**Soccer Unit**

**Day 1 Dribble and Pass**

Warm up: Stretch and up the floor movement

Dribble

All students with a ball dribble around the gym

Skills: Head up / Both feet / inside and outside of your foot

Activity 1: (Grade 3/4/5) Dribble around the gym working on control and vision

Activity 2: (Grade 3/4/5) Dribble around the gym working on control and head up – vision

Dribble around the gym if your ball goes outside of the basketball court line you must do 5 situps to return / If your ball touches a cone you must do 5 squat drops

Activity 3 (Grade 4/5) Dribble and pull back

Dribble to a cone and pivot on inside foot and pull the ball back with the outside of your foot changing directions and then move on to another cone / rotate with both left and right foot

Activity 4: (Grade 3/4/5) Partner pass

Students back to back take 3 giant steps away / pass to a partner with Trap/Step/Pass / Use the inside of your foot to pass make sure the ball stays on the ground

Next after the pass move to another spot forcing the trapper to work on vision seeing where the partner went to make the pass Trap/Step/Pass/Move

Activity 5 (Grade 5) Kick away

Students dribble around the gym and you may kick a free ball outside the basketball court area / If your ball is outside the area you must do 10 sit ups to get back in

Safety: Do not kick ankles

**Day 2 Dribble and Pass**

Warm up: Stretch and up the floor movement

Activity 1 Dribble around gym L/R foot inside and outside of your foot – control with your head up

Activity 2 Two dribbles R foot Pullback change directions – Two dribbles L foot pullback change directions

Activity 3 Two person move and pass – use a lead pass and trap dribble find your partner who has moved to a new spot – both students are on the move continuously

Introduce the game 6 V 6 with a goalie:

Start with 3 offenses for each team and 3 defenses – at the start which begins with a pass back the 3 front players for each team crosses over to the other side creating 3 red and 3 yellow on each side. Goalie does not leave the goalie box and no one is permitted in the goalie box. The goalie can use his hands but must roll the ball out not throw or kick out. Two teams sitting out must do 100 jumps with the jump rope before we switch teams. The second time on the floor the offense switches to defense and defense to office.

**Day 3 Control and Passing**

Warm up

Drill 1 Wicket Pass

Student in the middle pass between their legs to your partner / stress the importance of keeping the ball on the floor and accuracy / we are not kicking but passing

Drill 2 Passing up the floor

Using end line lines pass to a person moving up the floor / squad one to person in squad two and squad three to a person in squad 4

Game:

6v6 using skills (control – dribble – pass) If the skill are weak and the students are just kicking the ball stop game and go back to skills

Stop and discuss position:

Pass to offense / defense to close passing lanes

**Day 4 Move to space and passing**

Skill 1 lead pass – students from squad 1 move up the floor and pass to squad 2 and back moving up the floor – Use same concept of movement as the beginning of the class. Focus on the leading the person with the pass and move with your head up, under control

2 V 2 keep away Working on movement and passing how to move without the ball and how to control the ball and look for a teammate to pass

Dribble shot retrieve ball and move to next line

6 V 6 with goalie game same as day 3