

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 the basic rules of soccer

Activity 2: Dribbling Drills (20 minutes)

- Demonstrate how to dribble, emphasizing using both feet
- Set up a dribbling course with cones. Have students practice dribbling through the course, focusing on control and speed.
- Split the group into pairs and have them practice dribbling, one player dribbles while the other provides gentle pressure to simulate game play

Activity 3: Soccer Freeze Tag (10 minutes)

- Players must dribble a soccer ball while trying to avoid being tagged by the person who is it
- If a player is tagged by the person who is it, they must freeze where they are with their arms out wide until another player runs under the player's arm while dribbling the ball
- Rotate the person who is it

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