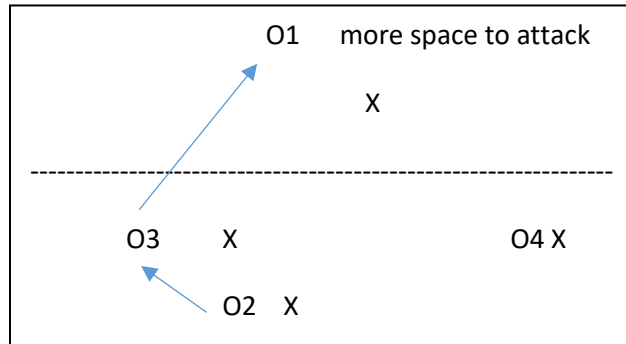


	Life Skill – Failure Soccer Skill – Shooting Tactical – Switching the Field
Time	Activity
	Field or Court Space Needed: 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.
15 min’s Prior to session	Equipment Check: Estimating 10-20 players ✓ Soccer Goals: 2 goals, 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 Rule of thumb – Accuracy over Power Explain the Key teaching points in 1 – 2 minutes: <ol style="list-style-type: none"> 1. First, use the farthest foot to strike the ball just like in passing. This keeps your body between the ball and defenders and this technique is generally easier to execute than using the nearest foot. 2. Place the non-kicking foot (plant foot) approximately 6-8” to the side of the ball; knee is slightly bent. 3. Open your foot up so you can use the inside of your foot just like passing. 4. Lean slightly forward to keep the ball low and on the ground. If you lean back the ball will pop up and go over the goal. 5. Use the top (shoes laces) of your striking foot and kick the middle of the ball. 6. Shoot for the inside of the farthest post. Note, the goal keeper should be on the near post. If the goal keeper is able to get a hand on your shot and block it the ball will rebound out in front of the goal for a teammate making a run to finish. 7. When you receive the ball in scoring area: <ol style="list-style-type: none"> a) take a quick look to locate the keeper,

<p>6 – 7 min’s with each foot.</p>	<p>b) look at your target (inside the back post), c) look down at the ball while striking it.</p> <p>Skills / games:</p> <ul style="list-style-type: none"> • One touch and shot – Players form a line outside of the 18 yd. box, off to one side of the goal and make a run. Coach or another teammate makes a simple pass on the ground to the player who takes a touch with their farthest foot and then takes a shot on the ground to the farthest post. Work both the right and left sides. Note, it’s important that players learn to finish (shoot) with both feet. Make them use their left on the left side – Think Growth Mindset.
<p>10 min’s</p>	<p>Water break and Life Skill Lesson – Failure</p> <p>What is Failure? In a Growth Mindset way of thinking, FAILure is the first attempts in learning. That’s right, failure is a natural part of learning. When we try something new and challenging we make mistakes. Failure is important because we can learn from our mistakes.</p> <p>Understanding Failure:</p> <ul style="list-style-type: none"> • How do you feel when your reaching for something difficult to do and fail? • What can you learn from your mistakes? • If you are not failing, then you’re not learning or getting better! <p>Connection to sports: The best athletes fail all the time. One of the greatest basketball players of all-time, Michael Jordan, missed game winning shots 26 times in his NBA career. If you are going to improve then you have to be willing to make mistakes and fail, otherwise the best you can hope for is to stay the same and that’s a classic fixed mindset – protecting your image, instead of working to improve and grow.</p>
<p>20 min’s</p>	<p>Small Sided Games:</p> <p>Tactical focus – Switching the field In the same diagram, 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.</p>

(2 goals on each side)



- Set up a field appropriate for the number of players.
- Set up a total of 4 goals, two for each team.
- Each team looks to score in either of their two goals along the end line. Position the goals a couple of feet inside of the corner to keep the goals wide or spread apart.
- Tell players that when it gets congested in front of one of their goals switch the field to find more space and better passing and scoring opportunities.

Cool down and farewell

Ask how they liked the session and which activities they liked and which ones they didn't like as much.

