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Soccer

Focus – foot dribble, kick, effort awareness, relationship awareness, spatial awareness

Introduction – Observe and report

In pairs, one person demonstrates how to perform a foot dribble and a kick and another observes closely for correct technique. Observer provides feedback to the demonstrator about his/her technique and then swaps positions. Repeat the activity. Once both students have been observer, decide on one goal for improvement for each person.

WARM UP

Weave the cones relay

4 soccer balls **40 cones** **4 teams** **1 soccer pitch**

Each team stands behind a line of 10 cones (each cone one big step apart) and weaves the soccer ball through the cones using a foot dribble, before kicking it back to the second player. Repeat until all players have had a turn.

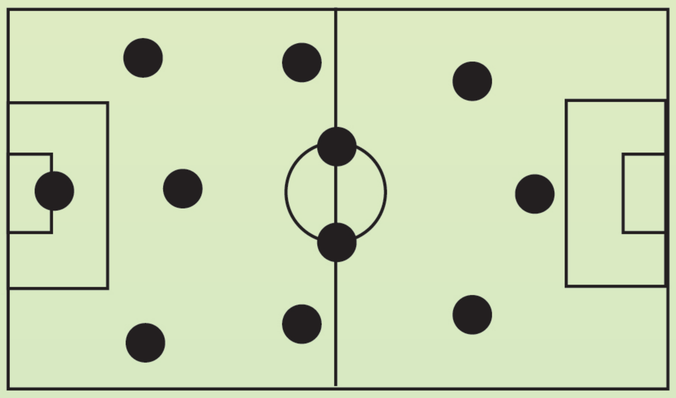
MAIN ACTIVITY

Soccer

1 soccer ball **2 teams** **1 soccer pitch**

All players must start in their defensive half. One player starts with the ball in the middle and attempts to dribble and pass the ball to teammates who try to score a goal. Players can only use their feet to move the ball. After each goal, the game begins again from the centre. Encourage players to dribble the ball before passing.

Diagram A



Note: These are suggested positions only.

COOL DOWN

Dribblers and invaders

1 soccer ball per pair **2 pairs** **1 soccer pitch**

In pairs, one student practises dribbling the ball with his/her feet while the other attempts to take possession of the ball. Students must walk while dribbling the ball to slow the heart rate down. Swap roles and repeat.

Skill-related reflection
Discuss how to control the force and speed of a kick/foot dribble to improve accuracy and control.

Game rules reflection
Discuss the penalty for touching the ball with your hands in soccer. Should this rule be modified?

Fitness-related reflection
Soccer involves a lot of running. Discuss how playing soccer can improve your fitness.