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| Activity: Soccer |  |
| PE 11/12Date:**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
 | Cones15 ballsTargets\* |
| 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 ballsTargets (hoops?)Cones |
| 30mins | Culminating game:4 on 4 mini games with pop up nets (approx. half field)* Change opponents every 8 minutes
 | 6 balls6 pop up netsCones |
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