

<b>Lesson Title</b> Monday morning – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-6 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their passing and trapping off both feet.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>	<b>Resources</b>	
<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.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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	

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Simon Says</u> Students will improve their ball control.	15 min	The coach calls toe-taps, dribble with left/right foot, juggles, headers, etc. The coach should also get the kids to be animals, dinosaurs, planes and everything kids find fun.	Younger kids	Soccer balls
<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals

<b>Lesson Title</b> Monday afternoon – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-6 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their shooting and defence.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>		<b>Resources</b>
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Simon Says</u> Students will improve their ball control.	15 min	The coach calls toe-taps, dribble with left/right foot, juggles, headers, etc. The coach should also get the kids to be animals, dinosaurs, planes and everything kids find fun.	Younger kids	Soccer balls
<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals

<b>Lesson Title</b> Tuesday morning – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-6 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their ability to perform the different roles necessary in 1 – 2's.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>		<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Warmup</u> The students will engage in dynamic stretching.		10 min	One of the coaches leads the dynamic stretches.			Everyone	
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch		10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.		10 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		10 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

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Simon Says</u> Students will improve their ball control.	15 min	The coach calls toe-taps, dribble with left/right foot, juggles, headers, etc. The coach should also get the kids to be animals, dinosaurs, planes and everything kids find fun.	Younger kids	Soccer balls
<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals

<b>Lesson Title</b> Tuesday afternoon – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-6 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their ability to perform overlapping runs as a group.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>	<b>Resources</b>	
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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	

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Simon Says</u> Students will improve their ball control.	15 min	The coach calls toe-taps, dribble with left/right foot, juggles, headers, etc. The coach should also get the kids to be animals, dinosaurs, planes and everything kids find fun.	Younger kids	Soccer balls
<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals

<b>Lesson Title</b> Wednesday morning – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-6 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their defence.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>	<b>Resources</b>	
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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	

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<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
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<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals

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<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their passing and trapping off both feet.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>	<b>Resources</b>	
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
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<u>Turns – Crabs &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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	

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
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<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
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<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals

<b>Lesson Title</b> Thursday morning – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-6 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their abilities to play and receive through-balls.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>		<b>Resources</b>
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Simon Says</u> Students will improve their ball control.	15 min	The coach calls toe-taps, dribble with left/right foot, juggles, headers, etc. The coach should also get the kids to be animals, dinosaurs, planes and everything kids find fun.	Younger kids	Soccer balls
<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals

<b>Lesson Title</b> Thursday afternoon – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-6 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their ability to create space using Coerver control skills.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>		<b>Resources</b>
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Simon Says</u> Students will improve their ball control.	15 min	The coach calls toe-taps, dribble with left/right foot, juggles, headers, etc. The coach should also get the kids to be animals, dinosaurs, planes and everything kids find fun.	Younger kids	Soccer balls
<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.	Everyone	

<b>Lesson Title</b> Friday morning – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-6 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their ability to win the ball.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>	<b>Resources</b>	
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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	

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Simon Says</u> Students will improve their ball control.	15 min	The coach calls toe-taps, dribble with left/right foot, juggles, headers, etc. The coach should also get the kids to be animals, dinosaurs, planes and everything kids find fun.	Younger kids	Soccer balls
<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.	Everyone	

<b>Lesson Title</b> Friday afternoon – Soccer Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 4-14 years		<b>Sports</b> Soccer	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their positional play.		<b>Content</b> There are warmup games, skill development games and matches.			
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> 30 soccer balls, witches hats, poles, markers, jerseys			
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>			<b>Organisation &amp; Risk</b>	<b>Resources</b>	
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Kicking Technique</u> Students will improve: their kicking technique and first touch	10 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 &amp; Fishes</u> Students will improve: their ability to maintain possession in tight spaces and tackling technique.	10 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	10 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	

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Lawn Bowls</u> Students will improve their abilities to be accurate with their passes' direction and weight.	15 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 Younger kids	Soccer balls, 8 markers, 2 mini-goals
<u>Simon Says</u> Students will improve their ball control.	15 min	The coach calls toe-taps, dribble with left/right foot, juggles, headers, etc. The coach should also get the kids to be animals, dinosaurs, planes and everything kids find fun.	Younger kids	Soccer balls
<u>Stuck in the Mud</u> Students will improve their ball control.	15 min	There are two captains. All the other students are stuck in the mud; they have their legs spread wide (the goal) and a ball in their hands. The coach designates how a goal has to be scored – it could be passed-, volleyed- or headed through the students' legs. Once a leg goal has been scored the student is no longer stuck in the mud	Younger kids	Soccer balls
<u>Goal Shooting</u> Students will improve their shooting.	15 min	The coach feeds the balls to the students, so they can score goals. This activity can incorporate one touch, volleys, headers, etc. The activity can be made more challenging by adding a goal-keeper.	Younger kids	Soccer balls
<u>Fruit-salad</u> Students will improve their ball control.	15 min	The coach divides the students into apples, pears and bananas. He calls toe-taps, dribble with left/right foot, juggles, headers, etc. If he calls, "Apples!" All the apples are in a race (the same for pears and bananas). If the coach calls fruit-salad, all the students race.	Younger kids	Soccer balls
<u>Match</u> Students will use their skills in a soccer match.	30 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.	Younger kids	Soccer balls, 4 markers, 2 mini-goals