

Lesson Title Monday morning – Soccer Camp		Lesson duration 3 hours	Age 4-14 years	Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their passing and trapping off both feet.		Content There are warmup games, skill development games and matches.	
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys	
Game & Focus	Time	Content		Organisation & Risk	Resources
<u>Welcome</u>	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.			
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.		Everyone	
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.		Everyone	Soccer balls
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.		Two groups	8 markers, Soccer balls
<u>Juggling</u> Students will improve: ball control through juggling	7 min	Students will juggle using both feet, thighs, chest and head. It will start simply with kick, catch. However, the older students should be encouraged to experiment and challenge themselves. The students can also do this activity working with a partner.		Individual and Partnerwork	Soccer balls

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	25 min	The students will participate in time trial races where each student needs to touch the ball before they can score a goal. Some examples of progressions are: a student needs to touch the ball twice, a 1 – 2 must be played, an overlap must be played etc.	Groups of three Older kids	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	25 min	A student will throw a tennis ball out, and then the students have to kick the soccer ball as close as they can to the tennis ball. A point is awarded if the ball is closer. Possible progressions are: having to make the pass first time after the ball is passed and having to pass using left foot or right foot.	Groups of 2 or 4 Older kids	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>Roles</u> Students will improve the skills that are specific to the roles (defender, midfielder or attacker) that they will play in the match.	25 min	The defenders have to pass the ball out from their defensive third (x2). Their aim is score a goal in one of two goals positioned across the middle of the halfway line. To score a goal, the defenders need to dribble the ball between one of the goals or run through the goals to receive a pass. In the middle third of the pitch, the midfielders play a possession game where they get a point for every completed pass.	2 groups of 3 or 4 defenders v 1 or 2 attackers. 2-3 midfielders v 2-3 midfielders. Older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Monday afternoon – Soccer Camp		Lesson duration 3 hours		Age 4-14 years		Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their shooting and defence.		Content There are warmup games, skill development games and matches.			
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys			
Game & Focus	Time	Content			Organisation & Risk	Resources	
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.			Everyone	Soccer balls	
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.			Two groups	8 markers, Soccer balls	
<u>Juggling</u> Students will improve: ball control through juggling	7 min	Students will juggle using both feet, thighs, chest and head. It will start simply with kick, catch. However, the older students should be encouraged to experiment and challenge themselves. The students can also do this activity working with a partner.			Individual and Partnerwork	Soccer balls	

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Shooting</u> Students will improve their shooting power, accuracy and deception.	25 min	The coaches (or leaders) will roll or toss the ball to each student. The students will be instructed how they have to shoot: after one touch, first time, right foot, left foot, volley. If the student can score a goal, he/she becomes the goalie. A progression might be to add a defender.	Small groups 2-6 Older kids	Soccer balls, 6 poles
<u>Four Goal Soccer</u> Students will improve their shooting power, accuracy and deception.	25 min	The students play on a half pitch with four goals. There are two teams, which means each team has two goals where they can score. There are four goalies. After a team scores, the next ball is rolled out immediately by the team's other goalie.	2 teams of 4 to 9 players.	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>Freeze Game</u> Students will increase their understanding of positional play in attack and defence.	20 min	The students play a match. At key moments the coach yells, "Freeze!" The coach then helps the students to analyse where they are in a good position by asking them open-ended question	All older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Tuesday morning – Soccer Camp		Lesson duration 3 hours		Age 4-14 years		Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their ability to perform the different roles necessary in 1 – 2's.		Content There are warmup games, skill development games and matches.			
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys			
Game & Focus	Time	Content			Organisation & Risk		Resources
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.			Everyone		Soccer balls
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.			Two groups		8 markers, Soccer balls
<u>Juggling</u> Students will improve: ball control through juggling	7 min	Students will juggle using both feet, thighs, chest and head. It will start simply with kick, catch. However, the older students should be encouraged to experiment and challenge themselves. The students can also do this activity working with a partner.			Individual and Partnerwork		Soccer balls

