

## Soccer



Liberia



Brazil



Norway



Russia

### Introduction

Soccer, known throughout the world as “football,” is one of the world’s most popular team sports. It is played by young and old alike. Generally speaking, most players have played some soccer and are familiar with the basic skills and rules. The SPARK AS Soccer section provides activities for players to practice, develop, and apply skills such as ball-handling, dribbling, passing, trapping, and shooting; as well as the offensive and defensive strategies required for successful game play.
















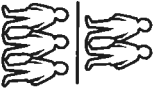





#### SPARK Tips

- Use challenges provided within activities to allow players to “up their game” when appropriate.
- If soccer balls are scarce, use a variety of types of balls (utility, foam, etc.) to improve the player/equipment ratio.
- Be sure activity area surface is smooth and dry.
- Emphasize ball and body control for safety.

#### Scheduling Tips

- I have also included a sample unit created by a former professor from UOP. You can see how he combined multiple activities and challenges to maximize student engagement.

# SOCCER TABLE OF CONTENTS

	PAGE	GROUPING	SPACE NEEDED	AGE RANGE
<b>Introductory Pages</b>				
Introduction	iii			
What You Need	v			
<b>Activities page 1 - 22</b>				
<b>Soccer Marbles</b> Pairs pass the ball to hit their partner's ball.	1			
<b>Tunnel Dribble</b> Players dribble and pass their balls through "Tunnels" (other players' legs) for accuracy.	3			
<b>Soccer Hoopla</b> Small groups collect balls from other groups' hoops and dribble them back to their home hoops.	5			
<b>Dribble Keep Away</b> Players dribble while kicking other players' balls away.	7			
<b>Bull's-Eye and Long Shot</b> Players kick for accuracy and distance.	9			
<b>Soccer Golf</b> Pairs "golf" by kicking a ball into a "hole" (hoop) in as few kicks as possible.	11			
<b>Soccer Grab Bag</b> Pairs complete soccer and fitness grab bag activities in a specified time frame.	13			


**GROUPING:**  Individuals

 Pairs

 Groups

**SPACE NEEDED:**  Small

 Medium

 Large













**AGE RANGE:**  5 - 7

 8 - 11

 12 +

# SOCCER

## TABLE OF CONTENTS

	PAGE	GROUPING	SPACE NEEDED	AGE RANGE
<b>Activities page 1 - 24 (continued)</b>				
<b>5-Player Kick and Dribble</b> Groups of 5 (Kicker, Pitcher, and 3 Fielders) per field. Kicker kicks 1 ball, then dribbles another while Fielders pass to all and return to Pitcher.	15			
<b>All-Run Soccer Baseball</b> One group kicks then runs the bases while the other group fields the ball and does a group task to get runners out.	17			
<b>Soccermania</b> Four groups play 1 large game with 4 goals.	19			
<b>Mini Soccer</b> Groups of 6 play a 3-on-3 modified soccer game.	21			

# SOCCER

## SAFETY, MANAGEMENT, AND LEADERSHIP HINTS

- The ideal setting for soccer activities is a large, grass field free of ruts or objects that may cause injury. If necessary, drills and games may be modified and played on a hard surface or indoors.
- Skill differences among youth may be high. Challenge advanced players by appointing them group leaders, encouraging them to coach and assist peers, help with demonstrations, etc. However, discuss the importance of all youth participating in warm-ups and fundamentals, to improve their individual skills.
- Once youth progress to small-sided games, if possible, recruit and train an aide or parent volunteer to provide additional supervision and officiating.

Activity	Page	Activity	Page
<b>Warm-Up</b>			
Cue Practice.....	13	Target Soccer.....	16
Walk and Dribble.....	13	Kick for Distance.....	16
Sideline Throw-In.....	13	Get Your Ball.....	17
Pass and Trap.....	14	Shooting on Goal.....	18
Challenges.....	14	Small-Sided Soccer Games.....	19
Soccer Marbles.....	15	Soccer Baseball (All Run).....	20
Dribble Keep Away.....	15	Soccermania.....	21

## EQUIPMENT NEEDS

- 1 utility (or foam) ball/youth, 6 soccer balls, 12-6" cones, 10-18" cones, 1 pinnie/2 youth, 25 hoops, whistle, music player, music  
Optional: 4 bases/14-16 youth

