

Unit 5 - Soccer

Lesson 1 - Creating Space and Movement

PLO's

Grade 9:

- A7 demonstrate a willingness to participate in a wide range of physical activities, including: individual and dual activities, games rhythmic movement activities (including dance and gymnastic activities)
- B2 apply fundamental movement skills in games activities in predictable and unpredictable settings
- C1 demonstrate behaviours that minimize the risk of injury to self and others in physical activity
- C3 demonstrate fair play in physical activities across the activity categories

Grade 10:

- A1 describe a variety of ways to be active throughout one's life
- A4 participate daily in moderate to vigorous physical activity to enhance fitness
- B2 apply fundamental movement skills in a range of complex games activities
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Use a change of pace to create space
- Run to space to support teammate

Cognitive:

- Understand how moving to space creates room for the ball carrier and supports the ball carrier
- Determine when to pass to a player

Affective:

- Playing cooperatively as a group
- Apply safety principles

Social:

- Create good team atmosphere
- Pass to a player who is open
- Encourage players in the group

Equipment:

- Footballs
- Soccer Balls
- Pinnies (at least 4 different colours)
- Cones (32)
- Pylons

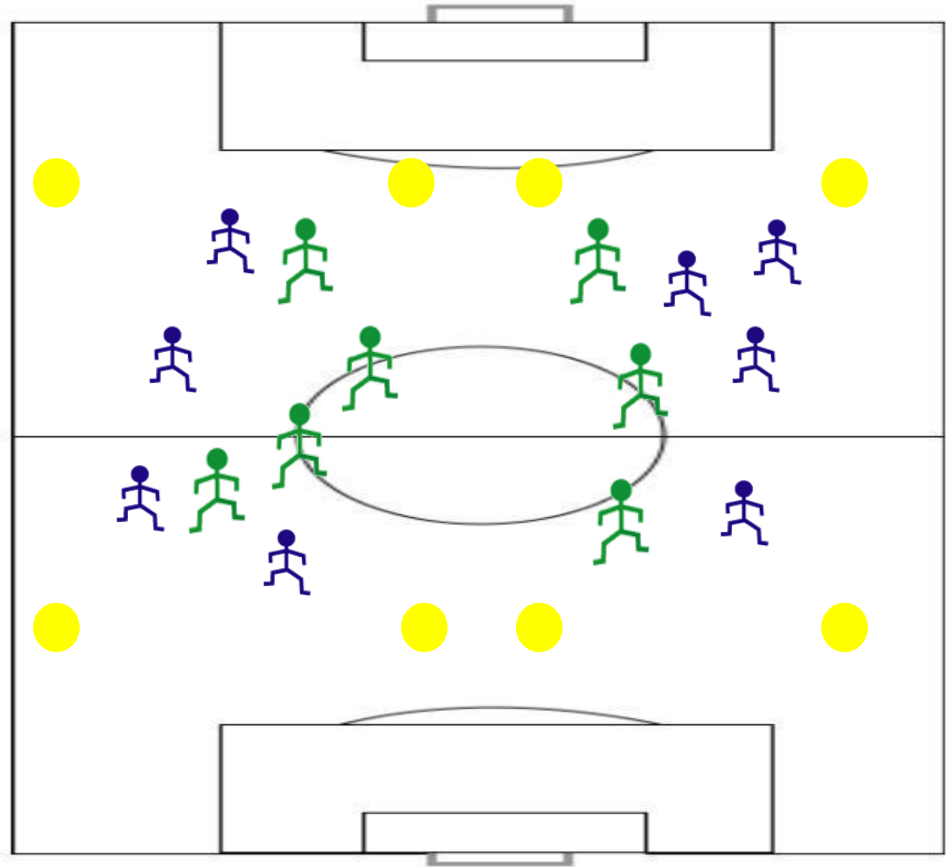
Sequence of Events

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	10 minutes
Initial Activity:	15 minutes
Skills Breakdown:	10 minutes
Culminating Activity:	20 minutes
Wrap-up and Change:	15 minutes
Total:	80 minutes