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Races</u> Students will improve their 1 – 2's and their overlaps.	25 min	The students will participate in time trial races where each student needs to touch the ball before they can score a goal. The student needs to play a 1 – 2 in one race. The Senior coach must be willing to slow this activity down for kids that struggle with the movements.	Groups of three Older kids	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>3 v 3 Games</u> Students will have opportunities to attack and defend.	25 min	The students are divided into teams, so they will play against students of similar abilities. Extra goals can be added for 1 – 2's. The games are played across the pitch.	Teams of 3 Older kids	Soccer balls, 20 markers, 12 poles
<u>Roles</u> Students will improve the skills that are specific to the roles (defender, midfielder or attacker) that they will play in the match.	25 min	The defenders have to pass the ball out from their defensive third (x2). Their aim is score a goal in one of two goals positioned across the middle of the halfway line. To score a goal, the defenders need to dribble the ball between one of the goals or run through the goals to receive a pass. In the middle third of the pitch, the midfielders play a possession game where they get a point for every completed pass.	2 groups of 3 or 4 defenders v 1 or 2 attackers. 2-3 midfielders v 2-3 midfielders. Older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Tuesday afternoon – Soccer Camp		Lesson duration 3 hours		Age 4-14 years	Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their ability to perform overlapping runs as a group.		Content There are warmup games, skill development games and matches.		
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys		
Game & Focus	Time	Content			Organisation & Risk	Resources
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.			Everyone	
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.			Everyone	Soccer balls
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.			Two groups	8 markers, Soccer balls
<u>Juggling</u> Students will improve: ball control through juggling	7 min	Students will juggle using both feet, thighs, chest and head. It will start simply with kick, catch. However, the older students should be encouraged to experiment and challenge themselves. The students can also do this activity working with a partner.			Individual and Partnerwork	Soccer balls

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Races</u> Students will improve their overlapping runs.	25 min	The students will participate in time trial races where each student needs to touch the ball before they can score a goal. The student needs to play an overlap. The Senior coach must be willing to slow this activity down for kids that struggle with the movements.	Groups of three Older kids	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>3 v 3 Games</u> Students will have opportunities to attack and defend.	25 min	The students are divided into teams, so they will play against students of similar abilities. Extra goals can be added for overlapping runs. The games are played across the pitch.	Teams of 3 Older kids	Soccer balls, 20 markers, 12 poles
<u>Freeze Game</u> Students will increase their understanding of positional play in attack and defence.	20 min	The students play a match. At key moments the coach yells, "Freeze!" The coach then helps the students to analyse where they are in a good position by asking them open-ended question	All older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Wednesday morning – Soccer Camp		Lesson duration 3 hours	Age 4-14 years	Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their defence.		Content There are warmup games, skill development games and matches.	
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys	
Game & Focus	Time	Content		Organisation & Risk	Resources
<u>Welcome</u>	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.			
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.		Everyone	
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.		Everyone	Soccer balls
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.		Two groups	8 markers, Soccer balls
<u>Bullrush</u> Students will improve: channeling and tackling	7 min	Students will attempt to dribble between a goal (there are four at each end). Two defenders start defending, and the game can either be buildups or the defender who wins the ball or forces the attacker out swaps roles with the attacker. Progressions could be to have the attackers work in groups of 2, 3 or 4.		Individual and Small group	Soccer balls, 16 poles (or markers)

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>1 v 1 matches</u> Students will improve their ability to beat a player one-on-one and also to defend in one-on-one.	25 min	The students will play in small areas with four goals (each player will have two goals). The ball can be played, so the attacker has to turn or so the attacker attacks front on.	Groups of three Older kids	Soccer balls, 72 markers
<u>5 v 2 + 2</u> Students will improve their abilities to channel (and slow attack) and also attack swiftly.	25 min	A central defender kicks the ball to 5 attackers. The central defenders job is to slow down the attackers and give the two wide defenders time to get back and help. The attackers aim to move the ball quickly and score a goal passed the goalie. The numbers of the game can be adjusted depending on the number of students.	Groups of 6-11 Older kids	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>Roles</u> Students will improve the skills that are specific to the roles (defender, midfielder or attacker) that they will play in the match.	25 min	The defenders have to pass the ball out from their defensive third (x2). Their aim is score a goal in one of two goals positioned across the middle of the halfway line. To score a goal, the defenders need to dribble the ball between one of the goals or run through the goals to receive a pass. In the middle third of the pitch, the midfielders play a possession game where they get a point for every completed pass.	2 groups of 3 or 4 defenders v 1 or 2 attackers. 2-3 midfielders v 2-3 midfielders. Older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Wednesday afternoon – Soccer Camp		Lesson duration 3 hours		Age 4-14 years		Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their passing and trapping off both feet.		Content There are warmup games, skill development games and matches.			
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys			
Game & Focus	Time	Content			Organisation & Risk	Resources	
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.			Everyone	Soccer balls	
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.			Two groups	8 markers, Soccer balls	
<u>Juggling</u> Students will improve: ball control through juggling	7 min	Students will juggle using both feet, thighs, chest and head. It will start simply with kick, catch. However, the older students should be encouraged to experiment and challenge themselves. The students can also do this activity working with a partner.			Individual and Partnerwork	Soccer balls	

