

## Session 1 - Introduction to Soccer & Basic Dribbling

### Equipment: Soccer Balls, Cones & Pinnies

#### Icebreaker: Name Game (5 minutes)

- Ask each participant to come up with a word that describes them and that starts with the same letter as their first name (ie. Happy Holly, Bubbly Brooke, etc).

#### Warm-Up (5 minutes)

- Start with a dynamic warm up including jogging, high knees, and butt kicks

#### Activity 1: Understanding the Game (5 minutes)

- Briefly explain what soccer is, the main objective and show them a soccer ball
- Explain today's focus will be on dribbling and having fun

#### Activity 2: Dribbling Practice (10 minutes)

- Demonstrate how to dribble, emphasizing using both feet
- Set up a simple dribbling course using cones. Have students practice dribbling through cones, focusing on controlling the ball with their feet
- Encourage them to use both feet and keep the ball close to their body

#### Activity 3: Red Light, Green Light (10 minutes)

- Play "Red Light, Green Light" where students dribble the ball when you say "Green Light" and stop when you say "Red Light"

#### Activity 4: Freeze Tag (10 minutes)

- Play a game of Freeze Tag where the students all dribble the ball but if they are tagged by the person who is it, they must freeze with their arms out and stay there until another player dribbles under their arms to unfreeze them

#### Play a Game (10 minutes)

- Split the group into teams and play soccer

#### Cool Down (5 minutes)

- Have students jog and perform stretches to cool their body down
- Ask each student to tell you their favourite part of the session or something they learned about soccer