# SOCER

Week	Monday	Tuesday	Wednesday
1	<p><b>COTS for dribbling:</b></p> <ol style="list-style-type: none"> <li>1. Inside of foot</li> <li>2. Tap lightly</li> <li>3. Keep ball within 3 foot radius</li> </ol> <p><b>Equipment:</b> Foam balls and/or soccer balls, cones to create areas for dribbling, stop watches, pedometers</p> <p><b>Activities:</b></p> <ol style="list-style-type: none"> <li>1. Put Pedometers on students with the count at "0"</li> <li>2. Warm Up: students run a lap with a dribbling the soccer balls/foamballs around the field</li> <li>3. Demo how to dribble</li> <li>4. Dribbling in personal space, general space...and go around and give feedback about the COTS (5min)</li> <li>5. Increase speeds, levels (slow, fast, medium speeds...focusing on control) (3-4 min)</li> <li>6. Modified Game: Time students to see how many "taps" in a row they can complete in 30 seconds. Do it 2,3 times to see if they can beat their score (3-4min)</li> <li>7. Play sharks and minnows. Have one or two sharks....and the minnows are the rest of the students trying to get across the field w/o having their ball stolen.</li> </ol> <p><b>Closure:</b> Take pedometers and record data</p>	<p><b>COTS for dribbling:</b> Same as Monday EXCEPT for the outside of the foot too.</p> <p><b>Equipment:</b> Foam balls and/or soccer balls, cones to create areas for dribbling, stop watches, pedometers</p> <p><b>Activities:</b></p> <ol style="list-style-type: none"> <li>1. Put Pedometers on students with the count at "0"</li> <li>2. Warm Up: students run a lap with a dribbling the soccer balls/foamballs around the field</li> <li>3. Demo dribbling with the inside and outside of the foot</li> <li>4. Students dribble in personal space, general space using inside and outside of foot....go around and give feedback about COTS (5min)</li> <li>5. Modified Game: Have a large coned area, students dribbling at various speeds, then make area smaller....focusing on control (3min)</li> <li>6. Like Monday, another "sharks and minnows" game. Students can use both inside/outside of foot to dribble (5min)</li> <li>7. Have students each get a soccer ball and start dribbling....play "red light, green light" focusing on control. If student's can't control and go too fast then they won't be able to stop when "red light" is called (5min)</li> </ol> <p><b>Closure:</b> Take pedometers and record data</p>	<p><b>COTS for Passing:</b></p> <ol style="list-style-type: none"> <li>1. Opposite foot next to ball</li> <li>2. Inside of foot</li> <li>3. Follow through toward target</li> </ol> <p><b>Equipment:</b> Foam balls and/or soccer balls, cones to create spots for passing with partners, stop watches, pedometers</p> <p><b>Activities:</b></p> <ol style="list-style-type: none"> <li>1. Put Pedometers on students with the count at "0"</li> <li>2. Warm Up: students run a lap with a partner passing/catching the soccer balls/foamballs, and let them do it at their pace so they're actually getting lots of practice passing</li> <li>3. Demo the passing (put cones out so students will know where to stand across from their partner)</li> <li>4. Students then start passing, using the COTS, back and forth with a partner. (5min)</li> <li>5. Modified Game: Give the students 30 seconds to see how many passes they can get with their partner. Then do it again and have them try to beat their score (give feedback about COTS before doing the second game)</li> <li>6. Put cones out for students to play a game of "horse"...students will play 1 vs. 1 (just like the basketball game)</li> </ol> <p><b>Closure:</b> Take pedometers and record data</p>

Week	Thursday	Friday
1 Cont'd	<p><b>COTS for the day:</b></p> <ol style="list-style-type: none"> <li>1. Opposite foot next to ball</li> <li>2. Outside of foot</li> <li>3. Follow through toward target</li> </ol> <p><b>Equipment:</b> Foam balls and/or soccer balls, cones to create spots for passing with partners, stop watches, pedometers</p> <p><b>Activities:</b></p> <ol style="list-style-type: none"> <li>1. Put Pedometers on students with the count at "0"</li> <li>2. Warm Up: students run in personal space with a partner passing/trapping the soccerball/foamballs, but tell them to do watch out for others while moving (learning to "get open")</li> <li>3. Demo: brief revision of yesterdays COTS by staff (and demo of trapping)...ask for student volunteers also. Have them demo dribbling, passing inside, passing outside of foot (5-7min)</li> <li>4. Have students get in partners and practice dribbling around cones, then passing to their partner. Their partner will then do the same thing. (8-10min)</li> <li>5. Students will then play a 3 v 3 game, focusing on dribbling and passing. Scoring can only be done by passing it through the cones (goals) ....no "shooting" (5min)</li> </ol> <p><b>Closure:</b> Take pedometers and record data</p>	<p><b>COTS for the day: Trapping</b></p> <ol style="list-style-type: none"> <li>1. Cradle the ball against your foot or any body part</li> <li>2. "Give"</li> </ol> <p><b>Equipment:</b> Foam balls and/or soccer balls, cones to create areas/spots for activities, stop watches, pedometers</p> <p><b>Activities:</b></p> <ol style="list-style-type: none"> <li>1. Put Pedometers on students with the count at "0"</li> <li>2. Warm Up: students in groups of 3, moving in personal space with a partner passing/catching the soccer/foamballs, while the 3<sup>rd</sup> person is playing "defense". Have them rotate every minute (This is a "keep away" game). Use cones for boundaries (5-7min)</li> <li>3. Juggling the soccer ball: Staff member who can do it should Demonstrate the activity (5min)</li> <li>4. Students will get in stations with Staff. Students will play 3 V 3. Students will play two games, against different opponents for about 7-10min each game.(15-20min total). Focus on offensive scoring (passing) without defense.</li> </ol> <p><b>Closure:</b> Take pedometers and record data</p>