

# My First Soccer Adventure: T-Rex Stomps & Dragon Goals!

## Materials Needed

- One size 3 soccer ball (this is the right size for little feet!)
- 4-6 small cones, markers, or even water bottles or shoes
- An open, safe space to play, like a grassy backyard
- Water bottle for staying hydrated
- Lots of positive energy and high-fives!

## Lesson Plan (Approx. 20-25 minutes)

This lesson is designed to feel like a series of fun games, not a formal practice. The goal is to build confidence and a love for moving with the ball.

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### Part 1: The Soccer Welcome & Warm-Up (5 minutes)

#### Learning Objective:

To warm up the body for safe play and practice listening skills by following simple, fun commands.

#### Activity: "Soccer Animal Moves"

In this game, you call out an animal and the student mimics its movement. The focus is on big body movements and having a laugh.

1. **Frog Jumps:** Squat down low and do big jumps forward.
  2. **Bear Crawls:** Crawl on hands and feet with your bottom high in the air.
  3. **Kangaroo Hops:** Hop on two feet, keeping them together.
  4. **Cheetah Sprints:** Run as fast as you can to a designated spot (like a tree or a cone) and back.
  5. **T-Rex Stomps:** March around with high knees and tiny T-Rex arms, making big stomping sounds.
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### Part 2: Making Friends with the Ball (10 minutes)

#### Learning Objective:

To develop basic ball control by learning to tap (dribble) and stop (trap) the ball using creative, play-based methods.

#### Activity 1: "Wake Up the Sleepy Ball!" (Introduction to Dribbling)

This introduces the idea of gentle touches.

1. Sit on the grass with the student. Say, "Our soccer ball is sleeping! We need to wake it up very gently. Let's use our feet to tap it."
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2. Show the student how to tap the ball back and forth with you using the inside of your foot (the "tickle spot"). Count the taps aloud.
3. Now, stand up. "Let's take our ball for a slow walk. We have to keep it close so it doesn't get lost!"
4. Encourage the student to use tiny taps with the inside of their feet to move the ball forward a few steps. It's okay if they use their toes—gently remind them to use the side of their foot, calling it the "magic dribbling spot."

### **Activity 2: "Red Light, Green Light" (Introduction to Trapping)**

This classic game is perfect for practicing starting and stopping.

1. **"Green Light!"**: The student begins to dribble the ball forward (walking is great!).
2. **"Red Light!"**: The student must stop their ball. Show them how to do a "T-Rex Stomp" by gently placing the bottom of their shoe on top of the ball to stop it. Say, "Stomp the ball to put it to sleep!"
3. Repeat several times, celebrating every successful "stomp" stop with a loud "ROAR!" or a high-five.

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## **Part 3: The Big Soccer Adventure! (5 minutes)**

### **Learning Objective:**

To apply dribbling and stopping skills in a goal-oriented, imaginative game that also incorporates color recognition.

### **Activity: "Feed the Hungry Color Monsters"**

1. Set up 2-3 different colored cones a short distance away. Say, "These are hungry Color Monsters, and they only eat soccer balls! Can you feed the blue monster?"
2. The student's job is to dribble the soccer ball over to the correct colored cone.
3. When they get to the cone, they "feed" it by stopping the ball right next to it.
4. Cheer wildly! "Yum, yum, yum! The blue monster loved that!" Then give them a new color to feed. "Now, let's feed the red monster!"

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## **Part 4: Cool-Down & Good Sport Circle (3 minutes)**

### **Learning Objective:**

To cool down the body, practice good sportsmanship, and reflect positively on the activity.

### **Activity: "Soccer Star Stretches & Celebration"**

1. **Toe Touches**: "Let's thank our feet for all that kicking!" Sit down and reach for your toes.
2. **Butterfly Stretch**: Sit with the bottoms of your feet together and gently push your knees down like butterfly wings.
3. **Good Sport Talk**: While stretching, ask, "What was your favorite part of our soccer adventure today?" and "You did an amazing job trying so hard!"
4. **End with a special "Soccer Star" cheer or a celebratory high-five.** The most important part is ending on a happy, positive note.

## Assessment & Observation (For the Teacher/Parent)

This is informal. Simply observe and encourage during play. Note progress, not perfection.

- Did the student participate happily in the warm-up?
- Did they attempt to tap the ball with the inside of their foot?
- Were they able to stop the ball by placing their foot on top of it, even if it took a few tries?
- Were they able to follow the directions for the "Color Monsters" game?
- Most importantly: Were they smiling and having fun?

## Differentiation & Fun Tips

- **For Extra Support:** If dribbling is tricky, let the student just walk with the ball, or even hold your hand as they move. Shorten the distance to the cones significantly. Celebrate any contact with the ball!
- **For an Extra Challenge:** Ask if they can dribble to the cone without the ball touching your feet. Or, see if they can dribble in a zig-zag pattern between two cones. Can they try using their "other" foot for one or two taps?
- **Keep It Silly:** Use funny voices for the "Color Monsters." Make animal noises during the warm-up. If the student kicks the ball too far, say, "Whoa, that was a super-powered kick! Let's go get it together!" The key is zero pressure and maximum fun.