

# Kick Start #1



**THE One-with-One™ Program**  
**Total Player Development™**



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# Parent's Teaching Guide

There are two main types of activities in the workbook. Ones that can be done on the kitchen table -- or wherever. And ones that are fun games and skill developers that can take place in a small outdoor area such as the backyard with a soccer ball. These are marked (\*). You may do some of the (\*) activities inside if you have the space (rec room) and a nerf ball! But "Be careful out there!" -- or in there!

The "kitchen table" exercises are perfect for when you're preparing dinner. You can direct your child to complete one or more of the pages -- often with a limited amount of supervision.

## **Page 1 -- A-Mazing**

There are three varying routes that share some of the paths. Let your child try to find their way the first time, but help if necessary.

## **Page 2 -- Connect the Dots.**

Letter "A" is the starting place and has the biggest dot. Ask your child to find the "Big Dot" and guide them from there.

## **Page 3 -- Ball In and Out of Play**

If your child doesn't quite get it use a quarter or a dime to show "in and out of play."

## **Page 4 -- Count the Balls**

Before your child begins to count, identify one ball that is "in play" and color it blue. Use that ball to help the count -- so they know where to start and when to finish counting.

## **Page 5 -- Uniform by Numbers**

Your child should color the player by the number in each part of the uniform, hair and shoes. Some will be intricate so you may help.

## **Page 6 -- Shin Guards**

Shin guards to protect the lower leg from serious and painful injury are mandatory. Make sure your child completes Page 5 before Page 6, which is eventually a cut and paste-exercise. If

your child might prefer to keep Page 5 intact, then photocopy Page 6.

## **Page 7\* -- Crocs and Swamps**

Your child can color the Crocs and Swamps picture. Then you can set up the Crocs and Swamps game in the back yard, using a variety of old crocks -- I mean, crocs! -- boxes, cones, water bottle, the dog, Grandma. OOPS! Sorry! But you get the idea.

## **Page 8 -- Something is Wrong!**

Most of the things wrong are silly, such as the glasses on the horse -- but good fun! On a more serious note, it doesn't appear as if any of the players are wearing shin guards. Oh, dear!

## **Page 9\* -- The Handy Goalkeeper**

The goal box area is the last 6 yards in a Modified and a Micro Soccer field (see answer page). Ask your child to color/shade the last part of the field at each end. When you play the goalkeeping game, don't kick or roll the ball too hard and keep it low. Young children can't deal with high balls yet. Encourage your child to side-skip to the ball to the side of them -- if there is enough time -- as we see our goalkeeper at the bottom of the page.

## **Page 10 -- Beach Ball (How Many?)**

The drawing may be a little overwhelming for some 4 and 5 year olds so you may need to "take them by the hand" and lead them through the activity step-by-step. Suggest coloring the balls, the "goal posts", etc.

## **Page 11\* -- Square Dance.**

Depending on who is joining the Square Dance set up an appropriately sized "square." Make sure to use safe markers.

## **Page 12 -- Jungle Soccer**

Encourage your child to have fun designing the uniform for the elephant and tiger

# Parent's Teaching Guide

(tiger will probably need some yellow). Could do all sorts of weird and wonderful things with the elephant's uniform! Encourage your child to be creative, but make sure the uniform fits. We don't want a saggy, baggy elephant on the team.

## **Page 13\* -- Backyard Jungle**

Just make sure you use safe objects to grow your jungle. Let your child find his or her own way through the jungle to start with -- before the elephant and tiger appear!

## **Page 14\* -- Knock 'em Down**

The two activities will give you a good idea of what can be done by improvising with the areas and equipment, but you may have to be creative in your own back yard depending on the size and available equipment.

## **Page 16\* -- Shoot on Mom**

Poor Old Mom. Back in the firing line again. Well, stick Dad in goal!

## **Page 17 -- Soccer Words and Pictures**

Drawing a line from one dot to another can be quite difficult for a 4 or 5 year old. Perhaps you can help them use a ruler.

## **Pages 18/19 -- Soccer Balls and Design-a-Ball**

When your child has identified the two identical balls, ask him/her to color each one exactly the same. Think of photocopying the big ball so they can design many different balls over a period of time.

## **Page 20\* -- Don't be a Cone-Head!**

Dribbling and maintaining possession of the ball are the first instincts of a soccer player -- and probably the most important. "I've got the ball. Why should I give it someone else". An opponent? Certainly not. A team-mate? Somewhat reluctantly! Passing is a very important skill of soccer, but giving the ball to

someone else ...! You'd have to be a Conehead to do that! Encourage your child to go through the cones as quickly as possible; then another time try some "freestyling" -- doing turns, going backwards, faking, etc. Don't be afraid to try it yourself.

