

# Trap and Pull Back

## STUDENT TARGETS

- ✓ **Skill:** Dribbling a soccer ball
- ✓ **Cognitive:** Using offensive concepts related to open space
- ✓ **Personal & Social Responsibility:** Following rules

## Safety

- ✓ Move to open space and maintain personal space

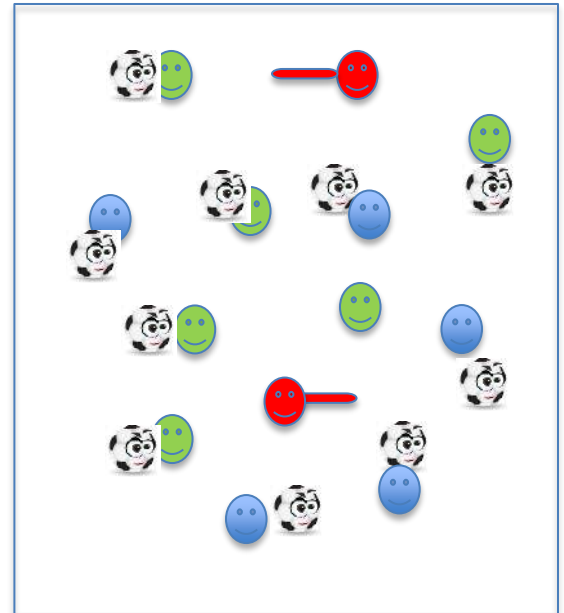
## ACTIVITY SET-UP & PROCEDURE

### Equipment:

- ✓ Soccer balls
- ✓ Noodles

### Set-Up:

- Designate a playing area
- Give each player a ball
- Give a few players a noodle



### Activity Procedures:

#### Level 1

1. Teach students how to trap and pull back.
2. Have students dribble throughout the gym.
3. On the whistle, students trap the ball, pull back and then begin dribbling in another direction.

#### Level 2

4. Players with the soccer balls dribble around the designated area.
5. Players with the noodle try to tap the ball with their noodle.
6. If a player's ball is tapped, the player must do toe taps spelling out a designated word, (i.e. trap) then begin dribbling again.
7. Change defense after a designated time.

# Noodle Ball

## CHALLENGE PROGRESSIONS

- ✔ Increase the number of defensive players.
- ✔ Allow players to use their feet instead of noodles.

## MODIFICATIONS

- ✔ Use a nerf soccer ball or another type of slow moving ball.
- ✔ Increase the length of the noodle

## ACADEMIC LANGUAGE

Academic Vocabulary Words

Offense      Trap

Pull back

Defense

## STANDARDS & OUTCOMES ADDRESSED

### ✔ Standard

#### Skill

- Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.

#### Concept

- Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). (S2.E1.4a)

Applies movement concepts to strategy in game situations. (S2.E3.5a)

## DEBRIEF QUESTIONS

- ✔ **DOK 1:** Question- How do you perform the skill trap and pull back?
- ✔ **DOK 2:** Question- What is the purpose of this offensive strategy?
- ✔ **DOK 3:** Question- Why does this offensive strategy work?

## TEACHING STRATEGY FOCUS

**Strategy Focus:** The focus of this lesson is to teach students the how to control a soccer ball when approached by a defender.