

FIFTH GRADE SOCCER BLOCK PLAN

	Day 1	Day 2
Week 1	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Rules: no hands, boundaries, offense and defense, goalie</p> <p>Skills:*Dribbling</p> <p>Ball control</p> <ul style="list-style-type: none"> - stop and go - changing direction <p>Drills:*Mickey Mouse</p> <p>*Pirates</p> <p>Concepts:*P/S skills: responsibility, respect for others, best effort</p>	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review dribbling</p> <p>Skills:*Passing and Trapping</p> <p>-to wall, to partner, different distances, moving targets</p> <p>Drills:*Pingers Off the Wall</p> <p>Concepts:*P/S skills: responsibility, respect for others, best effort, cooperation, compassion</p>
Week 2	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review Passing and Trapping</p> <p>Skills:*Instep Kick</p> <p>-to wall, to partner, different distances, through hoop (accuracy)</p> <p>Drills:*Bowling Pin Soccer</p> <p>*Goal kicking practice with goalie</p> <p>Concepts:*P/S skills: responsibility, respect for others, best effort</p>	<p>*<u>Warm ups</u>: push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review Kick</p> <p>Skills:*Throw-in</p> <p>-to partner, different distances, throw-in and trap, running throw-in</p> <p>Drills:*Punting</p> <p>-to partner, for distance</p> <p>Concepts:*P/S skills: responsibility, respect for others, best effort</p>

Week 3

*Warm ups: push-ups, curl-ups, leg stretches, jumping jacks, jogging

*Review:

Skills: dribbling, passing and trapping, instep kick and throw-in

Drills:*Soccer Stations for all the above with 3 on 3 game and quiz for cognitive concepts.

Concepts:*P/S skills: responsibility, respect for others, best effort quiz

*Warm ups: push-ups, curl-ups, leg stretches, jumping jacks, jogging

Skills: dribbling, passing and trapping, instep kick and throw-in

Drills:*4-on-4 & 5-on-5 games (and up)

with referee calls

Concepts:*P/S skills: responsibility, respect for others, best effort