

THIRD GRADE SOCCER BLOCK PLAN

	Day 1	Day 2
<h2 style="margin: 0;">Week 1</h2>	<p><u>*Warm ups:</u> push-ups, curl-ups, leg stretches, jumping jacks, jogging</p> <p>Skills: *Dribbling</p> <p>*Inside the foot pass</p> <p>Ball control using inside and outside edges of foot</p> <ul style="list-style-type: none"> - stop and go - changing direction <p>Concepts: *Rules: no hands, boundaries, offense and defense</p> <p>Drills:</p> <p>*Line dribbling</p> <p>*Mickey Mouse</p> <p><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 dribbling</p> <p>Skills: *Passing and Trapping</p> <p>-to wall, to partner, different distances</p> <p>Concepts: <u>*P/S skills:</u> responsibility, respect for others, best effort, cooperation, compassion</p> <p>Drills:</p> <p>*Circle soccer</p>
<h2 style="margin: 0;">Week 2</h2>	<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 using verbal and modeling cues</p> <p>-to wall, to partner, different distances, toward target (accuracy)</p> <p>Concepts: <u>*P/S skills:</u> responsibility, respect for others, best effort</p> <p>Drills: *Pin-Ball Soccer</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</p> <p>Concepts: <u>*P/S skills:</u> responsibility, respect for others, best effort</p> <p>Drills: *Dribble Freeze Tag</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 (no goalie) and word search for cognitive concepts.
Concepts: *P/S skills: responsibility, respect for others, best effort

*Warm ups: push-ups, curl-ups, leg stretches, jumping jacks, jogging
Skills: *Goalie rules
Concepts: **goalie positioning**
*P/S skills: responsibility, respect for others, best effort
Drills: *3-on 3 games with goalie
*P/S skills: responsibility, respect for others, best effort