

## Week 1 / Lesson 1

Lesson 1	Life Skill – Growth Mindset Soccer Skill – Dribbling	Tactical – Width and Depth
Time	Activity	
	<b>Field or Court Space Needed:</b> 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.	
15 min's Prior to session	<b>Equipment Check:</b> Estimating 10-20 players <ul style="list-style-type: none"> <li>✓ Soccer Goals: 2 goals, 6' wide x 4' high or cones can be used for goals.</li> <li>✓ Cones: 16 – 24 count</li> <li>✓ Life Skills Soccer Balls: One for every participant if possible,</li> <li>✓ Practice bibs: 10 each of 2 different colors (third color optional)</li> <li>✓ Players should bring water and soccer ball and wear shin guards</li> </ul>	
5 min's	<b>Welcome the children:</b> 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	<b>Soccer Skill – Dribbling</b> Explain the Key teaching points in 30-60 seconds: <ol style="list-style-type: none"> <li>1. Light touches on the ball keeping the ball close to your body (control).</li> <li>2. Use the inside and outside of your right and your left foot.</li> <li>3. Keep your head up so that you can see what's happening on the field.</li> </ol>	
5 min's	<b>Skills / games:</b> <ul style="list-style-type: none"> <li>• <b>Dribbling in a Grid</b> - Have all players dribble their ball around in an appropriate sized grid. Indoors this may be half of a basketball court. While they are dribbling encourage these things:               <ul style="list-style-type: none"> <li>○ Use your right foot, use your left foot</li> <li>○ Use the inside of your foot, use the outside of your foot</li> <li>○ Who can find open space? Dribble to the open space you see.</li> </ul> </li> </ul>	
5 min's	<ul style="list-style-type: none"> <li>• <b>Body Parts</b> – have players dribble and then call out various parts of the body for them to stop their ball with. Example, if you call “elbow” they have to stop their ball with their elbow. The point is for them to keep their ball close to their body when dribbling for better control.</li> </ul>	
5 min's	Pick one of the activities listed below <ul style="list-style-type: none"> <li>• <b>Musical Balls</b> – as players are dribbling, call “switch” and they have to stop their ball and then go find another ball and begin dribbling. When they find a new ball, accelerate into open space with the dribble.</li> </ul>	
5 min's	<ul style="list-style-type: none"> <li>• <b>Sharks and Minnows</b> – Have all the players with a ball on one side line and then 2 or 3 sharks that are looking to take the ball away from the minnows. Once their ball is kicked away y become a shark. Play continues until the last person loses their ball (the winner).</li> </ul>	

5 min's	<ul style="list-style-type: none"> <li>• <b>Knockout</b> – everyone has a ball inside of a grid. Everyone is trying to knock the other players' ball outside of the grid while maintaining possession of their own ball.</li> </ul>
10 min's	<p><b>Water break and Life Skill Lesson – Growth Mindset</b></p> <p><b>What is growth mindset?</b>  Growth mindset is a belief that intelligence and skill can be grown or developed with lots of determination, effort and a focus on learning from mistakes. The opposite of a growth mindset is what researchers call a <i>fixed mindset</i> and people with a fixed mindset believe that intelligence, skills and talent are something you are born with, that is predetermined.</p> <p><b>Understanding growth mindset:</b></p> <ul style="list-style-type: none"> <li>• Your brain is like a muscle. When you learn it grows bigger!</li> <li>• When you practice hard things and struggle, you are growing myelin.</li> <li>• Things like intelligence and sports skills develop with lots of practice</li> <li>• Failing is a natural part of learning, the important thing is to learn from your mistakes</li> <li>• People with a growth mindset love new challenges</li> </ul> <p><b>Connection to sports:</b>  Learning to play soccer involves a lot of practice. Even the most basic skills like dribbling, passing and juggling require hours and hours of practice to begin to develop the skills necessary to play the game of soccer well. Think about it for a minute, do you think it's an advantage to begin to learn and practice soccer skills with a growth mindset or a fixed mindset? Why?</p> <p><b>Did you Know:</b> Most people actually have both fixed and growth mindsets depending on what the challenge or type of learning is involved. The key is to recognize fixed mindsets and work to change them to growth mindsets.</p>
20 min's	<p><b>Small Sided Games:</b>  Tactical focus – Width and Depth (See Tactical Concepts in Coaches Resources on web)</p> <ul style="list-style-type: none"> <li>• Make up 2 or 3 teams (4 or 5 players per team)</li> <li>• The objective of the game is to create width and depth to create more space</li> </ul> <p>Points are scored by dribbling the ball <u>under control</u> to the end line and stopping the ball on the line (not passing the ball over the line).</p>
5 min's	<p><b>Cool down and farewell</b>  Ask how they liked the session and which activities they liked and which ones they didn't like as much.</p> <p>Remind Players to go to Parent Tab and Activities at Home for Growth Mindset Activity:</p> <ul style="list-style-type: none"> <li>✓ Practice dribbling for 15 min's each day between sessions</li> <li>✓ Complete the activity for Growth Mindset</li> </ul>

