

Week 1 / Lesson 1

Lesson 1	Life Skill – Respect Soccer Skill - Dribbling
Time	Activity
15 min's Prior to session	<p>Equipment Check/Prepare Field</p> <ul style="list-style-type: none"> ✓ Cones: 16 – 24 count ✓ Practice bibs: 16 – 20 (2 different colors) ✓ Practice outline with notes for Life Skill Lesson ✓ Put out cones and bibs for the first couple of activities so you're ready to get right into the activity.
10 min's	<p>Welcome the children: Ask them how they are doing, how they are feeling today. Look for any hints of stress. If they mention anxiety or stress, take a couple of Lions Breaths (Big inhale 3-4 count, and then "ROOOOAAAR!" to exhale 3-4 count).</p> <p>Soccer Skill – Dribbling Explain the Key teaching points in 30-60 seconds:</p> <ol style="list-style-type: none"> 1. Light touches on the ball keeping the ball close to your body (control). 2. Use the inside and outside of your right and your left foot. 3. Keep your head up so that you can see what's happening on the field. <p>Warm-Up:</p> <ul style="list-style-type: none"> • Dribbling in a Grid - 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"> ○ Use your right foot, use your left foot ○ Use the inside of your foot, use the outside of your foot ○ Who can find open space? Dribble to the open space you see.
5 min's 5 min's	<p>Skills/Games:</p> <ul style="list-style-type: none"> • Body Parts Dribbling – 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. • Pick one of the activities listed below

	<ul style="list-style-type: none"> • Musical Balls – 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. • Sharks and Minnows – 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).
10 min’s	<p>Water break and Life Skill Lesson – Respect</p> <p>Ask, “What does respect mean?” (Respect means treating others like they are important. May also mean following the rules.)</p> <p>Ask, “What are some ways that you show respect?” Listen for them to mention any of the 6 Corresponding Behaviors for Respect:</p> <ul style="list-style-type: none"> • Being kind to others • Uses Manners • Follows class and practice rules • Listens when someone else is speaking • Takes care of their materials • Stays in own space, keeps hands to self <p>Understanding respect: Who are some of the people to whom you show respect? Why is respect important?</p> <p>Connection to sports: Respect is one of the most important positive character strengths an athlete can have. Athletes must show respect for their coach, for their teammates, for the referee, for the rules of the game and for themselves.</p>
20 min’s	<p>Small Sided Games</p> <ul style="list-style-type: none"> • 1 or 2 games depending on number of players (4-8 per team) • Play 4 vs. 4 or 5 vs. 5 no goalie