Home Work:

- ✓ Practice passing for 15 min's each day between sessions
- ✓ Research people that should be in the Failure Hall of Fame. These are people with a Growth Mindset that looked as failure as learning opportunities and used those experiences to motivate them to learn and improve. Hint- think about athletes, politicians, musicians, etc.

	Life Skill – Failure
	<p style="text-align: center;">Soccer Skill – Shooting Tactical – Switching the Field</p>
Time	Activity
	<p>Field or Court Space Needed:</p> <p>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:</p> <p>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 from Distance (more power)</p> <p>Rule of Thumb – Control over Power (Only strike the ball with 85% of max power)</p> <p>Explain the Key teaching points in 1 – 2 minutes:</p> <ol style="list-style-type: none"> 1. Place the non-kicking foot (plant foot) approximately 6-8” to the side of the ball; knee is slightly bent. 2. Toes of the plant foot face the target. 3. Toes of the striking foot point down (think about making a “fist” with your toes) and your ankle is locked. 4. Use the top (shoes laces) of your striking foot and kick the middle of the ball. 5. Keep your head over the ball as you strike it, watching the ball at all times. 6. Lean slightly forward to keep the ball low. Don’t lean back or the ball will pop up. 7. Strike foot follows through to the target, toes continue to point down. 8. When you receive the ball in scoring area: <ol style="list-style-type: none"> a) take a quick look to locate the keeper, b) look at your target (inside the back post), c) look down at the ball while striking it.

<p>6 – 7 min’s</p>	<p>Skills / games:</p> <ul style="list-style-type: none"> • Warm Up Shooting - Form two lines 15 feet from the coach. Coach is positioned just outside the 18 yd. box. Player with the ball passes to the coach and then the first two players in line make an X cut (player in right line cuts to the left and player in the left line cuts to the right). Both players look for a return pass from the coach. Player receiving the ball takes one touch and then hits the ball with their laces at 85% of max power. • Warm Up Shooting with Restrictions - After everyone has taken a couple of shots each, coach may place a restriction on player that they must take the shot off their first touch. Coach may also make players use their outside foot which will be their weaker foot going either to their right or left.
<p>10 min’s</p>	<p>Water break and Life Skill Lesson – Failure</p> <p>Review understanding of Failure? Fail equals - First Attempts In Learning. Failure is a natural part of learning. When you learn new things you struggle. Struggling is a part of learning.</p> <p>Question – Who was in your Failure Hall of Fame? Good examples are Michael Jordan, John Legend, Abraham Lincoln, Albert Einstein</p> <p>Review why Failing is important: When we try something new and challenging we make mistakes. Failure is important because you can learn from our mistakes.</p> <p>Learning from Failure: Embrace failure. Yes, that’s right, embrace it! Scottish Football Club Celtic, believes in their academy players having a growth mindset. Players wear a special shin guard ban on their weakest foot and anytime they use their weak foot to make a pass or take a shot, coaches have to say, “Well done.” Doesn’t matter what the results of the pass or shot are, they praise the process and the courage of the player. Celtic coaches realize that even great players are always trying to improve.</p> <p>The very best thing you can do is embrace the idea of failure and help your child or player learn from that failure. Failure provides all kinds of valuable information that is necessary for learning and improving. Failure is the first steps to learning, improving and building skills.</p>

	<p>Click this link and listen to music superstar, John Legend https://www.khanacademy.org/youcanlearnanything</p> <p>What does John Legend mean when he says, “Any successful people you know, even though it seems like things just happened for them, it usually was preceded by a bunch of failure?”</p>
20 min’s	<p>Small Sided Games:</p> <p>Tactical focus – Switching the field</p> <ul style="list-style-type: none"> • Set up a field appropriate for the number of players. • Set up a total of 4 goals, two for each team. • Each team looks to score in either of their two goals along the end line. Position the goals a couple of feet inside of the corner to keep the goals wide or spread apart. • Tell players that when it gets congested in front of one of their goals switch the field to find more space and better passing and scoring opportunities.
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 ✓ Click this link and listen to music superstar, John Legend https://www.khanacademy.org/youcanlearnanything ✓ What does John Legend mean when he says, “Any successful people you know, even though it seems like things just happened for them, it usually was preceded by a bunch of failure?”