

Soccer

Time	Activity	Description
1-2 min	Prayer	Safety, good sportsmanship, fun, and full participation are possible prayer topics.
2-3 min	Warm up	Run laps around the field
2-3 min	Stretching	Arm stretches, lunges, quad stretches etc... You may set one student as the leader if you want, or you can lead the class
5-10 min	1 drill per class	Pick one - Passing with a partner - Ball control - dribble balls around cones - Traps - one person tosses ball other person catches with thigh - 5 line soccer (muddy day) - two teams, two wide lines facing each other. Each kid = goal keeper. 3 kids from each side try to score 2 or 3 balls.
35-40 min	Scrimmage or 5 line soccer.	5 line soccer (muddy day) - two teams, two wide lines facing each other. Each kid = goal keeper. 3 kids from each side try to score 2 or 3 balls.
5-10 min	Clean up / run	If teaching teens - End at 3 If there is a Run - Clean up and use the bathroom about 2:50-2:55 and be ready for the run at 3 If there is no run - Clean up just before 3 and end class at 3