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Unified PE

Soccer: Passing & Trapping

Agenda

What are we doing today?

- Learning Goals
- Activity for home: OPENPhysEd – Field Day
- Skills: Passing & Trapping
- Warm-Up: Darebee Lord Grim
- Activity: Jeopardy – Soccer Edition
- Cool Down: Darebee Full Stretch

What's Due?

- Nothing new! 😊

Learning Goals

1

I can work hard at home and in school to improve my physical fitness

2

I can name the cues for passing and trapping in soccer

3

I can pass and trap the soccer ball with correct form

Activity for Home: OPENPhysEd National Field Day

- Looking for something fun to do at home with family & friends? Check out OPENPhysEd's National Field Day!!
- [OPENPhysEd National Field Day](#)





Skill: Passing

- [How to Place your Foot for a Short Pass](#)
- **Cues:**
 - Shoulders and hips square to target.
 - Slight bend in knees
 - Planted foot should point towards target
 - Use inside of kicking foot
 - Contact center of the ball
 - Keep ankle locked
 - Follow through

In this 4-point plan passing is simple and fast - but don't use it on a muddy pitch



Skill: Trapping

- [How to Absorb \(Trap\) a Soccer Pass](#)
- **Cues:**
 - Move toward the ball
 - Relax body part you are going to trap the ball with
 - Give with (absorb) the ball as it makes contact
 - Keep control of the ball



LORD GRIM

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



6 jumping lunges



6 side-to-side lunges



20 jumping jacks



6 push-ups



20 shoulder taps



6 basic burpees



20 flutter kicks



20 heel taps

Warm-Up: Darebee Lord Grim

- **Directions:** Complete the following exercises 2x
 - 20 High Knees
 - 6 Alternating Lunges
 - 6 Side-to-Side Lunges
 - 20 Jumping Jacks
 - 6 Push-ups
 - 20 Shoulder Taps
 - 6 Basic Burpees
 - 20 Flutter Kicks
 - 20 Heel Taps

Activity: Jeopardy – Soccer Edition

- Answer 2 questions from each category
- You have 10 seconds to read the question
- You have 30 seconds to show your answer with exercise
- Add up your total score for questions answered correctly

full stretch

DAREBEE WORKOUT © darebee.com

30 seconds each stretch then move on to the next one.
Repeat the sequence again on the other side.



Cool Down: Darebee Full Stretch

Directions: Hold each stretch for 20 seconds