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	25 min	The students will participate in time trial races where each student needs to touch the ball before they can score a goal. Some examples of progressions are: a student needs to touch the ball twice, a 1 – 2 must be played, an overlap must be played etc.	Groups of three Older kids	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	25 min	A student will throw a tennis ball out, and then the students have to kick the soccer ball as close as they can to the tennis ball. A point is awarded if the ball is closer. Possible progressions are: having to make the pass first time after the ball is passed and having to pass using left foot or right foot.	Groups of 2 or 4 Older kids	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>Freeze Game</u> Students will increase their understanding of positional play in attack and defence.	20 min	The students play a match. At key moments the coach yells, "Freeze!" The coach then helps the students to analyse where they are in a good position by asking them open-ended questions.	All older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Thursday morning – Soccer Camp		Lesson duration 3 hours		Age 4-14 years		Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their abilities to play and receive through-balls.		Content There are warmup games, skill development games and matches.			
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys			
Game & Focus	Time	Content			Organisation & Risk	Resources	
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.			Everyone	Soccer balls	
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.			Two groups	8 markers, Soccer balls	
<u>Bullrush</u> Students will improve: channeling and tackling	7 min	Students will attempt to dribble between a goal (there are four at each end). Two defenders start defending, and the game can either be buildups or the defender who wins the ball or forces the attacker out swaps roles with the attacker. Progressions could be to have the attackers work in groups of 2, 3 or 4.			Individual and Small group	Soccer balls, 16 poles (or markers)	

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	25 min	A student will throw a tennis ball out, and then the students have to kick the soccer ball as close as they can to the tennis ball. A point is awarded if the ball is closer. Possible progressions are: having to make the pass first time after the ball is passed and having to pass using left foot or right foot.	Groups of 2 or 4 Older kids	Soccer balls, 8 markers, 8 poles, a stopwatch
<u>3 v 3 Through-balls</u> Students will improve their abilities to make diagonal runs in attack and play through-balls.	25 min	A defender plays the ball across to an attacker, who touches the ball goal-wards. There are two more attackers (one on each sideline) marked by two defenders. One attacker moves towards the ball, whilst the other attacker makes a diagonal run. The activity will start passive and become more real.	Groups of 6-11 Older kids	Soccer balls, 20 markers, 12 poles
<u>Roles</u> Students will improve the skills that are specific to the roles (defender, midfielder or attacker) that they will play in the match.	25 min	The defenders have to pass the ball out from their defensive third (x2). Their aim is score a goal in one of two goals positioned across the middle of the halfway line. To score a goal, the defenders need to dribble the ball between one of the goals or run through the goals to receive a pass. In the middle third of the pitch, the midfielders play a possession game where they get a point for every completed pass.	2 groups of 3 or 4 defenders v 1 or 2 attackers. 2-3 midfielders v 2-3 midfielders. Older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Thursday afternoon – Soccer Camp		Lesson duration 3 hours		Age 4-14 years		Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their ability to create space using Coerver control skills.		Content There are warmup games, skill development games and matches.			
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys			
Game & Focus	Time	Content			Organisation & Risk		Resources
<u>Welcome</u>	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.					
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.			Everyone		Soccer balls
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.			Two groups		8 markers, Soccer balls
<u>1 v 1 Turns</u> Students will improve their ability to create space using turns and feints.	7 min	Two students (an attacker and a passive defender) are on a line (there a 4 markers on the line). The attacker attempts to get to one of the widest markers, whilst the defender tries to get to the inside marker, which is about a metre inside the outside marker.			Groups of two Older kids		Soccer balls, 36 markers

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>1 v 2 Passing Activity</u> Students will use turns and feints to create space to pass.	25 min	An attacker is tracked by a defender, as he dribbles a ball across the goal. The attacker has to create the necessary space to pass the ball through a small goal (he has three to choose from). There is another defender that will attempt to intercept the pass. (The coach should make the students dribble from both sides).	Groups of six Older kids	Soccer balls, 18 markers
<u>1 v 2 Shooting Activity</u> Students will use turns and feints to create space to shoot.	25 min	An attacker is tracked by a defender, as he dribbles a ball across the goal. The attacker has to create the necessary space to shoot at goal and beat a goal-keeper. (The coach should make the students dribble from both sides).	Groups of six Older kids	Soccer balls, 6 poles, 3 markers
<u>Freeze Game</u> Students will increase their understanding of positional play in attack and defence.	20 min	The students play a match. At key moments the coach yells, "Freeze!" The coach then helps the students to analyse where they are in a good position by asking them open-ended question	All older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Friday morning – Soccer Camp		Lesson duration 3 hours		Age 4-14 years		Sports Soccer		
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.			Outcomes The students will improve their ability to win the ball.			Content There are warmup games, skill development games and matches.		
Prior Knowledge.			Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.			Resources 30 soccer balls, witches hats, poles, markers, jerseys		
Game & Focus		Time	Content				Organisation & Risk	Resources
<u>Welcome</u>		5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.					
<u>Warmup</u> The students will engage in dynamic stretching.		7 min	One of the coaches leads the dynamic stretches.				Everyone	
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch		7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.				Everyone	Soccer balls
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.		7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.				Two groups	8 markers, Soccer balls
<u>Bullrush</u> Students will improve: channeling and tackling		7 min	Students will attempt to dribble between a goal (there are four at each end). Two defenders start defending, and the game can either be buildups or the defender who wins the ball or forces the attacker out swaps roles with the attacker. Progressions could be to have the attackers work in groups of 2, 3 or 4.				Individual and Small group	Soccer balls, 16 poles (or markers)

