

Unit Plan - Soccer - Year 7-8

Learning Context: Soccer

Strand: Personal Health and Physical Development. (Level four)

A.O: Health and Physical Education - Personal Health and Physical Development

Regular Physical Activity - Demonstrate an increasing sense of responsibility for incorporating regular and enjoyable physical activity into their personal lifestyle to enhance well-being.

Health and Physical Education - Movement Concepts and Motor Skills

Movement Skills - Demonstrate consistency and control of movement in a range of situations.

Positive Attitudes - Demonstrate willingness to accept challenges, learn new skills and strategies, and extend their abilities in movement-related activities.

Health and Physical Education - Relationships with Other People

Interpersonal Skills - Describe and demonstrate a range of assertive communication skills and processes that enable them to interact appropriately with other people.

Learning Outcomes:

WALT: position ourselves correctly in a game of football.

WALT: pass a football.

WALT: identify what type of pass to use and when.

WALT: Play football and follow basic rules.

Key Competencies

Relating to Others

Developing Relationships - Learning requires social interaction - Learning requires creating and making meaning - **Learning is about communicating with others and them communicating with you.**

Participating and Contributing

Teamwork relies on members adopting complementary roles - Ensuring the roles of members are complementary ensures the team will function efficiently - **Making sure each person is clear about their role in the group ensures efficiency.**

Learning Sequence:

Initial Session

Theory

1 - Look at existing knowledge of group - what do they already know - list on whiteboard and students can copy the list once complete. To be added to as knowledge expands.

Formations

A soccer formation describes the position the players line up at the start of the game and aim to keep to during play. The most common soccer formations are:

- **4-4-2** - most widely used, solid in both attack and defense. 4 defenders, 4 midfielders and 2 forwards. (Most common)
- **3-5-2** - when you have talented, creative, and fit midfielder's
- **4-3-3** - gives the impression of an extra player if used correctly
- **4-5-1** - defensive, away from home strategy to soak up pressure

Students to place these positions on blank field diagram. Use this link for the diagram:

<http://www.dummies.com/how-to/content/the-soccer-field-of-play.html>

Rules - copy for books and discuss.

The Start and Restart of Play

Kick-off is the way of starting or restarting play:- To begin a match- If a goal has been scored- To begin the second half- To begin a period of extra-time.

The Ball in and out of Play

The ball is out of play when:- It has wholly crossed the goalline or touchline- Play has been stopped by the referee. The ball is in play at all other times, including when:-It rebounds off a goalpost, crossbar or corner flag and stays on the field.-When it hits a referee or assistant referee when they are on the field.

The Off-Side

The law states that if a player is in an offside position when the ball is played to him or touched by a teammate, he may not become actively involved in the play. A player is in an offside position if he is closer to the goal line than both the ball and the second-to-last defender, but only if he is in the opposition half of the field.

Fouls and Misconduct

Click the heading for a summary of the different infractions that will lead the referee to blow the whistle, stop play, and possibly take disciplinary action.

Free Kicks

Free kicks are either direct or indirect, and the ball must be stationary when the kick is taken. The kicker must not touch the ball again until it has touched another player.

The Penalty Kick

Feinting in the run up to taking a penalty kick to confuse the goalkeeper is permitted. However, feinting to kick the ball once the player has completed his run up is considered an act of unsporting behavior for which the player must be cautioned by the referee. Preparing for the penalty kick. The referee must confirm the following before the kick is taken:- the kicker is identified- the ball is placed properly on the penalty mark- the goalkeeper is on the goal line between the posts and facing the kicker All other players on the field are:- Outside the penalty area - Outside the penalty arc- Behind the ball.

Throw ins, Goal Kicks, and Corner Kicks

When the ball goes out of play over the touchline, a throw in will be taken by a player from the team who did not touch the ball last. When the whole of the ball goes over the goalline, a goal kick or corner is awarded, depending on which team touched the ball last. If the defending team touched it, a corner is awarded to the opposition. If the attacking team had the last touch, a goal kick is awarded.

Students will work in a small group of 4 and practise these passes.

Subsequent Sessions

Review rules and field positions

Kicking drill:

*Striking the ball with the instep of the kicking foot.

*Non-kicking foot planted beside the ball.

*Swing from the hip to kick.

*Passing drills.

Discuss passing into space.

Discuss using peripheral vision to find team mates in space.

Discuss the importance of staying and holding your own playing zone.

Game play.

Integrating ICT: youtube, iPad to record sessions for discussion points and assessment.

Assessment: Solo Rubrics - Self and teacher assessed.

Drills

http://www.teachpe.com/soccer_football/soccer_drills.php

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| Skill: Passing a football | Related skills: Body position, target identification, accuracy. |
| 1 | I need help to pass a football effectively. |
| 2 | I can pass a football. |
| 3 | I can pass a football in a closed environment (drill). |
| 4 | I can pass a football in an open environment (moving drill or game). |
| 5 | I can "read the game" and use a pass that is appropriate for the situation (look beyond myself) consistently. I reflect on and refine my pass. |