

<p>Lesson: Soccer</p> <p>Topic: Passing</p> <p>Equipment: 20 round cones, 18 pinnies (3 different colours x 6 pinnies), 15 soccer balls</p>	<p>Learning outcomes: TSWBAT...</p> <p>P: pass the ball to a teammate using the three cues for passing.</p> <p>C: see and move into open spaces to receive a pass from a teammate who is under pressure while in a game or game-like situation.</p> <p>A: work as part of a group to achieve the group's goals.</p>	
<p>Warm Up & Stretch (10 minutes)</p> <p><i>Equipment: 20 cones</i></p> <p>Warm Up Game: Fours</p> <ul style="list-style-type: none"> - Get everyone to find a partner. If they can't find a partner they will come to me and I will either place them into a group of 3, or find a partner for them. - Combine partners into groups of 4 (6 groups). - 6 different circuit stations: tuck jumps, shuttle run, speed skate bounds, bear walks, jumping jacks, & rest. - One group for each station. Once a group has finished their station, they run to me (the rest station) and the group that was resting takes their place. This means that one group might only get a short rest before they are replaced by the next group. 	<p>Organization</p> <p>Stations arranged in a circle.</p> <p>Station 1: Tuck Jumps (Everyone does 10, together). <i>1 cone</i></p> <p>Station 2: Shuttle Run (Everyone does 6 shuttles, together). <i>5 cones</i></p> <p>Station 3: Speed Skate Bounds (Everyone goes through the cones once, by themselves). <i>7 cones</i></p> <p>Station 4: Bear Walk (Everyone does 4 bear walk shuttles between the cones, together). <i>5 cones</i></p> <p>Station 5: Jumping Jacks (Everyone does 15, together). <i>1 cone</i></p> <p>Station 6: Rest (by me). <i>1 cone</i></p>	
<p>Introduction (1 minute)</p> <ul style="list-style-type: none"> - Introduce the Topic: Soccer - Main focus of lesson: Passing - Demonstration: 3 teaching cues 	<p>Organization</p> <p>Students will be sitting, or kneeling on the ground facing the teacher so that they can see the demonstration from the side view.</p>	<p>Teaching Cues</p> <ul style="list-style-type: none"> - Plant non-kicking foot beside the ball with toe pointing at target. - Contact the ball with the inside of the foot. - Follow through pointing your foot in the direction of your target.

<p>Partner Passing Drill (8 minutes)</p> <p><i>Equipment:</i> 4 round cones</p> <p><i>Aim:</i> To pass the ball in between the cones to your partner.</p> <p><i>Cooperative:</i> When you receive the ball, you want to take the ball around a cone, and then pass the ball through your partner's cones.</p> <p><i>Cooperative-Challenge:</i> Try to get 5, 7, 10, etc. passes in a row between the cones.</p> <p><i>Competitive:</i> First partner to make 5 passes through the cones wins.</p>	<p>Organization</p> <p>Partner Passing. Have students set up the cones so that all the passes are going the same way.</p>
<p>Square Passing (8 minutes)</p> <p><i>Equipment:</i> 7 cones</p> <p><i>Focus:</i> Moving into space to receive a pass.</p> <p><i>Cooperative:</i> Players may move along the line of their side of the square. Players must pass the ball through the triangle in the middle of the square. Then progress to only 2 touches on the ball.</p> <p><i>Coop-Challenge:</i> As a team, make a certain number of passes through the triangle.</p> <p><i>Competitive:</i> In 30 second intervals, get more passes than the other groups.</p>	<p>Organization</p> <p>2 pairs of partners form a group of 4, 1 ball</p>
<p>Short-Short-Long (5 minutes)</p> <p><i>Focus:</i> Moving around the field & moving to the ball.</p> <ul style="list-style-type: none"> - Two short passes, and then one long pass. Repeat. - Players will need to move as a group. The player receiving a long pass will have to move farther out to make it a long pass, and then the other players will have to move in to get a short pass. <p>- While the students are practicing, I will set up for the game.</p>	<p>Organization</p> <p>Group of 4, 1 ball</p>

<p>Game (24 minutes) <i>Equipment:</i> 16 cones</p> <p>Rules:</p> <ul style="list-style-type: none"> - Scoring: ball must be on the ground, and go through the cones (No goalies). - In-play: If the ball goes out of play, the team that didn't kick it out passes it back in. (No throw-ins). - Safety: Ball must stay below the waist. <p>Game Play:</p> <ul style="list-style-type: none"> - To start: no dribbling allowed. If you have the ball you cannot be tackled (Defense arms length away). TF in order to gain possession, the defensive team must intercept a pass or the offensive team must kick the ball out. - Next stage: Dribbling allowed. If you dribble the ball, you can be tackled. If you stop with the ball, you cannot be tackled (Defense arms length away). 	<p>Organization 2 games, 6 v. 6 Switch teams up so each team plays each other.</p>
<p>Closure (2 minutes)</p> <ol style="list-style-type: none"> 1. What were the 3 most important things to do when passing? <i>Answer: 3 teaching cues</i> 2. What are some other things that can help a soccer player pass the ball? (Give guiding questions: what did you notice in our drills, what about the game?) <i>Possible Answers: Taking fewer touches; teammates moving towards the ball; hips square to target; etc.</i> 	<p>Organization Students will be sitting/kneeling facing the teacher.</p>