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>1 v 1 Contest for the Ball</u> Students will use their strength and speed to win the ball.	25 min	The students will work in threes. Two students will compete to win the ball, and the student who wins it will attempt to keep the ball for as long as possible.	Groups of three Older kids	Soccer balls, 24 markers
<u>1 v 2 Shooting Activity</u> Students will use turns and feints to create space to shoot.	25 min	An attacker needs to use his body to win the ball drop. The attacker then has to create the necessary space to shoot at goal and beat a goal-keeper. (The coach can provide different feeds).	Groups of six Older kids	Soccer balls, 6 poles, 3 markers
<u>Roles</u> Students will improve the skills that are specific to the roles (defender, midfielder or attacker) that they will play in the match.	25 min	The defenders have to pass the ball out from their defensive third (x2). Their aim is score a goal in one of two goals positioned across the middle of the halfway line. To score a goal, the defenders need to dribble the ball between one of the goals or run through the goals to receive a pass. In the middle third of the pitch, the midfielders play a possession game where they get a point for every completed pass.	2 groups of 3 or 4 defenders v 1 or 2 attackers. 2-3 midfielders v 2-3 midfielders. Older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All Older kids	Soccer balls, 20 markers, 4 poles

Lesson Title Friday afternoon – Soccer Camp		Lesson duration 3 hours		Age 4-14 years		Sports Soccer	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their positional play.		Content There are warmup games, skill development games and matches.			
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources 30 soccer balls, witches hats, poles, markers, jerseys			
Game & Focus	Time	Content			Organisation & Risk	Resources	
<u>Warmup</u> The students will engage in dynamic stretching.	7 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	7 min	The students can be divided into groups of 2-9 students. The smaller the size of the group the more touches each player will get; however larger groups may combine more realistic movement patterns (the Senior Coach makes the decision about group size depending on what he/she wants to get out of the session). The students practice kicking with different parts of their foot and controlling the ball with different parts of their foot.			Everyone	Soccer balls	
<u>Turns – Crabs & Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	7 min	There are two boxes (older students and younger students). The students will practice different turns before “Crabs & Fishes” starts. At the commencement of the game, the students try and kick other students’ balls out of the box, whilst maintaining possession of their own ball.			Two groups	8 markers, Soccer balls	
<u>Bullrush</u> Students will improve: channeling and tackling	7 min	Students will attempt to dribble between a goal (there are four at each end). Two defenders start defending, and the game can either be buildups or the defender who wins the ball or forces the attacker out swaps roles with the attacker. Progressions could be to have the attackers work in groups of 2, 3 or 4.			Individual and Small group	Soccer balls, 16 poles (or markers)	

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>3 v 3 Games</u> Students will have opportunities to attack and defend.	25 min	The students are divided into teams, so they will play against students of similar abilities. Extra goals can be added for overlapping runs. The games are played across the pitch.	Teams of 3 Older kids	Soccer balls, 20 markers, 12 poles
<u>Roles</u> Students will improve the skills that are specific to the roles (defender, midfielder or attacker) that they will play in the match.	20 min	The defenders have to pass the ball out from their defensive third (x2). Their aim is score a goal in one of two goals positioned across the middle of the halfway line. To score a goal, the defenders need to dribble the ball between one of the goals or run through the goals to receive a pass. In the middle third of the pitch, the midfielders play a possession game where they get a point for every completed pass.	2 groups of 3 or 4 defenders v 1 or 2 attackers. 2-3 midfielders v 2-3 midfielders. Older kids	Soccer balls, 20 markers, 4 poles
<u>Freeze Game</u> Students will increase their understanding of positional play in attack and defence.	20 min	The students play a match. At key moments the coach yells, "Freeze!" The coach then helps the students to analyse where they are in a good position by asking them open-ended question	All older kids	Soccer balls, 20 markers, 4 poles
<u>Match</u> Students will use their skills in a soccer match.	45 min	The students play a match. It's important to find ways to involve all players – maybe having weaker players take all free-kicks or kick-ins.	All older kids	Soccer balls, 20 markers, 4 poles