

Session 2 - Introduction to Soccer & Basic Dribbling

Equipment: Soccer Balls, Cones & Pinnies

Icebreaker: Find a Friend (5 minutes)

- Leader asks students to find a friend who has the same answer to the question as they do (ie. find a friend who was born in the same month as you, find a friend who likes the same flavour ice cream as you do)

Warm-Up (5 minutes)

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

Activity 1: Follow the Leader (10 minutes)

- Play “Follow the Leader” with a soccer twist. Students dribble and follow the leader, who performs different dribbling maneuvers.

Activity 2: Passing Basics (5 minutes)

- Demonstrate how to pass the ball using the inside of your foot, keeping the ball on the ground
- Have students practice passing to a partner while standing still, making sure to stop the ball before kicking it back

Activity 3: Passing and Receiving Drills (10 minutes)

- Set up a simple passing drill with pairs of students standing a few feet apart. They pass the ball back and forth, focusing on accuracy and receiving with the inside of the foot

Activity 4: Passing Relay (10 minutes)

- Divide students into small groups and set up relay stations. Each student dribbles to a cone, passes the ball to the next teammate, and then runs to the end of the line.

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