

This is a preview!

Full “Soccer Unit” is 38+ pages!

Soccer Unit

6-12th Grade

2-Week Soccer Unit



Health Education Today

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Here is an Overview of the Program:

< > Soccer Unit	
Name	
	01Soccer Unit.docx
	01Soccer Unit.pdf
> 	02Lead Up Games Soccer
> 	03BONUS Frisbee Games
	03Study Guide and Test.docx
	03Study Guide and Test.pdf
	04Great Website for Soccer.pdf
> 	05Warm Ups and Stretching
	06Physical Literacy Unit Check List.docx
	07Peer Grading Sheet.docx
	07Peer Grading Sheet.pdf
> 	08BONUS Olympic Stations
> 	09Learning Targets and Standards
	10Previews of Other Lessons.pdf
	11Troubleshooting Issues with Files.pdf

HIGHLIGHTS OF THIS PROGRAM:

-Low Prep!

-Easy to follow.

-Complete unit with step by step lessons.

-Fun!



wikiHow to Develop Good Soccer Dribbling Skills

2 Keep the ball close to your feet. Keep your knees bent as you pass the ball back and forth between the insides of your feet. Against an opponent, your body should be between the defender and the ball.^[1] You'll also be able to change direction faster.^[2]

- When you keep the ball close to your feet, defenders have a more difficult time intercepting the ball.

What is Included in this Program:

1

36 pages of Step-by- Step Teacher Directions

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

3

Lead up games!

4

Study Guide and Test

36 pages of Step-by- Step Teacher Directions



Program is standards-based:



National Standards

Day 1: Soccer Skills

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Soccer balls	Balls enough for one for each pair of students	
Cones	16-20	
Pinnies	Bring out the pinnie bag	

Today's Instructions:

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder for other warm up ideas.)
2. Inside the gym before you go out, go over these unit rules:
 - Safe kicking (no kicking as hard as you can where someone could get hit

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!

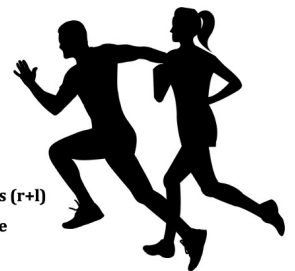


Stretching #1:

1. Heel forw., head to knee
2. Point and flex
3. Back leg go straight, heel down
4. Arm straight forward and pull across (r+l)
5. Repeat other heel forw., head to knee
6. Point and flex
7. Back leg go straight, heel down
8. Grab both hands behind back
9. Turn L. and be centered-runner's stretch both ways
10. Stand it up-hands behind back, pull forw.
11. Quad stretch legs

Warm Up Before Jogging:

1. heel forw., head to knee
2. point and flex
3. back leg go straight, heel down
4. arm straight forward and pull across (r+l)
5. repeat other heel forw., head to knee
6. point and flex
7. back leg go straight, heel down
8. grab both hands behind back
9. turn L. and be centered-runner's stretch both ways
10. stand it up-hands behind back, pull forw.
11. quad stretch legs



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Method 1 Doing a Normal Throw-in



- 1 Pick up the ball with both hands, one on each side of the ball. Your hands should be roughly evenly spaced -- if the ball was a clock, your right hand would be at 3:00 and your left at 9:00. It can help to shift them back a bit, too, so your thumbs are almost touching in the back of the ball. This helps you get a bit more leverage on the throw.
 - Throw-ins only occur when the whole ball completely passes over one of the touchlines. The restart occurs at the point it exited the field of play .[1]

3

Lead up games!



MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)

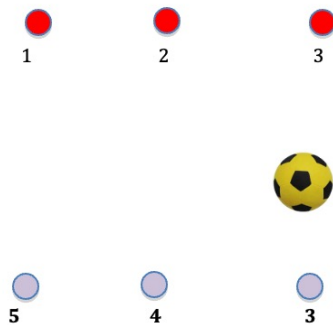


Endline Soccer -A fun lead up game

Equipment Needed:

- 1 nerf soccer ball
- pinnies for two teams

1. Set up your gym or outside parking lot/paved area with two teams on opposite lines. Give everyone on each team a colored pinnie.
2. After you have covered basic soccer skills like dribbling, passing, and shooting, play a game.
3. Teacher give everyone in the two lines a # like in the diagram below.



