

# Soccer

WEEK 1



## WEEK 1 LET'S PLAY-ESTABLISHING ROUTINES

Ground students in daily routines while exploring low-stakes drills and games, leading towards full game play.

**LESSON 1** **Ready Position!**  
**OBJECTIVE**  
 Students will learn daily routines and how to dribble a soccer ball.

**LESSON 2** **Team Agreement**  
**OBJECTIVE**  
 Students will make a Team Agreement and practice routines before hitting balls on the court.

**LESSON 3** **Positions**  
**OBJECTIVE**  
 Players will learn positions on the field and other soccer terminology.

**LESSON 4** **Dribbling Relay Races**  
**OBJECTIVE**  
 Dribbling is a fundamental soccer skill that allows players to control the ball with their feet to gain an advantage.

**LESSON 5** **Small Sided-Scrimmage**  
**OBJECTIVE**  
 Students will play in their first scrimmage and learn the basics of game play.