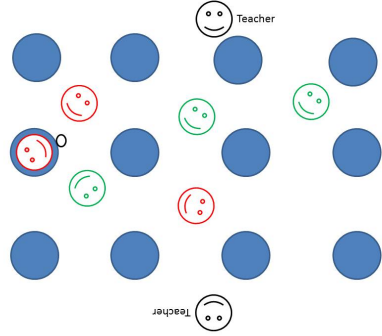
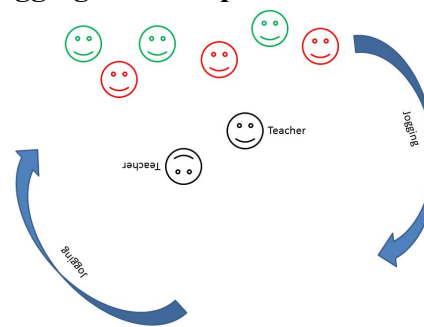
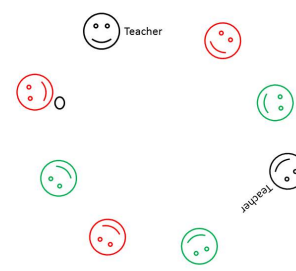


Specific Parts of the Lesson

Time Allotted	Task: Organization and Management of Class	Class Formation (Diagram)	Feedback/Cues Style
(running time)			
0:00 – 0:30 Instruction 0:30 – 2:30 Instant Activity	<p>Instant Activity: 3 on 3 Game of Passing</p> <p><i>“Let’s start class with a small three on three game of passing. This is similar to one of the stations you participated in last week. You are to dribble the ball to a poly-spot on the gym floor, toe-stop, and then pass to another teammate.”</i></p>	<p>Instant Activity:</p> 	
2:30 – 3:30 Warm-Up	<p>1. Warm Up</p> <p><i>“Great job with your passing! Before we get into things, let’s jog two laps around our section of the gym to get our heart rates up. Then meet us over there (point to meeting spot, depending on which section of the gym we have) in a circle formation.”</i></p>	<p>Jogging Warm-Up:</p> 	
3:30 – 3:45 Transition			
3:45 – 5:30 Review/Name Game	<p>2. Review</p> <p><i>“Today we are going to continue working on our kicking techniques. We will work on dribbling the ball, toe-stopping the ball, and kicking to a partner or a target. First, let’s start with a name game to get to know one another. In this game, we are going to stand in a circle and say our name, then kick the ball to someone across the circle. Before you pass the ball, you must say their name as well as your own. Make sure you pass to someone across the circle and not directly next to you.”</i></p> <p>...</p> <p><i>“Great work, we will do our best to try and remember your</i></p>		<p>- Pass to someone across from you.</p>

5:30 – 5:40
transition

names! Now let's have a seat and discuss our first kicking activity."

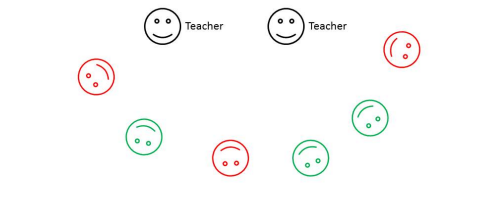
3. Core of Lesson (Skills' analyses should be indicated in the dissection of the skill being taught.)

5:40 – 7:00
Instruction

Activity #1

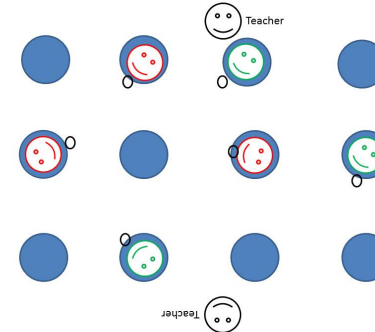
"Our first activity today will focus on dribbling around obstacles and also working on stopping with control, using a toe-stop. This is what you will want to do (demonstrate dribbling the ball around the poly-spots on the floor and then when you dribble for a few seconds toe-stop on a poly-spot). Make sure you are controlling your ball and stop your ball using the bottom of your foot, a toe-stop. You may now begin, make sure you watch out for other students and do your best to keep control of your ball."

