

Session 5 - Fun Soccer Games and Teamwork

Equipment: Soccer Balls, Cones & Pinnies

Icebreaker: Favourite Movie (5 minutes)

- Students take turns telling everyone their favourite movie

Warm-Up (5 minutes)

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

Activity 1: Soccer Freeze Dance (10 minutes)

- Students spread out and each have a ball
- Leader starts the music and students dribble their balls while the music plays
- When the music stops, students freeze and then perform a specific soccer skill

Activity 2: Teamwork Relay (10 minutes)

- Set up a relay course where students work in teams. They dribble to a cone, pass to a teammate, and then run to the end of the line. Emphasize working together and encouraging each other.

Activity 3: Mini-Game (10 minutes)

- Play a small sided game with a focus on defending. Emphasize teamwork, passing and using their skills.

Play a Game (15 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