rebounds in front of the goal lead to tap in goals! 3. Place the non-kicking foot (plant foot) approximately 6-8" to the side of the ball; knee is slightly bent. 4. Use the inside of the foot which is a bigger surface. 5. Keep your knee and head over the ball. If your knee is behind the ball and your foot is out in front of your knee, you're going to pop the ball up and shoot over the goal. Don't lean back either, keep your shoulders forward. 6. Strike the ball with about 80-85% of your max power.
10 min's	<p>Skills / games:</p> <ul style="list-style-type: none"> • 3 on 2 Finishing Drill – Players form 3 lines. The first 3 players out are defenders (X's) and the next 3 are offensive players (O's).
5 min's	 <p style="text-align: right;">Shot to far post or crossing pass</p>

	<p>X1, X2, X3 are all defenders and O1, O2, O3 are offensive players. X2 has the ball and passes to one of the O's. The X across from the O that receives the ball must run to a cone or line where that O was standing. The other 2 X's get back on defense while the 3 O's attack offensively. The third X is sprinting to recover and make it a 3 vs 3 if possible. Offense should make one or two quick passes and take a shot.</p>
<p>15 min's</p>	<p>Life Skills – Courage</p> <ul style="list-style-type: none"> • How do you define courage? Being brave, even when you know it may be hard or cause embarrassment. • What are some ways that you show courage? Standing up for a friend, taking a penalty shot, trying new and difficult skills in practice. • Why is it important to demonstrate courage when learning new skills? Failing is a natural part of learning, can't be afraid to "look bad" when you're learning.
<p>20 min's</p>	<p>Small Sided Games:</p> <ul style="list-style-type: none"> • Make up 2 teams consisting of 6 - 8 players per team. • Players are encouraged to go to one side of the field and then switch the play to the other side (second side) • Ball Movement, Switching the Field The dotted line divides the field into two halves. The concept of switching the field is shown as the O's move the ball from the right side of the field occupied by 6 players (3 O's & 3 X's) to the left side of the field with fewer players (1 O & 1 X) and consequently move space. O1 now has more space for 1 v 1 play and the defense (X's) must shift to pressure the ball and defend open spaces. <div data-bbox="607 1052 1232 1402" style="text-align: center; border: 1px solid black; padding: 10px;"> </div>
<p>5 min's</p>	<p>Cool down and farewell</p> <p>Ask how they liked the session and which activities they liked and which ones they didn't like as much.</p> <p>Home Work:</p> <ul style="list-style-type: none"> ✓ Practice finishing with accuracy for 15 min's each day until our next session. ✓ Think about situation in school and soccer that call for courage. Show bravery even if it means other kids may tease you or look down on you. ✓ As you play soccer, think about the ball movement and switch fields.