|  |  |  |  |
| --- | --- | --- | --- |
| Activity: Soccer | |  | |
| PE 11/12  Date:  **May 13th, 2013** | | Notes:  Set out cones during WOD – for drill #1 inside 300m track, get hoops for nets ready if needed.  **Key: inside & outside foot, body weight shifting,** | |
| Students will be able to…  1: **Demonstrate 3 offensive 1 on 1 tactics**  2: **Demonstrate effective defence techniques in a 1 on 1 situation**  3: **Work co-operatively and competently in partners and small groups** | | | |
| Time |  | | Materials |
| 15mins | Warm-up activity and stretching:  **WOD: 3 rounds 🡪 run 300m, 20x push ups, 20x burpees, 20x squats, 20x walking lunge steps** | |  |
| 15mins | Drill #1   * Divide field in to gride (15x20 paces) – space @ ends * 1 on 1 within grid * Goal is to stop ball on target at the end = 1point * 2 minute games then change * Att: On the ball skill (step overs, dummy, shift BW) * Def: Jockey, stagger body, force to weak side | | Cones  15 balls  Targets\* |
| 15mins | Drill #2   * Set up at 3 different nets, teams of 4 - # off: 1 – 4 * Line up out from goal line (@ post) facing opposing # * Goalkeeper calls numbers (if no keeper, use hoops in net) * #s challenge in the middle and shoot * 1 point per goal * Use 1 on 1 skills to challenge and beat | | 6 balls  Targets (hoops?)  Cones |
| 30mins | Culminating game:  4 on 4 mini games with pop up nets (approx. half field)   * Change opponents every 8 minutes | | 6 balls  6 pop up nets  Cones |
|  | | | |