Soccer Tennis

Equipment: Balls (soccer balls, playground balls, wiffle balls, tennis courts and/or cones)

Warm-Up: Divide students into their soccer teams.

- 1) *Throw-In to partner* who tries to move ball back to partner.
- 2) *Throw-In to partner* who tries to juggle ball (on a chair or a net)
- 3) *Throw-In to one teammate* who tries to move ball back to the server? Rotate after 2 throws.
- 4) *Circle Up* and volley. Each team gets in a circle (hockey sack) using the torso, legs, and feet.

A tennis game that is played with a soccer ball and a tennis racket (love-15-30-deuce) or just play up to any number of bounces (on the ground), between shots or over a net for more touches, than it is to adhere to strict rules. If players have different abilities they can still participate.



7 Stand straight as you kick. Staying in a neutral position gives you maximum control over the ball's flight. Leaning a little, if it feels natural to you, is fine, but don't try to lean more. Instead, focus on turning to face the goal.^[6]

- If the ball often flies over the net, you may be leaning back too much. If it stays lower than you'd like, you may be leaning forward too much.

4

Unit Test and “Peer Assessment Sheet”

Soccer Study Guide:



1. Soccer game rules:

-kick-off: all 10 yards away outside circle must pass ball on kick-off, can't score a goal if you are off-sides (must have ball or 2 opponents between you and goal)

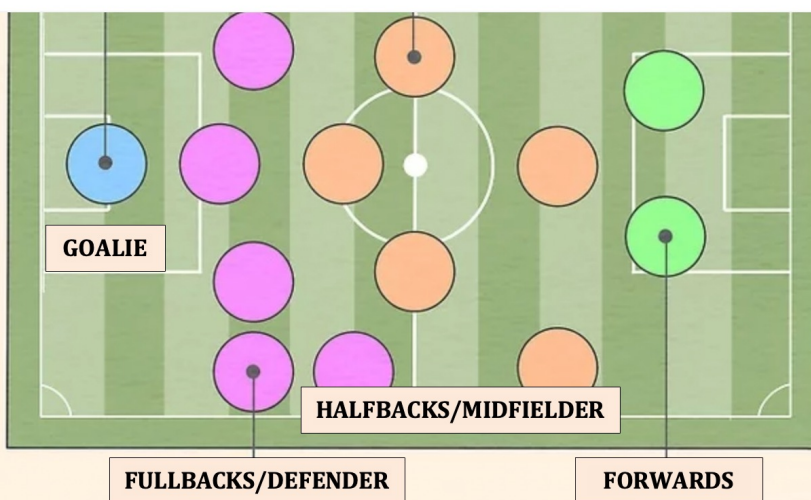
-direct free kick: personal fouls (pushing, shoving, etc.), hands, illegally charging goalkeeper, and goalie using hands outside penalty area

-indirect kick: for off-side

-goal kick: goalie takes w

What are the 11 positions in soccer?

PDF Download Article



wiki How to Choose a Soccer Position

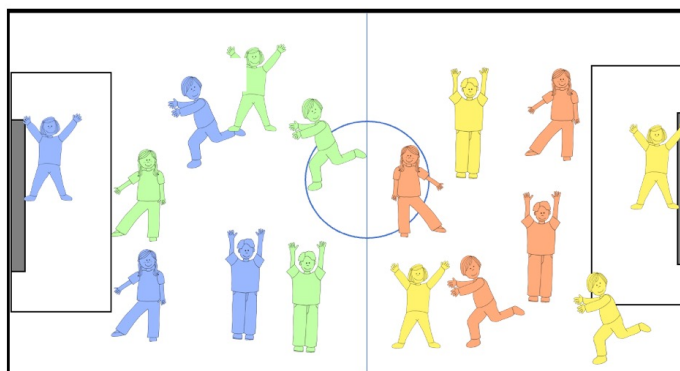
Student Assessment Form:

Student Name: _____

Class: _____ Skill Assessing: _____

Comments/Observations:

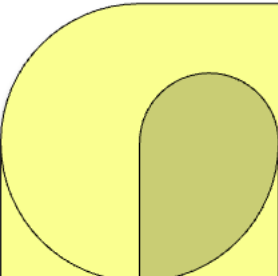
Circle Score: Grade:



A	A-	B	C	D	F
10	9	8	7	6	5 or lower
Excellent	Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement

Alternate Ideas During Game Play:

- Walking is a life-long activity.
- Croquet is a life-long activity.
- Bocce Ball is a life-long activity.



