

Foosball Tag

Offensive and Defensive Strategies

STUDENT TARGETS

- ✓ **Skill:** Sliding and Dodging
- ✓ **Cognitive:** Offensive Strategies- Changing speed, levels, direction
- ✓ **Fitness:** Cardiovascular endurance
- ✓ **Personal & Social Responsibility:**

ACTIVITY SET-UP & PROCEDURE

Equipment:

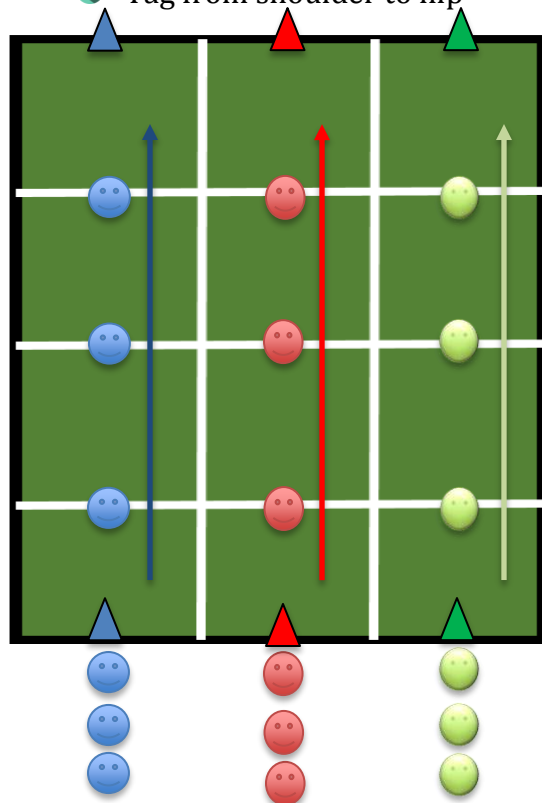
- ✓ Noodles
- ✓ Cones

Set-Up:

1. Place Foosball taggers on the 3 horizontal lines of the grid to play defense. The taggers can only slide horizontally along the lines to tag the offensive runners. The taggers use pool noodles to tag the runners.
2. Place offensive runners behind the cones on an end line.

TEACHING CUES

- ✓ Stay within the boundaries
- ✓ Stay on the defense line
- ✓ Tag from shoulder to hip



Activity Procedures:

Round 1

3. Release one runner at a time in each lane. The runner attempts to get to the opposite cone without getting tagged. The runner moves through each quadrant until he/she gets to the opposite cone. The runner is awarded one point for each tagger he/she evades. Safety-Release one alley at a time and emphasize staying within the boundaries.

Round 2

4. Release the first runner. When the first runner enters the second grid, release the second runner. When a runner gets to the third grid, release the third runner. Safety-Release one alley at a time and emphasize staying within the boundaries.

Grade Level Progressions

- 3rd: Use larger grids and longer noodles
 4th : Use smaller grids and shorter noodles

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CHALLENGE PROGRESSIONS

- ✔ **Challenge Progression**
- ✔ Remove the noodles and use hands to tag
- ✔ Allow taggers to leave their line but not their box
- ✔ Allow runners to move through multiple boxes

MODIFICATIONS

- ✔ **Developmental Modification**
- ✔ Shrink the fields to meet the needs of the individuals
- ✔ Use longer noodles

ACADEMIC LANGUAGE

Offense	Speed
Defense	Level
Overload	Slide
Direction	Man to Man
Zone	

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard**
- ✔ S2.E1.3 – Recognizes the concept of open spaces in a movement context.
- ✔ S2.E1.4b – Applies the concept of closing spaces in small-sided practice tasks.
- ✔ S2.E3.3 – Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher
- ✔ S2.E5.3a – Applies simple strategies & tactics in chasing activities
- ✔ S2.E5.3b – Applies simple strategies in fleeing activities
- ✔ S2.E5.4a – Applies simple offensive strategies & tactics in chasing & fleeing activities
- ✔ S2.E5.4b – Applies simple defensive strategies & tactics in chasing and fleeing games

DEBRIEF QUESTIONS

- ✔ **DOK1:** What strategies did you use to evade the tagger?
- ✔ **DOK 2:** How did your team work together to create an advantage for the offense?
- ✔ **DOK 3:** How will these strategies transfer to a specific sport?

TEACHING STRATEGY FOCUS

Strategy Focus: Help students to understand that to evade an opponent they can change their direction, their speed, and/or their level when in a man-to-man defense. Help students to understand that placing two players in an area with only one defender gives the offensive side an advantage. Teach defensive players to watch the mid-section of the offensive players to avoid being deceived by the offender.