## **Page 21 -- Word Search**

Help your child recognize the words. Give them clues if they are having difficulty. Look for "ball" in the top corner". "Can you find a "B"?"

## **Page 22\* -- A Soccer Throw-In**

As this is a cut-and-paste activity, make sure your child completes page 21 first -- or make a copy of page 22.

These are the rules for the throw-in from the sides of the field, and they are very strict: (1) The player throwing the ball must throw it evenly with both hands (2) The player must keep both feet touching the ground as the ball is thrown (3) The player's feet must be on or behind the sideline as he/she throws (4) The player throwing the ball must always start with the ball behind his/her head.

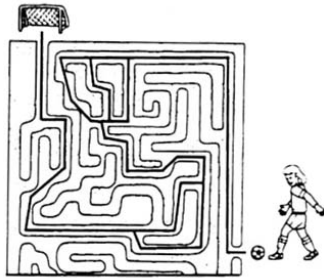
In the adult game, when the ball goes over the sidelines it is re-started with a throw-in. The same thing happens in Micro Soccer and Modified Soccer which your child will be playing before long -- if not already. Perhaps you can practice the throw-in technique in the back yard. Stand three or four yards away and ask your child to throw the ball at you to try to hit your nose. It will help develop the correct technique.

As this is a cut and paste activity, have your child complete Page 21 before cutting the page

# Answers Page

## Page 1 – A-Mazing

There are six different paths through the maze.



## Page 4 – Count The balls

There are 17 balls on the field. 13 are in play, 4 are out of play.

## Page 6 – Shin Pads

Correct order – C-A-B

## Page 8 – Something Is Wrong

Moon shining in daytime, penguin; camel; horse wearing glasses and soccer shoes (bet he's got a great kick); hen in the barn wearing big hat; children not wearing shin guards; birds flying upside down; dog on top of goal.

## Page –10 Beach Ball

Each team has 3 players. There are six in total. 6 adults are watching the game. 3 buckets and 1 spade are being used as goal posts. There are 11 balls.

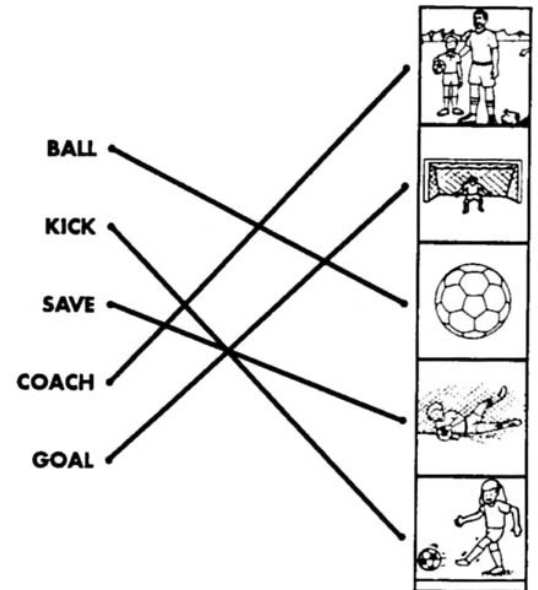
## Page 12 – Jungle Soccer

Soccer balls 6. There are 8 "animals" if you include the 4 players, the snake and the crocodile. Elephant is trapping her ball – may eve burst it! Tiger is thinking of eating his.

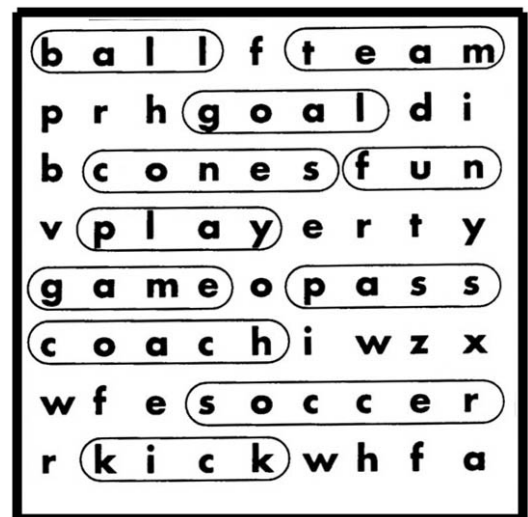
## Page 18 Soccer Balls

Soccer balls A and D are the same

## Page 17 – Words & Pictures



## Page 21 – Word Search.



## Page 22 – A Soccer Throw-In

The correct order is B-D-C-A