

SOCCER UNIT (3 Weeks)

Hey,

I hope this Unit Plan is helpful in giving you a few ideas for your soccer unit, it's not polished, spellchecked or designed – it's literally straight from my clipboard to yours.

If you want more ideas and resources, check out my blog at

www.thePEspecialist.com

Have fun and teach on!

Ben



| | <u>K</u> | <u>1ST</u> | <u>2ND</u> | <u>3RD</u> | <u>4TH</u> | <u>5TH</u> |
|----------------------|--|---|--|--|-----------------------|-----------------------|
| <u>Week 1</u> | Footwork Music Trap Game Cone Soccer/Dot Soccer Partner Bridge Game Dirty Back Yard Soccer | | Footwork Partner Dribble Relay Partner Bridge Game (3 rd – 5 th) Dribble Open Space/ Bumper ball (Shielding) Soccer Snowball Fight! | | | |
| <u>Week 2</u> | Bumper Ball Hoop Soccer ----- Dribble Tag | Music Trap Bumper Ball/Shielding Dribble Tag Hoop Soccer | | Passing Practice (inside of foot trap) Dribble Tag Pins Down | | |
| <u>Week 3</u> | Bridge Game Soccer Snowball Fight ----- Pins Down | | Warmup – Soccer Station Soccer or Long Goal Soccer | 4 Corner Soccer OR Long Goal Soccer | | |

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OTHER CULMINATING GAME IDEAS (links to videos)

[Human Fooball](#)

[Pins Down](#)

[Scooter Soccer](#)

[Hoop Soccer or Soccer Hoopla](#)

[Soccer Horseshoes \(Soccer Can Jam\)](#)

[Long Goal Soccer](#)

Soccer Snowball Fight – Use foam balls and try to kick them at each other, if you get hit with a ball, you must go outside the lines and do 5 pushups or 10 jumping jacks

[SOCCER MANIAC](#)

[SOCCER HOT SHOT](#)

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Week 1

2ND – 5TH

Soccer Intro (Soft Touches, Close Control) **NO TOES!**

- Footwork Drills : Roll ball heel to toe, Right Foot, then Left Foot, Toe taps, tic tock...

Partner Dribble

Place students with partners and line them up on a poly spot on one sideline of the gym. Demonstrate the dribbling to the other side, stop the ball on the line – no balls should be hitting the wall. Control the ball, don't let it control you... Dribble with insides of feet... outside... shoelaces... & you choose. The more times you touch the ball the more control you will have.

Cues: Soft Touches, Close Control

*Go over the Safety of the Trap – put your weight on your anchor foot

*Look UP, Slow down if you're out of control

Partner Bridge Game – The person without the ball makes a bridge, the partner with the ball gets 60 seconds to dribble under as many bridges as they can... after one minute switch places and play again... play twice through and try to beat your first score... Stress Safety, Soft Touches and Close Control

*When you are a bridge, watch your partner and give them one piece of advice when switching

Dribbling in Open Space: Stay inside the black lines... If your ball hits someone else's ball or if it goes outside the black lines

Bumper Ball – teacher tries to bump the ball out of bounds (if the student is not keeping the ball close to their body)... if your ball gets bumped out you do 5 pushups or 10 jumping jacks in order to come back in... (Talk about shielding and give a demonstration)

Play Soccer Snowball Fight: Use yellow foam balls and try to kick them at each other, if you get hit with a ball, you must go outside the lines and do 5 pushups or 10 jumping jacks

- NO KICKING WITH YOUR TOE!

(if time play)

Soccer Hoopla:

Students are split into several groups, each having a hula hoop with several soccer balls inside! One student at a time per group takes a ball from another group and dribbles back to their hoop! The goal is to have the most balls in your hoop before time is up!

- No stealing from people
- No guarding the hoops
- No stealing from the hoop right next to you
- Ball MUST BE IN THE HOOP before your partner leaves to get another ball

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WEEK 1

K-1

Have each student get a foam ball and take it open space and hug it with their feet...

“Are you allowed to use your hands in Soccer?” “Why Not” → It’s against rules of the game

Roll the ball around, feel it with your foot, get used to not using your hands... soft touches on the ball... Now try to go back and forth between the insides of your feet... bend your knees...

