**Mini-Roos Lesson Plans**

**Lesson 1: Meet the Ball**

**Objective:** Help players get used to the ball through movement and play
**Equipment:** Balls, cones

* **Warm-Up:** *Animal Dribbles* – Players dribble while pretending to be animals (e.g., kangaroo hops, snake slithers). Keeps them moving and creative.
* **Skill Activity:** *Ball Chase* – Players race their ball around a marked circuit. Must keep the ball close and under control the whole time.
* **Game-Based Activity:** *Pirate Ship* – Players dribble from “ship” to “island” (cones) and back, avoiding “sharks” (coaches or nominated players).
* **Mini-Game:** 3v3 Free Play – Let them explore the game without too many rules. Praise creativity and dribbling.
* **Cool Down:** Jog to different coloured cones when called.
🗨 “How did you keep your ball close while moving?”

**Lesson 2: Find the Space**

**Objective:** Develop dribbling with awareness of others
**Equipment:** Balls, cones, bibs

* **Warm-Up:** *Dribble Bubbles* – Players must dribble without bumping into others. Encourage them to lift their heads and find space.
* **Skill Activity:** *Space Explorer* – Coaches shout out planets (zones) to travel to while dribbling. Players must move fast and control the ball.
* **Game-Based Activity:** *King of the Ring* – Players try to protect their ball while gently trying to knock others out (with controlled taps).
* **Mini-Game:** 4v4 with bonus points for dribbling into space before passing or shooting.
* **Cool Down:** Walk and talk – dribble slowly and answer questions as a group.
🗨 “Why is it important to look up while dribbling?”

**Lesson 3: Passing on the Move**

**Objective:** Practice short passing and movement with teammates
**Equipment:** Balls, cones, bibs

* **Warm-Up:** *Moving Gates* – Pairs move around the field passing through cone gates. Gates move each round!
* **Skill Activity:** *Pass and Travel* – Players pass then move to receive again, always staying active and changing direction.
* **Game-Based Activity:** *Team Maze* – Small teams navigate through a cone maze, passing and moving together.
* **Mini-Game:** 3v3 with rule: every player must touch the ball before a goal.
* **Cool Down:** Walking passes and stretching in pairs.
🗨 “What makes a good pass when you’re moving?”

**Lesson 4: Stop, Start, Go!**

**Objective:** Learn how to control the pace with the ball
**Equipment:** Balls, cones

* **Warm-Up:** *Colour Dash* – Dribble until coach calls a colour, then sprint to that coloured cone.
* **Skill Activity:** *Dribble & Explode* – Dribble slowly, then burst past a line or cone. Practice changing speed.
* **Game-Based Activity:** *Freeze Tag with Ball* – Taggers must freeze players by tagging their ball. Free players can unfreeze teammates by passing through their legs!
* **Mini-Game:** 4v4 – Extra point for stopping and changing direction before passing.
* **Cool Down:** Slow dribble and mirror stretches with a partner.
🗨 “When is it good to go fast? When is it better to slow down?”

**Lesson 5: Turn It Around**

**Objective:** Explore turning and changing direction dynamically
**Equipment:** Balls, cones

* **Warm-Up:** *Crazy Paths* – Players dribble randomly, changing direction every few seconds.
* **Skill Activity:** *Turn & Go* – Players race to a cone, turn back, and return. Try inside turn, outside turn, and drag-back—all in motion.
* **Game-Based Activity:** *Escape the Monster* – Dribble and turn away from a chaser. Big turns encouraged!
* **Mini-Game:** 3v3 – Points for good turns or if a turn beats an opponent.
* **Cool Down:** Ball walk and team huddle.
🗨 “What turn helped you keep the ball safe today?”

**Lesson 6: Ready, Aim, Score!**

**Objective:** Build confidence in shooting while on the move
**Equipment:** Balls, cones, goals

* **Warm-Up:** *Goalie Hunt* – Players dribble and shoot into mini goals guarded lightly by coaches or plush toys.
* **Skill Activity:** *Race to Finish* – In pairs, players race to a cone, turn, and shoot into the goal.
* **Game-Based Activity:** *Shooting Circuit* – Rotate through stations: dribble and shoot, 1v1 shooting, pass and shoot.
* **Mini-Game:** 4v4 with frequent goal switches to create new angles.
* **Cool Down:** Shooting challenges (e.g., toe poke shot, back heel goal).
🗨 “What part of your foot do you use to shoot strong?”

**Lesson 7: Teamwork in Action**

**Objective:** Encourage team cooperation in movement and decision-making
**Equipment:** Balls, bibs, cones

* **Warm-Up:** *Buddy Dribble Relay* – Partners dribble together, connected by holding a bib or rope.
* **Skill Activity:** *Pass & Switch Chase* – Pairs pass, then switch roles while racing another team.
* **Game-Based Activity:** *Link Up Play* – Mini teams must complete 3 passes before scoring in mini-goals.
* **Mini-Game:** 4v4 – Bonus for assist goals or 3+ pass build-up.
* **Cool Down:** Walking passes while complimenting a teammate.
🗨 “How did you help your team today?”

**Lesson 8: Celebration Game Day**

**Objective:** Celebrate the season with games that highlight all learned skills
**Equipment:** Balls, goals, cones, music

* **Warm-Up:** *Dance & Dribble* – Players dribble with music, freeze and strike a pose when it stops.
* **Skill Activity:** *Crazy Combo Challenge* – Stations with mixed challenges (turn-shoot, pass-dribble, team tag).
* **Game-Based Activity:** *Soccer Olympics* – Teams compete in silly, skill-based relays and challenges.
* **Mini-Game:** Mixed games with kids vs. parents, or coaches join in. Everyone plays!
* **Cool Down:** Group stretch, medals, stickers, or certificates.
🗨 “What was your favourite moment in soccer this season?”