



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

Students develop and demonstrate movement skills in a variety of activities.

Kicking 2.2: Pass and dodge

5 - 8 year olds

TIME: 30 minutes

SKILL: Object Manipulation

EQUIPMENT: Foam soccer balls (or any balls comparable in size, weight, and softness), mini cones and/or bean bags

Introduction (1 - 2 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Does anyone know what part of the foot you use to pass a soccer ball?

Warm-up: Passing through gates (5 minutes)

- Leader counts the number of children, then marks an area twice that size.
- For example, if there are 15 children, mark an area 30x30 metres.
- Leader uses mini-cones or bean bags to create 10-20 small goals or “gates” randomly within the activity space or playing area.
- Each gate should be approximately one metre wide.
- Each child has a ball and dribbles around the area using both feet.
- Children try to avoid bumping into others or losing their ball.
- When leader says “*Dribble to score!*” each child must dribble their ball through a gate.
- When leader says “*Change!*” each child must leave their ball and dribble another player’s ball.
- When leader says “*Pass your ball through the gates!*” each child must dribble around the area and pass their ball gently through each gate they encounter.
- Leader can challenge children to count how many gates they can “pass” through in one minute.

Demonstration: Side foot soccer pass (1 - 2 minutes)

- Leader shows how to kick a ball with the side of the foot in “slow motion”.
- *Stand behind your ball and then take one step back. (Start position)*
- *Step forward and plant your non-kicking leg beside the ball. (10-15 cm)*
- *With your kicking leg, turn your foot so your leg looks like a bent hockey stick.*
- *Kick the ball with the side of your foot.*
- *Kick the middle of the ball, halfway up.*
- *Raise your arms like “airplane wings” for balance.*

Practice: Partner passing (8 -10 minutes)

- Leader divides children into pairs. Each pair has one ball.
- Leader identifies two lines on the floor 4 - 5 metres apart.
- Partners stand on opposite lines facing each other.
- Leader sets up a one-metre “gate” between each pair with mini cones (or bean bags).
- Children pass the ball back and forth through the gate.
- Children should take at least two touches: at least one touch to receive (control) the ball, and then one touch to pass it back.

TIPS FOR INSTRUCTION

- Don't over-correct technique at this age.
- Allow children to explore and "make mistakes".
- Kicking improves through practice.
- Simply ensure children plant non-kicking foot correctly.
- Ensure they use side of the foot and kick "halfway up".

CUES

- *Make a hockey stick*
- *Use side of your foot*
- *Airplane wings*

Game: Pass and dodge (8 - 10 minutes)

- Leader counts the number of children, then marks an area the same size.
- For example, if there are 15 children, mark an area 15x15 metres.
- Leader divides children into two groups.
- One group has one ball per child and the other group has none.
- Children without balls run around the area.
- Children with balls try to hit running children below the knees using crisp side-foot passes.
- As children are hit, they step outside the area and watch.
- Last child remaining is "Master Dodger!"
- Next round, previous children who were passing are now dodging.

Game: Small-sided soccer (no time limit)

- If you have extra time, set up 3-4 mini game fields and create small 2-metre goals using cones, bean bags, or floor hockey nets.
- Divide children into games where they play 2-versus-2 or 3-versus-3 without goalkeepers.
- Goals are not counted unless the shots enter the goal on the ground.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

When you shoot, why do you need airplane wings?

What part of your foot do you use to pass a soccer ball?

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