Go over Trap... Foot on Foot Off... Don’t leave your foot on the ball... be ready to go any direction

Play music and have students dribble around using the insides of their feet... when the music stops they must trap the ball... **Cues:** Soft Touches, Close Control, Look up...

Trap Game – Dribbling around in open space... when the music stops you will trap the ball with... the bottom of foot... Optional: elbow... knee... bottom... stomach...

Trap on a line while dribbling around

Bridge Game:

Girls make a bridge, boys score points... then switch... if you have time do twice...

*Move to OPEN SPACES – don’t want to run into other players... LOOK UP!

Dirty Back Yard Soccer: Same as DBY except no hands.

IF TIME PLAY:

Cone Soccer

- Place cones all around the room... dribble around each cone once and then find another cone... if there is someone at that cone then find a different cone... Keep it in Close Control
- Touch a cone with your ball softly – you get a point for each time – how many can you get
- Now if your ball touches another’s ball, you lose all your points back to ZERO!
- Now dribble around the cones and when I say SCORE you pass to the nearest cone... not far away

- OR -

Trap on a Dot

dots out, practice without ball, toes in, keep the ball under you... toes keep pulling ball back to body, dribble trap, go to a dot, dribble around the dot... stop on the dot... Trap – foot on foot off
*Could also do “**Trap on a Line**” to avoid putting out and picking up dots

Refinements: Don’t dribble like a grandma, you should be moving at a medium-slow jog, keep the ball close, use soft touches

SOCCER UNIT (3 Weeks)

WEEK 2

1ST – 2ND

Warmup – Walk/Jog/Stretch

Review: Soft Touches and Close Control and Trapping

(2nd) Bumper Ball or Bridge Game

Dribble Tag – 3 different roles (freezer, unfreezer, jogger)

- Give 1/3 of kids a Noodle to hold in their hand (they are freezers)
- Give 1/3 of kids a ball to dribble (they are unfreezers)
- Give 1/3 Nothing – they are the joggers

If you get frozen – you raise your hand and spread your legs into a bridge. The people with the ball can unfreeze you by dribbling (with control) under your bridge... Rotate...

“Raise your hand if you haven’t had a noodle/ball...”

HOOP SOCCER

Place a hoop in each of the 4 colored squares and while everyone has a ball divide the class up into the 4 colored squares. When the students go to their squares they must place the ball inside the hula hoop and listen to the directions, waiting on the music to signal the game starting.

The goal of the game is to have the most balls in your hula hoops when the music stops.

When the game starts you must dribble to one of the 3 other squares and steal ONE ball at a time (No kicking/touching more than one ball, you can’t kick all the balls out of the square, only take one) and bring the ball back to your hoop. There is no guarding the hoops, you must allow students to take your soccer balls freely. If you use your hands at any time you must go to the bench and count to 30 mississippi (or 10 three times). When the music stops, the team with the most points WINS!

K

1st Time – Bumper Ball and Hoop Soccer (girls vs. boys) (or 4 teams?)

2nd Time – Hoop soccer with REAL SOCCER BALLS!

SOCCKER UNIT (3 Weeks)

WEEK 2

3rd – 5th

Warmup – Walk/Jog/Stretch – Review cues

Inside the foot pass to the wall (Heel down, toe up) Pass, Trap, Pass, Trap

- Use your plant foot to point where the ball will go
- Take a hop step right before passing to get more power

Dribble Tag(same as 1st & 2nd)

Dribble Tag – 3 different roles (freezer, unfreezer, jogger)

- Give 1/4 of kids a jersey to hold in their hand (they are freezers)
- Give 1/4 of kids a ball to dribble (they are unfreezers)
- Give 1/4 Nothing – they are the joggers

If you get frozen – you raise your hand and spread your legs into a bridge. The people with the ball can unfreeze you by dribbling (with control) under your bridge... Rotate...

“Raise your hand if you haven’t had a jersey/ball...”

Pins Down

Everyone gets a dot and a pin and places the dot on the ground anywhere that is at least 3 steps inside the black line, with the exception of the middle white square. Place a bucket of sticks in the middle square and roll out the foam balls or gatorskin balls. The goal of the game is to collect as many sticks as you can, anytime you are in the game with your pin up and you knock down a pin, you must IMMEDIATELY go get a stick (no doubling up). If your pin is knocked down you must run half a lap around the outside of the black line to earn your way back into the game, while running around you may kick the balls back into the center of the gym, but if you knock a pin down while running you do not get a stick for it, since you are not “technically” in the game.

