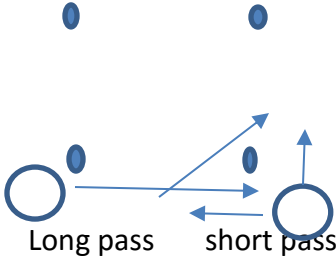


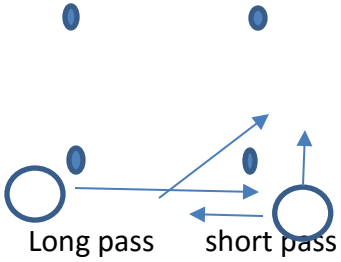
## Week 3 / Session 5

<b>Lesson 5</b>	<b>Life Skill – Positive Attitude</b> <b>Soccer Skill – Receiving – First Touch</b> <b>Tactical – Passing Lines</b>
<b>Time</b>	<b>Activity</b>
	<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 ✓ 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	<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 – First Touch</b> Explain the Key teaching points in 1 – 2 minutes: There are several keys to taking a good first touch. First you want to put your body in position to see as much of the field as possible and you need to know where defenders, your teammates and open space is before you receive the ball. This is important because your first touch should be in the direction that you are going to play so that your second touch can be the pass, dribble or shot you intend to take. <ol style="list-style-type: none"> <li>1. Keep your head on a swivel, meaning you are constantly looking over your shoulder to see where people are and where the open space is.</li> <li>2. Position your body so that the ball can pass in front of you and across your body to your back foot or the foot farthest away from the passer.</li> </ol> <div style="text-align: center; margin: 10px 0;"> </div> <ol style="list-style-type: none"> <li>3. Take a controlled touch where you can play the ball with your next touch.</li> </ol>
5 min's	<b>Skills / games:</b> <ul style="list-style-type: none"> <li>• <b>Passing in a square</b> – set up 4 cones in an 8ft. by 8ft. square. Position players at the 4 cones and pass the ball to the right and then switch and pass to the left working on letting the ball cross in front of the body and taking the touch with the farthest foot. Players should follow their pass and then get into the back of the next line.</li> </ul>
10 min's	<ul style="list-style-type: none"> <li>• <b>Passing in a triangle</b> – this can be a variation if you have a group of 3 left over.</li> <li>• <b>Monkey in the middle</b> – create groups of 3 with each group having one ball. Two players set up 15 feet apart and the third player starts between the two players. The object of the game is for the offensive players to be able to create a passing lane and complete the pass without the defender tipping or stealing the pass. If the defense tips or steals the ball, then the player</li> </ul>

	<p>who made the bad pass replaces the defender. Hint- you may need to limit the amount of space players can move side to side to 10 ft.</p> <ul style="list-style-type: none"> <li>• <b>Pass short, pass long</b> – This is a variation of the square passing drill. The player receiving the pass passes long to the player at the next cone to start the drill. This time the player receiving the first pass, passes right back to the player who passed him/her the ball (the short pass) and moves to the other side of the cone for a quick 1 touch return pass. At this point everything starts over with the long pass to the next cone.</li> </ul> 
15 min's	<p><b>Life Skill – Positive Attitude</b>  <b>What is a Positive Attitude?</b>  A positive attitude is a belief that good things come through having a growth mindset, working hard and learning from mistakes. A positive attitude comes from the understanding that learning is naturally a struggle and that you have to work through the initial steps of learning to achieve success. Having a positive attitude is a decision. You have to be the boss of your own mind and root out ALL negative thoughts.</p> <p><b>Understanding Positive Attitude:</b>  Attitude is a little thing that can makes all the difference in the world.</p> <ul style="list-style-type: none"> <li>• Having a positive attitude is key to increasing motivation and developing skills.</li> <li>• People with a positive attitude get over set-backs quicker because they understand that they are not personal or permanent; they are simply opportunities to learn and improve.</li> </ul> <p><b>Connection to Soccer:</b>  Athletes in every sport practice to get better. They never say, “I’m good enough.” This means you’re pushing yourself into uncomfortable areas – weaknesses. You have to always remain positive, and talk to yourself in a positive way.</p>
20 min's	<p><b>Small Sided Games:</b>  Tactical focus – Neutrals should always be open if the move up and down the line to create a passing line.</p> <ul style="list-style-type: none"> <li>• Create 3 teams of 4</li> <li>• Two teams play 4 vs. 4 against each other and the third team is neutrals on the outside of a 20 yd. by 30 yd. grid.</li> <li>• Players think about moving to <b>create an open passing line.</b></li> <li>• Objective of the game is to find safe short passes to a teammate or neutral.</li> <li>• Emphasize when you win the ball, <b>KEEP POSSESSION OF IT!</b> Find a safe pass.</li> </ul>
5 min's	<p><b>Cool down and farewell</b>  Home Work:</p> <ul style="list-style-type: none"> <li>✓ Practice taking first touch with your farthest foot for 15 min's each day between sessions</li> <li>✓ Complete the activity at home – Argument with Yourself</li> </ul>