## Week 1 / Lesson 2

Lesson 2	Life Skill – Growth Mindset Soccer Skill – Dribbling	Tactical – Width and Depth
Time	Activity	
	<b>Field or Court Space Needed:</b> 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.	
15 min's Prior to session	<b>Equipment Check:</b> Estimating 10-20 players <ul style="list-style-type: none"> <li>✓ Soccer Goals: 2 goals, 6' wide x 4' high or cones can be used for goals.</li> <li>✓ Cones: 16 – 24 count</li> <li>✓ Life Skills Soccer Balls: One for every participant if possible,</li> <li>✓ Practice bibs: 10 each of 2 different colors (third color optional)</li> <li>✓ Players should bring water and soccer ball and wear shin guards</li> </ul>	
5 min	<b>Welcome the children:</b> 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	<b>Soccer Skill - Dribbling</b> Review the Key teaching points in 30-60 seconds: <ol style="list-style-type: none"> <li>1. Light touches on the ball keeping the ball close to your body (control).</li> <li>2. Use the inside and outside of your right and your left foot.</li> <li>3. Keep your head up so that you can see what's happening on the field.</li> </ol>	
5 min's:	<b>Skills / games:</b> <ul style="list-style-type: none"> <li>• <b>Dribbling in a Grid</b> - Have all players dribble their ball around in an appropriate sized grid. Indoors this may be half of a basketball court. While they are dribbling encourage these things:               <ul style="list-style-type: none"> <li>○ Use your right foot, use your left foot</li> <li>○ Use the inside of your foot, use the outside of your foot</li> <li>○ Who can find open space? Dribble to the open space you see.</li> </ul> </li> </ul>	
10 min's	Pick two of the activities listed below (do each for 5 min's) <ul style="list-style-type: none"> <li>• <b>Body Parts</b> – have players dribble and then call out various parts of the body for them to stop their ball with. Example, if you call “elbow” they have to stop their ball with their elbow. The point is for them to keep their ball close to their body when dribbling for better control.</li> <li>• <b>Musical Balls</b> – as players are dribbling, call “switch” and they have to stop their ball and then go find another ball and begin dribbling. When they find a new ball, accelerate into open space with the dribble.</li> <li>• <b>Sharks and Minnows</b> – Have all the players with a ball on one side line and then 2 or 3 sharks that are looking to take the ball away from the minnows. Once their ball is kicked away y become a shark. Play continues until the last person loses their ball (the winner).</li> </ul>	

	<ul style="list-style-type: none"> <li>• <b>Knockout</b> – everyone has a ball inside of a grid. Everyone is trying to knock the other players’ ball outside of the grid while maintaining possession of their own ball.</li> </ul>
10 min’s	<p><b>Water break and Life Skill Lesson – Growth Mindset</b></p> <p><b>Review understanding Growth Mindset:</b> Growth mindset is a belief that intelligence and skill can be grown or developed with lots of determination, effort and a focus on learning from mistakes.</p> <p><b>Review why having a growth mindset is important:</b> When you have a growth mindset you welcome new challenges and when you make mistakes and fail you understand that mistakes are a natural part of learning.</p> <p><b>Review homework and ask:</b></p> <ul style="list-style-type: none"> <li>• How many of you made a neuron with the pipe cleaners?</li> <li>• What happens to your neurons when you practice? (Yes, that’s right when you practice, your neurons actually get bigger...they grow! And the more you practice the faster the signals travel meaning you can perform skills better)</li> </ul>
25 min’s	<p><b>Small Sided Games:</b> Tactical focus – Width and Depth</p> <ul style="list-style-type: none"> <li>• Make up 2 or 3 teams (4 or 5 players per team)</li> <li>• The objective of the game is to create width and depth to create more space</li> <li>• Points are scored by dribbling the ball <u>under control</u> to the end line and stopping the ball on the line (not passing the ball over the line).</li> </ul>
5 min’s	<p><b>Cool down and farewell</b></p> <ul style="list-style-type: none"> <li>• Ask how they liked the session and which activities they liked and which ones they didn’t like as much.</li> <li>• Remind them of the life skill they learned, Growth Mindset, and key teaching points for the soccer skill, dribbling as well as having Width and Depth</li> <li>• IMPORTANT POINT: When you’re reaching and struggling, learning a new skill, you are <b>growing more myelin</b> which insulates the nerve and will cause the neuron to fire more quickly and accurately eventually.</li> <li>• Assign optional homework: <ul style="list-style-type: none"> <li>✓ Practice dribbling your ball using both feet for 15 min’s each day until our next session</li> <li>✓ Think of fixed mindset thoughts you have and see if you can change them to growth mindset thoughts, e.g., “I can’t do this skill, yet”. Adding yet makes it a growth mindset statement.</li> </ul> </li> </ul>