

## FOURTH GRADE SOCCER BLOCK PLAN

	Day 1	Day 2
<h3>Week 1</h3>	<p><u>*Warm ups:</u> push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p><b>Skills:</b>*Dribbling</p> <p>Ball control</p> <ul style="list-style-type: none"> <li>- stop and go</li> <li>- changing direction</li> </ul> <p><b>Concepts:</b> *Rules: no hands, boundaries, offense and defense, goalie privileges/limitations</p> <p><u>*P/S skills:</u> responsibility, respect for others, best effort</p> <p><b>Drills:</b>*Pirates</p>	<p><u>*Warm ups:</u> push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review dribbling</p> <p><b>Skills:</b>*Passing and Trapping</p> <p>-to wall, to partner, different distances, moving targets</p> <p><b>Drills:</b>*Circle Soccer, wider circle</p> <p><b>Concepts:</b><u>*P/S skills:</u> responsibility, respect for others, best effort, cooperation, compassion</p>
<h3>Week 2</h3>	<p><u>*Warm ups:</u> push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>*Review Passing and Trapping</p> <p><b>Skills:</b>*Instep Kick</p> <p>-to wall, to partner, different distances, through hoop (accuracy)</p> <p><b>Drills:</b>*Pin-Ball Soccer</p> <p>*Goal kicking practice</p> <p><b>Concepts:</b><u>*P/S skills:</u> 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><b>Skills:</b>*Throw-in</p> <p>-to partner, different distances, throw-in and trap</p> <p><b>Drills:</b>*Monkey In the Middle</p> <p>Throw In and Trap</p> <p>*Punting</p> <p>-for contact, for distance, to partner</p> <p><b>Concepts:</b><u>*P/S skills:</u> 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 4 on 4 games with goalie and crossword puzzle for cognitive concepts.

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

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

**Drills:** \*4-on 4 (and larger) Soccer games

with referee calls

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

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