# Basic Soccer Skills

**Grade Level:** 3-5

## Objectives

Following this activity, students will be able to:

- Understand the basics of soccer
- Know how to perform soccer skills
- Be able to apply these skills in a game

## Materials

- Soccer balls
- Cones
- Soccer goal

## Procedures

1. Before beginning the activity, see how many students already know some basic soccer skills. This way you can see the talent level you are working with.

2. Start by showing the students a clip of a professional soccer game. This way they can see how a soccer game is actually played, if some did not already know. This video will also be an introduction into your lesson and a motivational activity to get your students excited about learning soccer. (http://www.viddler.com/explore/donnykokk/videos/2/)

3. Begin explaining rules of the game of soccer (examples)
   - 11 players on the field
   - Do not use your hands, except the goalie
   - Object of the game is to kick the ball in the goal

4. Have the students run a couple of laps to get loosened up. Then have them stretch in a circle together because you do not want them to pull anything.

5. Start with having the students learn ball touches. Have the students partner up. They will start with short passes, passing the ball to one another using the inside of their feet. They will also trap the ball with the inside of their feet. Once they get used to that, one of the partners will throw the ball at their thigh and they will trap it and pass it back. Try to have them control the ball as much as they can. They will switch after ten throws and the other partner will then trap the ball on their thighs. Next they will trap the ball using their chest and then their head. With their head, they need to hit the ball with the top of their forehead, or else it will hurt tremendously.

6. To practice dribbling, or running with the ball, the students will simply run up and down the field kicking the ball to themselves. They need to keep it as close to them as possible. This teaches them ball control.

7. Explain throwing the ball in when it goes out of bounds. One person will throw the ball in bounds to another teammate. The person
throwing the ball in has to use both hands and throw it over their head. They also have to keep both feet on the ground.

8. Let the students perform all of these skills again to see how well they learned them.