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Warm-ups.

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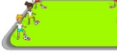
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Ball work

In pairs: Throwing and kicking, practicing specific skills



(Each of the diagrams shows the equipment needed for each pair)

1. Lay out the cones in 3 lines, (each player will have a cone each).
2. The distance apart depends on the skill being practiced
3. The cones also into pairs, players stand at a cone facing their partner, each pair with 1:



- Incentive fast passing •

Equipment: 2 cones, 1 ball

1. Put the cones about 2-3 metres apart
2. Pass the ball along the ground using the **underside** of your foot
3. Your partner will kick the ball, then pass back

Equipment: 2 cones, 1 ball

1. Put the cones further apart
2. Kick the ball using different parts of your foot
3. Aim to pass the ball to your partner



- Pass and run around •

Equipment: 2 cones, 1 ball

1. Put the cones about 4-5 metres apart
2. The player who has the ball, then pass to their partner
3. The player who has the ball, then run to the next cone
4. The player who has the ball, then pass to their partner
5. The player who has the ball, then run to the next cone



Ball work

[illegible]

The image displays a collection of 12 soccer drills from the book 'Soccer Drills' by David Coyle. The drills are arranged in a 3x4 grid. Each drill card includes a title, a diagram of the drill setup on a soccer field, and a detailed description of the drill's purpose and execution. The drills are:

- Drill 1: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 2: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 3: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 4: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 5: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 6: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 7: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 8: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 9: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 10: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 11: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.
- Drill 12: 1 vs 1 (Goalkeeping)** - A goalkeeper stands in the goal, and a player stands 10 yards out. The player passes the ball to the goalkeeper, who then passes it back to the player. The player then shoots the ball into the goal.

The word "Drills." is written in large, stylized letters across the center of the collage.

Coaching

Volleyball

Number calls

You'll need

1 2 3 4 5 6 7 8 9 10 11 12

13 14 15 16 17 18 19 20 21 22 23 24

▶ Mark out a large soccer field with the cones
▶ Use both and put it in a goal
▶ Divide the class into 2 teams - each team
▶ Rotate each team from one across opposite
▶ Within the team, give each player a number
▶ and if there were 3 players on each team, it
▶ The teacher stands on the side at the side

Volleyball

1. The teacher calls out and points the team
for example, "Number 2 (pointing towards 2)
2. If your number are called, you run or an
3. If your team scores, you get 1 point, and
4. Teacher calls out another number combination

▶ This game gives the kids a chance to play
▶ This teamwork and co-operation to work

Coaching

Volleyball

Use the team on the side

You'll need

1 2 3 4 5 6 7 8 9 10 11 12

13 14 15 16 17 18 19 20 21 22 23 24

▶ Mark out a large soccer field with the cones
▶ Use both and put it in a goal
▶ Divide the class into 2 teams - each team
▶ Rotate each team from one across opposite
▶ Within the team, give each player a number
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Coaching

Controlled
You'll need

1 2 3 4 5 6 7 8 9 10 11 12

13 14 15 16 17 18 19 20 21 22 23 24

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Coaching

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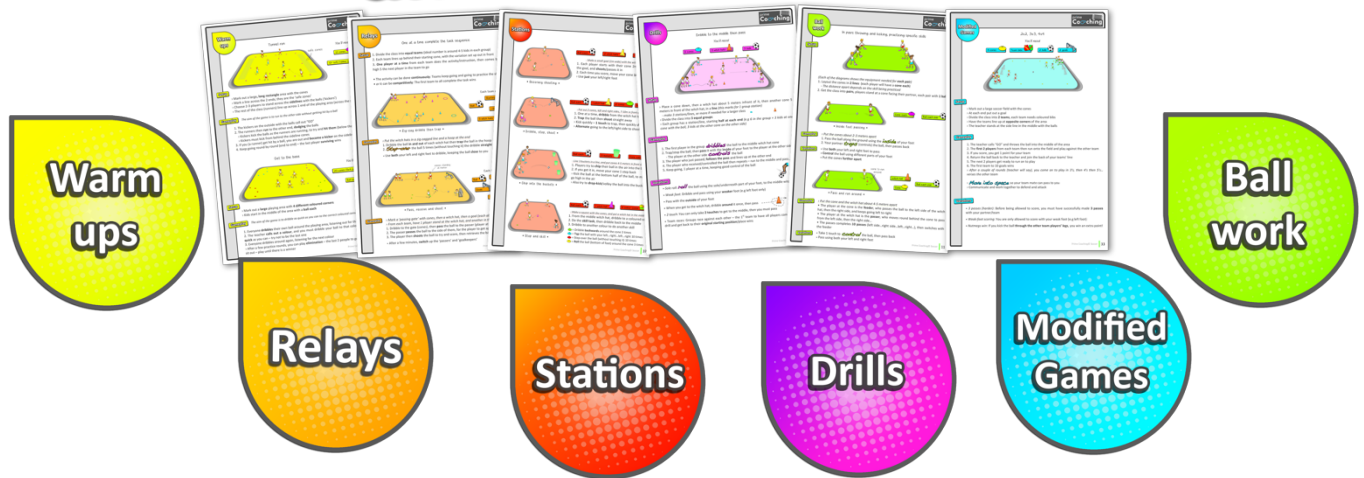


Thank you so much for previewing the 'Elementary Soccer PE lessons' pack.

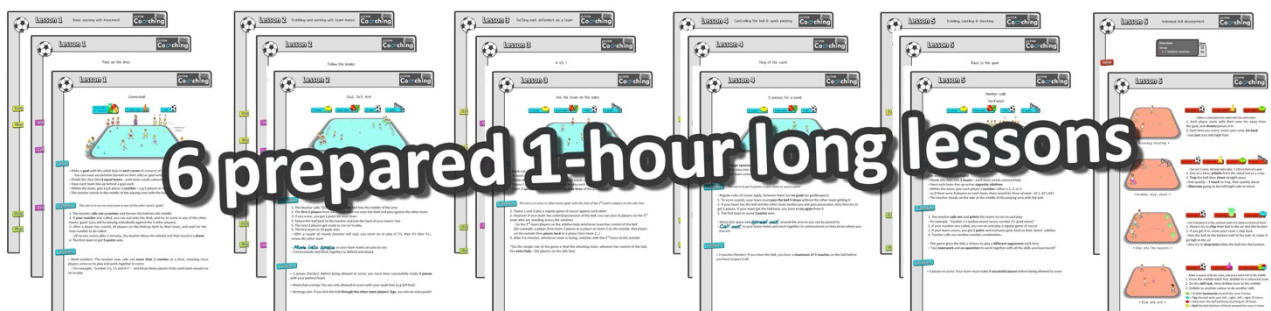
We know you'll love what's inside, and we are always striving to improve the lesson plans with updates, bonus content and extras – We're here to help you teach Game. Changing. Sport.



Over 40 different activities



Complete with 6-week structured lesson plans – You can either put your own PE lessons together, just pick and choose the activities, or follow the sample lesson plans – with so many ideas, you'll never run out of ideas!



6 prepared 1-hour long lessons

You'll also get assessment sheets with a detailed rationale/breakdown of each skill area for you to grade your students!

