



# **Soccer Unit**

**Day 1 – skills (Dribbling, Passing, and Receiving/ Endline Soccer)**

**Day 2 - Rules, Positions, and Game Play**

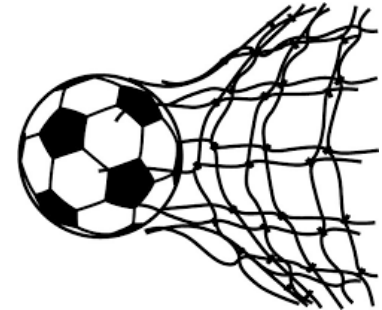
**Days 3-5 (Game Play)**

# Day 1 – Skill Development



## What am I learning?

Today I will learn and practice ball control activities and drills with a focus on improving my dribbling and passing skills.



## Why Soccer?

Soccer is one of the most popular sports in the world. Soccer players, with the exception of the goalkeeper, move up and down the field throughout the game, traveling as many as 5 to 7 miles in a full game.

The constant walking, jogging and running helps keep the players' heart rates up, providing excellent cardiovascular exercise. The cardio workout helps players strengthen their hearts, resist plaque build-up in the coronary arteries, reduce their blood pressure and burn excess calories. The goalkeeper receives a cardio workout as well by moving within the goal crease.

## How will I demonstrate my learning?

I can ***demonstrate*** the correct cues for dribbling, passing, and receiving a Soccer Ball while participating in various drills and activities.

KY Standards for Physical Education and Health

6.5.H1. Demonstrate that regular participation in physical activities supports the goals of fitness, reducing stress and a healthier lifestyle.

7.5.H1.



# Dribbling



## SOCCER CUES



### DRIBBLING

SOFT TOUCHES - CLOSE CONTROL



# Passing

Shortly Discuss Trapping (receiving)

## PASSING AND SHOOTING

STEP - PLANT - KICK

NO TOES - INSIDES OR LACES



## 5 Passing Drills

# Passing

## PASSING AND SHOOTING

STEP - PLANT - KICK

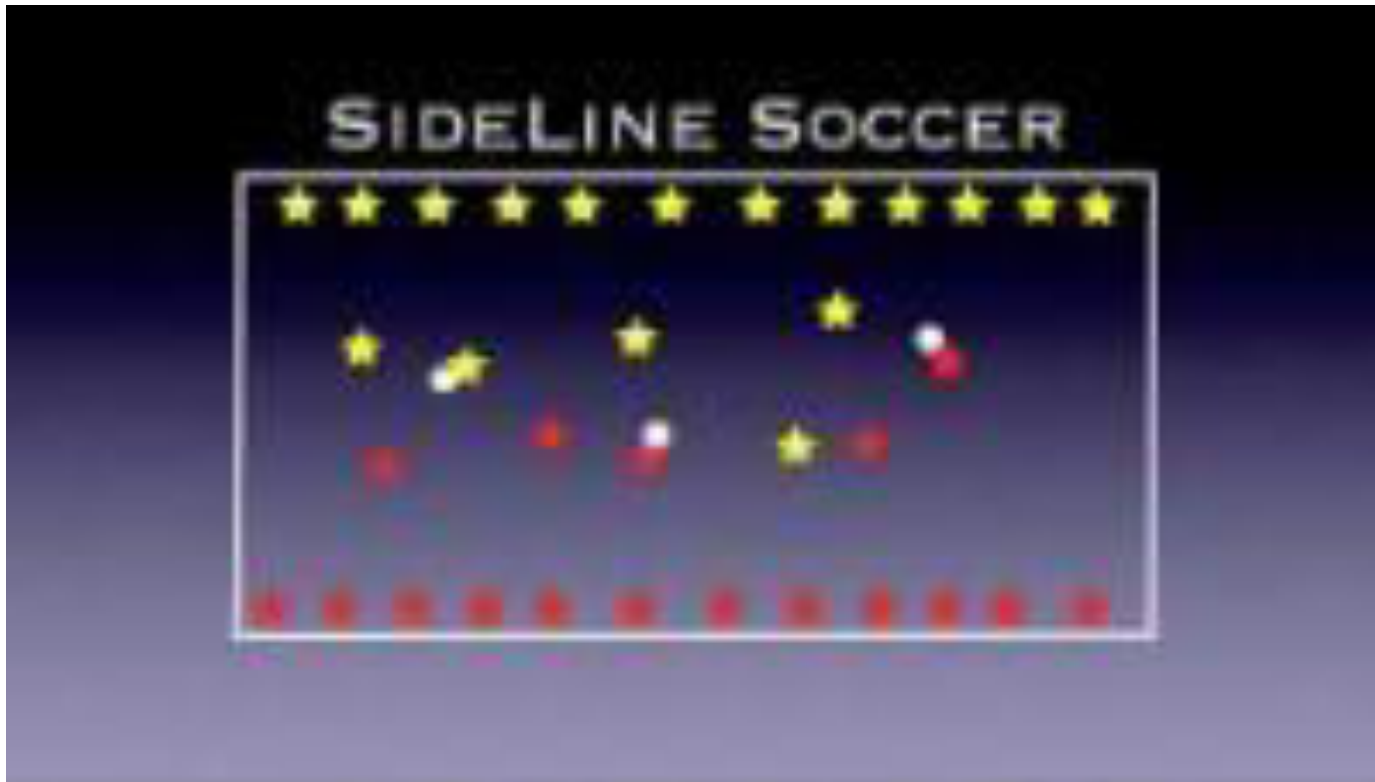
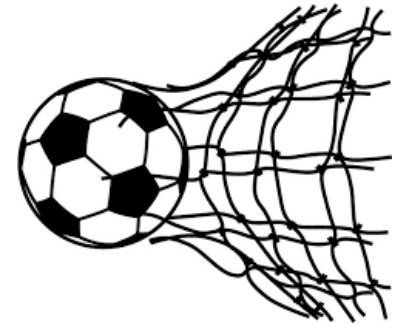
NO TOES - INSIDES OR LACES