RULES:

- You are “out” if you: Knock your own pin down, or someone knocks it down with a ball
- When “out” you must earn your way back in by running ½ a lap outside the black line
- No standing over the pin to guard it
- Stay on your feet
- You can’t kick a pin down, you must kick the ball at it
- If you knock a pin down, IMMEDIATELY go get a stick, no doubling up and knocking 2 pins down and going to get 2 sticks at a time

*You don’t have to stay by your pin, but if you leave to get a ball, you’re taking a chance that your pin will be unguarded and knocked down.

***Count up sticks at the end and let the leaders hit the WOW**

SOCCKER UNIT (3 Weeks)

WEEK 3

K - 1ST

1ST Time – Partner Bridge Game and then Soccer Snowball Fight (if you get hit, 5 jumping jacks)

2ND Time – Pins Down

2ND

Warmup – Partner Bridge Game

1ST - Station Soccer

If there are 20 kids, line up poly spots numbered 1-10 on each sideline... give one side of the gym pennies and tie the colored jersey on that teams goal to help them remember... When you call out someone's number, that means they are in the game, they come in try and shoot to score in their goal... The people who are left on the sidelines are still participating, they must keep the ball in bounds – if the ball crosses the sideline the opposite team gets a point... No hands... No kicking across the sideline in the air... STRESS GOOD SPORTSMANSHIP (helpful or hurtful?)!!! I use a foam soccer ball...

- a goal is 2 points
- ball crossing the sideline is 1 point
- handball from somebody on the field is 1 point
- ball crossing sideline in the air is NO points

Stop midway and talk strategy – getting open for a pass – passing to a sideline player so they can pass back to you – playing defense – defending the goal – quick – close control – soft touches – inside of foot passes – pay attention to the game – encourage your teammates.

*we split the gym and had two separate games going at the same time... you have to coordinate sitting down and talking strategy and sportsmanship...

3RD - 5TH

Long Goal Soccer

- Setup: Cones w/PVC on each of the end walls (2 real soccer goals in the middle?)
- Mylec goals = 2 points Long soccer goals = 1 point
- Goalie box (behind middle 4 square line): Goalie can use hands, and court players cannot shoot while in the box
- Rotation: Goalie → Court Player → Bench
- Two ways to score: Kicking the ball under the pole
if a player shoots and goes higher than the pole the other team gets a point
- Goalie must roll it in, or kick it before picking it up – No Punting
- Everyone is divided into 2 teams – 3 stations for each team: Goalie, Court, Bench
- Optional: Assign quadrants to help spread the students out

Rotate after 2 minutes rounds

Handball = free shot on goalie

Use the Voit Special ball (8" gatorskin)

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OTHER GAMES/ACTIVITIES:

4 Corner Soccer

- Talk about passing and the importance of it, proper passing technique
- 4 goals, 2 teams, 8 squares (divide the gym into 8 squares and number them)
- When students come in divide in 2 teams, give them jerseys and number them 1-8
- Goalie can use hands behind goalie box line, no one else can use hands
- No out of bounds, play off the walls, goalie gets it if it goes behind goal
- When goalie throws it in, it must be underhand
- Use two balls if playing with 2 classes
- Put pennies on the different teams
- Keep score on the score board
- Use a whistle as the referee
- Talk about sportsmanship (helpful or hurtful)
- You must stay in your square

Juggling – what it is, why it's important, demonstrate

Drop – knee bounce – catch... Drop – bounce – foot juggle – catch...

Drop – bounce – juggle – bounce – juggle...

How many times can you juggle the ball?

- Either let it bounce ONCE in between hits... or if your more comfortable keep the ball in the air the whole time... NO Hitting the ball above your head – control it

Station Soccer

If there are 20 kids, line up poly spots numbered 1-10 on each sideline... give one side of the gym pennies and tie the colored jersey on that teams goal to help them remember... When you call out someone's number, that means they are in the game, they come in try and shoot to score in their goal... The people who are left on the sidelines are still participating, they must keep the ball in bounds – if the ball crosses the sideline the opposite team gets a point... No hands... No kicking across the sideline in the air... STRESS GOOD SPORTSMANSHIP (helpful or hurtful?)!!! I use a foam soccer ball...

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