



PO BOX 276
275 QUARTERLINE ROAD | TILLSONBURG, ON | N4G 4H5
TILLSONBURGSOCCER.CA
(519) 688-3002

10-Week Toddler Soccer Lesson Plan (Age 2)

Program Length: 10 Weeks

Session Length: 25–30 minutes

Age Group: 2-year-olds (parent & child)

Equipment: Size 3 balls, cones, hula hoops, mini goals, bubbles, soft obstacles

Standard Class Structure (Use Every Week)

- **Welcome Circle:** 3 minutes
- **Warm-Up Game:** 5 minutes
- **Skill Game 1:** 5 minutes
- **Skill Game 2:** 5 minutes
- **Fun Finish:** 5 minutes
- **Cool Down & Goodbye:** 2–3 minutes

Flexibility is key. Repeat favorite activities and move on quickly if attention drops.

WEEK 1 – Welcome to Soccer

Theme: Exploration & comfort

Skill Focus: Kicking, movement

Welcome: Sit in circle, say names, tap ball

Warm-Up: Find Your Ball (free play)

Skill Game 1: Parent roll → child kicks back

Skill Game 2: Kick cones over

Fun Finish: Kick balls into big goal together

WEEK 2 – Big Kicks

Theme: Using feet

Skill Focus: Kicking forward

Warm-Up: Red Light / Green Light (walking)

Skill Game 1: Kick the cones

Skill Game 2: Clean-up game (kick balls into bin)

Fun Finish: Everyone scores a goal

WEEK 3 – Run & Stop

Theme: Body control

Skill Focus: Running, stopping

Warm-Up: Follow the coach

Skill Game 1: Stop the ball with foot or body

Skill Game 2: Freeze soccer

Fun Finish: Bubble chase with ball

WEEK 4 – Turn & Go

Theme: Direction awareness

Skill Focus: Turning

Warm-Up: Animal walks with ball

Skill Game 1: Cone forest dribble

Skill Game 2: Turn and kick

Fun Finish: Parent vs child slow race

WEEK 5 – Shooting Stars ★

Theme: Scoring goals

Skill Focus: Kicking toward target

Warm-Up: Big kicks

Skill Game 1: Shoot at large goals

Skill Game 2: Goal celebration dance

Fun Finish: Group goal party

WEEK 6 – Balance Builders

Theme: Coordination

Skill Focus: Balance

Warm-Up: Tiptoe walks

Skill Game 1: Obstacle course

Skill Game 2: Roll & kick

Fun Finish: Ball rolling race

WEEK 7 – Listening Ears 👂

Theme: Simple instructions

Skill Focus: Start/stop

Warm-Up: Coach Says

Skill Game 1: Kick when name is called

Skill Game 2: Color cone kicks

Fun Finish: Musical soccer balls

WEEK 8 – Playing Together

Theme: Social play

Skill Focus: Awareness

Warm-Up: Dribble in circle

Skill Game 1: Pass to parent

Skill Game 2: Share the space game

Fun Finish: Big group goal

WEEK 9 – Skills Review

Theme: Confidence

Skill Focus: Review all skills

Warm-Up: Favorite warm-up

Skill Game 1: Obstacle + kick combo

Skill Game 2: Choose-a-game

Fun Finish: High-five parade

WEEK 10 – Soccer Party 🎉

Theme: Celebration

Activities:

- Free play stations
- Mini movement game
- Certificate or medal ceremony

Coach Reminders

- Praise effort, not outcome
- Parents participate actively
- Keep lines short or none
- Smiles > structure

Program Goal: Build confidence, coordination, and love of movement