# Barcelona

(Small Sided Game)

# Sideline Soccer (extra activity)

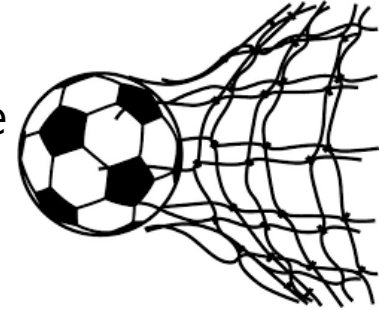


# Day 2 – Rules, Positions, and Game Play



## What am I learning?

Today I am learning the necessary rules and positions to participate in a soccer game.



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## How will I demonstrate my learning?

I can ***demonstrate*** the correct cues for dribbling, passing, and receiving during game play.

KY Standards for Physical Education and Health

6.5.H1. Demonstrate that regular participation in physical activities supports the goals of fitness, reducing stress and a healthier lifestyle.

7.5.H1.

8.5.H1.



# Soccer Rules





# Offsides Explained



# Soccer Game Play (Timing)

**We will play two halves**

**12 minutes each half**

**24 minutes total**

**2-minute break after 1<sup>st</sup> half**

**26 minutes total**

# Soccer Positions

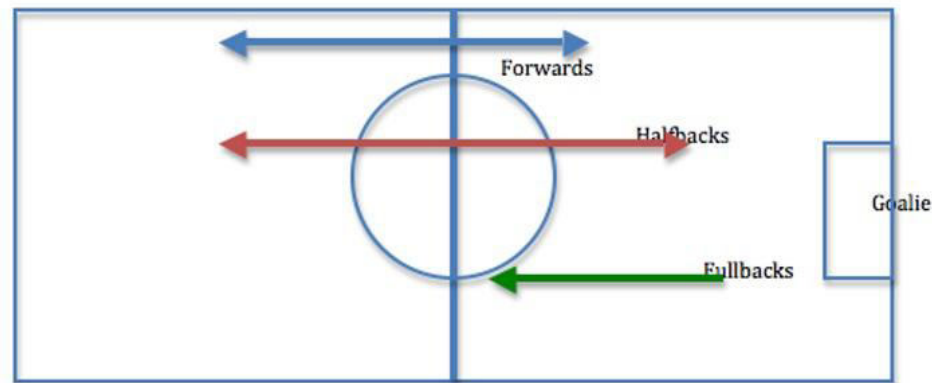
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**-FORWARDS:** Offense, can play full field, but should stay on offensive end.

**-HALFBACKS:** Both offense and defense, need to hustle

**-FULLBACKS:** Defensive only, stay on defensive half of field.

**-GOALIE:** Defensive, can only use hands in the penalty box

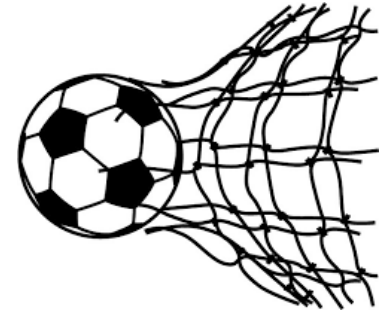


# Days 3-5 Game Play



## What am I learning?

Today I am working on improving my dribbling, passing, and receiving during game play.



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