7:00 – 14:00
Activity #1



- Dribble using the inside of your foot
- Small kicks to keep control

Activity #1:



Extensions

1. Add more obstacles for students to execute around
2. Add a defensive player to try and steal the ball from an offensive player

Refinements

14:00 – 14:15
Transition

1. Take away some obstacles so there are fewer obstacles to maneuver around
2. Use larger soccer balls

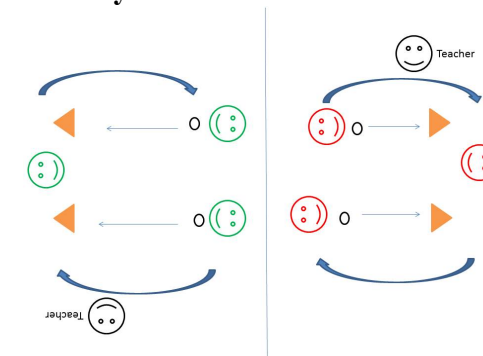
Activity #2

14:15 – 15:00
Instruction

"Great work on your dribbling and toe-stops. Now, let's add some shooting at targets. We will have two students shoot at a time and one person will rotate in after every kick, this will allow you to take a quick break after each shot at the pins. When shooting at the pins on either side of the gym, you want to make sure you are kicking with the inside of your foot, or your laces. What part of your foot do you not want to kick with? (Your toes.) Also, make sure

15:00 – 20:00
Activity #2

Activity #2:



- Step with opposition
- Kick with inside of foot
- Kick with laces

you keep the ball close to the ground; this means we are not kicking the ball with a ton of force. You three with go to that end of our section with Mr. DiPietro and the other three will be at this end of the gym with Miss. Glencross. Go to your side and you may start by choosing the first person to be behind the pins.”

Extensions

1. Have a partner stand with a cone in between their legs to be knocked down
2. Stand further away from the target

Refinements

1. Move closer to the target
2. Add more targets to the game

20:00 -20:15
Transition

Activity #3

“You all are doing great knocking over your target. Let’s make this more challenging by having you partner up and have one partner standing in a straddle over a pin and the other partner trying to kick the ball through the target. Make sure you switch roles.”

20:15 – 21:00
Instruction

21:00 – 26:00
Activity #3

Extensions

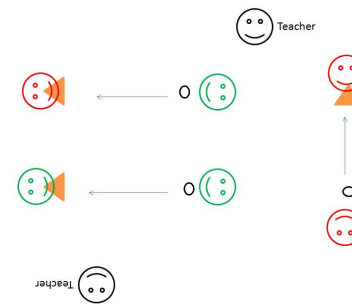
1. Legs closer together on person over cone – smaller target to hit
2. Kicking partner move further back from target

26:00 – 26:15
Transition

Refinements

1. Partner over pin can stand in a wider straddle
 2. Kicking partner can stand closer to the target
-

Activity #3:



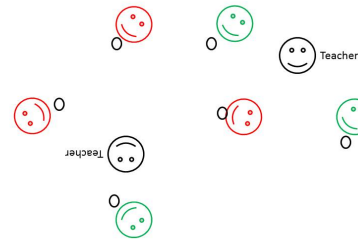
26:15 – 28:15

Instruction

4. Culminating/ Application Activity

“Great work so far this morning, we are now going to take everything we have learned today and put it in a game called ‘Recess’. In this game we will shout out different commands. These commands all have their own meaning and when they are called out, you are to switch to that task. The commands are:

- *“Recess!” – During this command you are to dribble the ball using proper form around our section of the gym*
- *“Hi Teacher!” – This command is when you want to trap the ball with a toe-trap. A good way to remember the meaning to this command is to pretend that the teacher just walked in and saw you fooling around so you quickly stop and toe-trap your ball.*
- *“Pirate!” – On pirate you will be dribbling the ball and will then try and steal the ball of another student*
- *“Bombs Away!” – This final command can get crazy, you are to dribble the ball to the back wall and shoot it at the wall. Make sure you watch out for other students; do not shoot the ball if there is a student in front of you. Once you shoot your ball, retrieve it and continue dribbling.*



- Stop with bottom of foot
- Toe-Stop
- Dribble with inside of foot
- Kick with inside of foot
- Kick with laces
- Step with opposition

28:15 – 35:00

Culminating Activity

Extensions

1. Add more commands
2. Add obstacles to the area in which the students need to get around

35:00 – 35:15

Transition

Refinements

1. Call out a fewer variety of commands
 2. Have students walk instead of run with the ball until they can gain better control while moving with the soccer ball
-
-

35:15 – 40:00

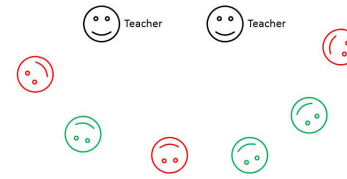
5. **Closure** (include cool-down here.)

Closure

“Overall great work today! Let’s quickly review what we learned:

Questions

- *What part of your foot do you trap the ball with?*
- *What part of your foot do you kick the ball with?*
- *What part of your foot do you not want to kick the ball with?*
- *In the 3 on 3 game we played at the beginning of class, what was the best way for you to keep possession of the ball?*



References/

Sources:

The Health and Physical Education Web site for Teachers/PE Central. (n.d.). *The Health and Physical Education Web site for Teachers/PE Central*. Retrieved October 23, 2012, from <http://www.pecentral.com>