



SAMPLE SOCCER LESSON PLAN

TIME	Day 1: DRIBBLING	Day 2: PASSING/ RECIEVING	Day 3: SHOOTING	Day 4: DEFENDING	Day 5: SKILL EVALUATION
9:00-9:30AM	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together
9:30-9:40AM	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan	Attendance and Housekeeping -Run through attendance and inform coordinator - Go over camp related AND soccer specific rules, also discuss the days plan -Break into teams for skills competitions
9:40-10:00AM	Dynamic Warmup (10 minutes) - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching Keep-Ups (10 minutes) - Day 1: Teach to drop on foot and kick back to hands (How many can you catch in a row?)	Dynamic Warmup (10 minutes) - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching Keep-Ups (10 minutes) - Day 2: Teach to drop on foot and kick twice before back to hands (How many can you do in a row?)	Dynamic Warmup (10 minutes) - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching Keep-Ups (10 minutes) - Day 3: Teach to drop on foot then let the ball hit the ground, then kick the ball again (How many can you do in a row?)	Dynamic Warmup (10 minutes) - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching Keep-Ups (10 minutes) - Day 4: Teach proper keep- up technique: dropping on foot, kicking, and keeping ball in air (How many can you do in a row?)	Dynamic Warmup (10 minutes) - Jogging/ Shuffles/ Karaoke/ High Knees/ Butt Kicks; etc/ Stretching Keep-Ups (10 minutes) - Day 5: Keep-Up Competition: Make the kids count in their teams and have a judge to ensure NO cheating (Whatever team has the most accumulative after the time wins!)
10:00-10:05AM WATER BREAK					
10:05-10:30AM	Introduction to Dribbling [What is Dribbling? What part of the foot do I use?] -Dribble/ Stop/ Skill: (DEMONSTRATE each new skill before implementing: <i>Toe Taps, Toe Touches, Rolls, Scissors, Knee on Ball, Head on Ball</i>): Yell <i>dribble</i> , then the <i>skill</i> , then <i>dribble</i> to continue -Dribble Relays: Break into teams, choose dribbling techniques and make a race!	Introduction to Passing [Passing fundamentals, what part of the foot do I use?] (DEMONSTRATE the 1.MOTION, 2.TOE POINTING, 3. FOLLOW THROUGH, and 4. RECIEVING) - Partner Passing : Inside of the foot, laces, volley's, back heal -Ladder Gate Passing; Set- up partner gates, have to do chosen passing technique through gates. Person with most successful attempts moves up "ladder".	Introduction to Shooting [Shooting fundamentals, what part of the foot do I use? Where do I direct the ball? How do I direct the ball?] (DEMONSTRATE the 1.MOTION, 2.TOE POINTING, and 3. FOLLOW THROUGH) - Target Shooting : Get pug nets, dribble through a series of cones, and shoot at the target - Volley's - Bicycle Kicks (*camp favourite*)	Introduction to Defending [Defending fundamentals, how do I shield the ball? How do I jockey the ball? Where should I be positioned?] (DEMONSTRATE the 1.MOVEMENTS, 2.SHUFFLING TECHNIQUES, and 3. POSITIONING) - Partner Keep Away : Stay within a boundary, have one partner shield and protect the ball from the opponent - Partner Defending; Set up partners, have defensive players jockey down the feild, while other players practice their dribbling techniques	Skills Competitions -Seperate campers back into their teams selected before warm-up -Run a series of skill competitions relating to either dribbling, passing, shooting or defending -This is a time for the coaches to assess the week and choose skills and games the kids excelled in to have the most success! -Create a scoring scheme and keep track of points to initiate better competition! ***Remember: Competition can initiate arguments, just always remain aware and in control
10:30-11:00AM SNACK #1					
11:00-12:00PM	Dribbling Practice - Snake Dribbling: Set up a series of cones, have players weave through the cones using learned techniques - 1vs1/ 2vs2/ 3vs3 : Break players up into teams and give each player a number and a ball. Scatter cones behind each pug net and have all players dribbling and not hitting cones. Call out names/player numbers, and throw the ball in the middle. Called players will then stop dribbling and try to score on the opposing team. -Scrimmage Game (2 to 4 Mini- Feilds)	Passing Practice - Partner Passing ; Set up two lines facing a net. Have the players run down the feild and pass back and forth using the desired technique, and then have them finish on the net - 1vs1/ 2vs2/ 3vs3 : Break players up into teams and give each player a number and a ball. Have players partner passing using different techniques behind the nets. Call out names/player numbers, and throw the ball in the middle. Called players will then stop passing and try to score on the opposing team. -Scrimmage Game (2 to 4 Mini- Feilds)	Shooting Practice - Shooting Stars : Set up 5 balls on cones on each side of the mini feild. Set up pug nets 5 steps behind cone line to help shag the balls. Players are to shoot from behind the centre line and try and knock the balls off of the cones. Defending team can try and stop the ball, but must stay 5 steps infront of ball line. First team with all the balls off the cones wins! - 1vs1/ 2vs2/ 3vs3 : Break players up into teams and give each player a number. Have players doing excersices behind the nets. Call out names/player numbers, and throw the ball in the middle. Called players will then stop and try to score on the opposing team.	