## Week 3 / Session 6

<b>Lesson 6</b>	<b>Life Skill – Positive Attitude</b> <b>Soccer Skill – Receiving – First Touch</b> <b>Tactical – Passing Lines</b>
<b>Time</b>	<b>Activity</b>
	<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 ✓ 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	<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 – First Touch</b> Explain the Key teaching points in 1 – 2 minutes: There are several keys to taking a good first touch. First you want to put your body in position to see as much of the field as possible and you need to know where defenders, your teammates and open space is before you receive the ball. This is important because your first touch should be in the direction that you are going to play so that your second touch can be the pass, dribble or shot you intend to take. <ol style="list-style-type: none"> <li>4. Keep your head on a swivel, meaning you are constantly looking over your shoulder to see where people are and where the open space is.</li> <li>5. Position your body so that the ball can pass in front of you and across your body to your back foot or the foot farthest away from the passer.</li> </ol> <div style="text-align: center;"> </div> <ol style="list-style-type: none"> <li>6. Take a controlled touch where you can play the ball with your next touch.</li> </ol>
5 min's	<b>Skills / games:</b> <ul style="list-style-type: none"> <li>• <b>Passing in a square</b> – set up 4 cones in an 8ft. by 8ft. square. Position players at the 4 cones and pass the ball to the right and then switch and pass to the left working on letting the ball cross in front of the body and taking the touch with the farthest foot. Players should follow their pass and then get into the back of the next line.</li> </ul>
1-2 min's	<ul style="list-style-type: none"> <li>• <b>Passing in a triangle</b> – this can be a variation if you have a group of 3 left over.</li> <li>• <b>Monkey in the middle</b> – create groups of 3 with each group having one ball. Two players set up 15 feet apart and the third player starts between the two players. The object of the game is for the offensive players to be able to create a passing lane and complete the pass without the defender tipping or stealing the pass. If the defense tips or steals the ball, then the player</li> </ul>

5 min's	<p>who made the bad pass replaces the defender. Hint- you may need to limit the amount of space players can move side to side to 10 ft.</p> <ul style="list-style-type: none"> <li>• <b>Pass short, pass long</b> – This is a variation of the square passing drill. The player receiving the pass passes long to the player at the next cone to start the drill. This time the player receiving the first pass, passes right back to the player who passed him/her the ball (the short pass) and moves to the other side of the cone for a quick 1 touch return pass. At this point everything starts over with the long pass to the next cone.</li> </ul> 
15 min's	<p><b>Life Skill – Positive Attitude</b> Review Positive Attitude</p> <ul style="list-style-type: none"> <li>• Why is it important to have a positive attitude? Learning is naturally hard and you have to be able to keep a positive attitude while learning from your mistakes.</li> <li>• What can you do when you start to have negative thoughts? Focus on past achievements and successes. Use positive-self talk.</li> </ul>
20 min's	<p><b>Small Sided Games:</b> Tactical focus – Neutrals should always be open if the move up and down the line to create a passing line.</p> <ul style="list-style-type: none"> <li>• Create 3 teams of 4</li> <li>• Two teams play 4 vs. 4 against each other and the third team is neutrals on the outside of a 20 yd. by 30 yd. grid.</li> <li>• Players think about moving to <b>create an open passing line.</b></li> <li>• Objective of the game is to find safe short passes to a teammate or neutral.</li> </ul> <p>Emphasize when you win the ball, KEEP POSSESSION OF IT! Find a safe pass.</p>
5 min's	<p><b>Cool down and farewell</b> Remind players to:</p> <ul style="list-style-type: none"> <li>✓ Practice taking first touch with your farthest foot for 15 min's each day between session</li> <li>✓ Practice controlling their thoughts, turning negative thoughts into positive thoughts</li> <li>✓ Practice positive self-talk</li> </ul>