Alternate Student Activities

1. Take a "nature walk" while staying on campus! Depending on the weather, create (or have students create) a scavenger hunt in P.E. class. Try to make it scenic and educational. Another fun idea is to have a class where you print out a map of the campus and see. They need to see a certain # of things in a certain # of days. Pose a question so they can discuss it to show they saw it! Again, this is a life-long activity for students.
2. 4-Square: This may take students a while to learn, but 4-Square is fun. Try to make it "8 More Activities Outside," then bring out a list of activities below. Bring out a list of activities below.
3. Croquet: If you have the equipment, try a "long" game that helps students improve their skills. If you don't have the equipment, you might consider seeing if you can borrow some.

What would you like to do in PE this year? Using this list, circle 10 activities you would like to do. Of those 10, choose your favorite 5, and number them from 1-5, with 1 being the activity you would most like to do all the way to number 5.

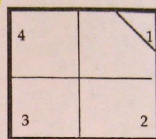
- | | |
|--|--|
| ☐ 4-Square | ☐ Karate/self-defense |
| ☐ aerobics/dance |  |
| ☐ archery | ☐ line dancing |
| ☐ backpacking/camping skills | ☐ Nutrition lessons-diets, calories, fast food info, dangers of energy drinks, body fat % |
| ☐ badminton | ☐ obstacle courses |
| ☐ ballroom Dancing | ☐ orienteering (compass/geocaching) |
| ☐ basketball | ☐ pickleball |
| ☐ body workouts (abdominal work, leg and arm work, stretches) | ☐ ping pong |
| ☐ bicycling | ☐ putt putt golf |
| ☐ bowling | ☐ relays |
| ☐ Bucca Ball | ☐ ropes course/trust building |
| ☐ canoeing/boating | ☐ Salsa Dancing |
| ☐ combatives (Strength challenges) | ☐ scooters |
| ☐ Croquet | ☐ skating/roller blading |
| ☐ Dodgeball | ☐ soccer |
| ☐ fitness testing | ☐ softball |
| ☐ fitness workouts (class would be a fitness center with choices) | ☐ Speedball |
| ☐ jump roping | ☐ square dancing |
| ☐ football | ferent activities around the gym |
| | idents choose or rotate through |
| | ☐ step benching |
| | ☐ Team Handball |
| | ☐ Set gym up like a sports |
| | ☐ Ultimate Frisbee |
| | lleyball ☐ Zumba |
| | ig ☐ horseshoes |
| | .weight training ☐ yoga |



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FOUR SQUARE RULES:

1. Server stands in the #1 square. Server calls any special game.
2. Players waiting stand by the #4 square. The first person in line is the judge. (If there is an argument and the judge didn't see it clearly, **RE-SERVE**.)
3. Server must have 1 foot in diagonal corner when serving. All other times his foot does not have to stay in corner.
4. To serve, drop the ball and hit with an open hand, fingers pointing down. **Serve must be returnable.**
5. The ball does not have to bounce before being hit, but if it does bounce, it may only bounce once.
6. Lines are good!!!
7. No catching or carrying
8. When you miss, go to end of line and next person waiting comes into #4 square.
9. Ball must be hit with an open hand with fingers either up or down-no fists. Using 1 hand is fine.



Offer active alternatives
for students who don't
want to play in games!

Learning Target Posters Included:



Free Updates!
Just re-download.

Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>

<http://www.cdc.gov/healthyyouth/sher/standards/>

<http://www.corestandards.org>

Graphics:

Teen and younger kid graphics are from:

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