Defending Practice -Shark Attack: Set up a grid of cones. Have each player take their own ball, and 1-2 players (depending on numbers) volunteer to be 'sharks'. Have all players in the grid practicing dribbling techniques. When "shark attack" is called, the 'sharks' will enter the grid and try and steal the other player's balls and knock them out of the grid. Last player standing wins! - 1vs1/ 2vs2/ 3vs3 : Break players up into teams and give each player a number. Have players sitting, laying on stomach, back, etc, to make the initial run to the ball more difficult. Call out names/player numbers, and throw the ball in the middle. Called players will then try to score on the opposing team.	Skills Competitions -Continue competitions similar to before the snack break -Incorporate teamwork camp games to add diversity to the competition Full Feild Games -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -It's the last day, don't be afraid to participate and spend quality time with your kids!
12:00-1:00PM LUNCH					
1:00-1:30PM	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together	Group Camp Games -Run by staff, all campers participate together
1:30-1:40PM	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations	Attendance and Housekeeping -Run through attendance and inform coordinator -Quick reminder of rules and expectations
1:40-2:00PM	AM Dribbling Session Recap -Discuss the skills learned in the morning session -Ask for campers to show examples and demonstrate skills [What is the importance of this new skill? How can we use it in a game situation? What was your favourite dribbling technique learned this morning?]	AM Passing Session Recap -Discuss the skills learned in the morning session -Ask for campers to show examples and demonstrate skills [What is the importance of this new skill? How can we use it in a game situation? What was your favourite passing technique learned this morning?]	AM Shooting Session Recap -Discuss the skills learned in the morning session -Ask for campers to show examples and demonstrate skills [What is the importance of this new skill? How can we use it in a game situation? What was your favourite shooting technique learned this morning?]	AM Defending Session Recap -Discuss the skills learned in the morning session -Ask for campers to show examples and demonstrate skills [What is the importance of this new skill? How can we use it in a game situation? What was your favourite defending technique learned this morning?]	AM Competition Recap -Discuss the events that occurred in the morning session [What was your favourite activity from the morning? What skill did you learn this week that is your favourite? What is your favourite position? If you could be any soccer player, who would it be?]
2:00-2:05PM WATER BREAK					
2:05-2:30PM	Small Sided Games -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the dribbling techniques learned earlier in the day, and praise for demonstrating these new skills in competition!	Small Sided Games -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the passing techniques learned earlier in the day, and praise for demonstrating these new skills in competition!	Small Sided Games -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the shooting techniques learned earlier in the day, and praise for demonstrating these new skills in competition!	Small Sided Games -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the defensive techniques learned earlier in the day, and praise for demonstrating these new skills in competition!	Small Sided Games -Set up 4 mini- feilds (depending on numbers) and run games in tournament style -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -Make sure to emphasize the techniques learned throughout the duration of the week, and praise for demonstrating these new skills in competition!
2:30-3:00PM SNACK #2					
3:00-3:40PM	Full Feild Games -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -This is where players can demonstrate their skills and build a love for the sport!	Full Feild Games -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -This is where players can demonstrate their skills and build a love for the sport!	Full Feild Games -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -This is where players can demonstrate their skills and build a love for the sport!	Full Feild Games -Break players up into 2-3 teams (depending on numbers) and run a round-robin series -Have teams pick names/ countries to represent themselves, and maybe a cheer and celebration for every time they score! -This is where players can demonstrate their skills and build a love for the sport!	Full Feild Games OR Other Organized Group Camp Activities
3:40-4:00PM	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up	Camp Clean- Up and Parent Pick- Up