Warm-up (10 Minutes)

Pinnie Tag

- Some Players have pinnies other do not
 - To tag a player you have to hit them with the pinnie
 - Every so often stop them
 - Players with pinnie do push-ups
 - Players without do push-ups
 - Switch it up keep them guessing
 - Incorporate balls
 - If holding a ball you cannot be tagged
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- Comes back to creating space
 - Just like Basketball
 - Same concept



What are we trying to Achieve Today

- Understand how off-the-ball movement creates space for the ball carrier
- Move to open space to receive and support the player with the ball
- Use movement and communication to keep possession
- Make smart on-the-ball decision when distributing the ball
- **CHANGE OF PACE, CHANGE OF DIRECTION**

ALL ABOUT SPACE MOVEMENT AND POSSESSION.

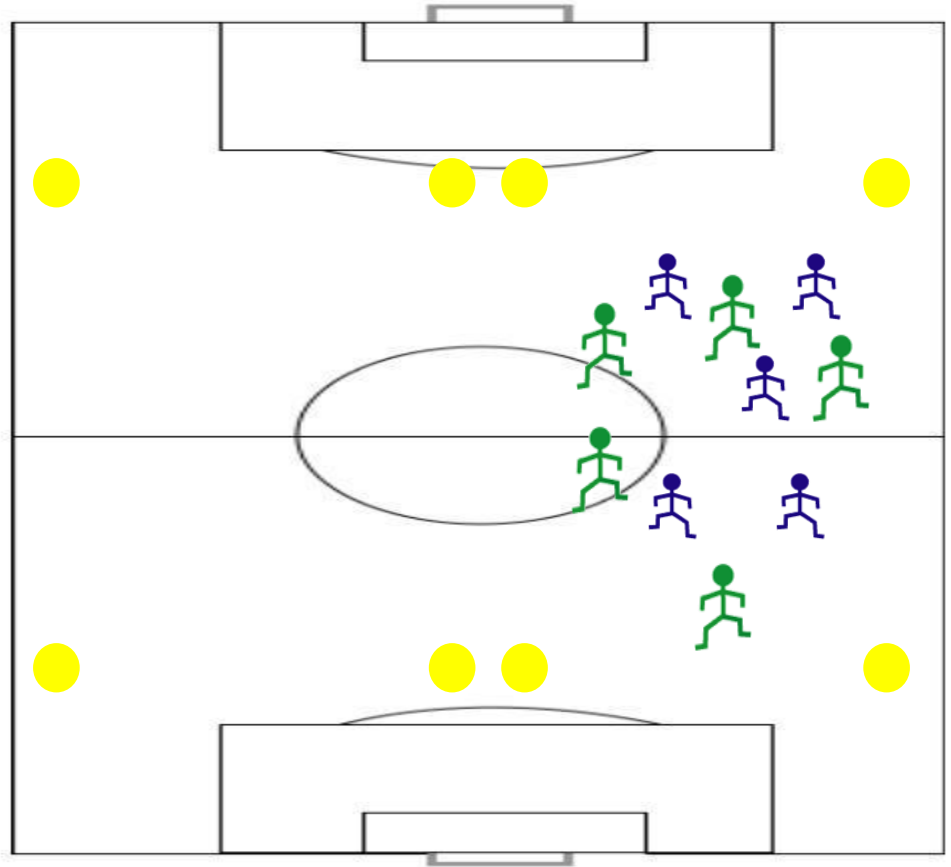
YOU CAN'T DO MUCH IF YOUR TEAM DOESN'T HAVE THE BALL.

Initial Activity (15 Minutes)

- Handball with a Football
 - Most people can relate to football runs
 - Shows how change of pace and runs help you get open
 - Intro to depth and width principles
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- Two fields
 - Players can only throw the ball forward behind the line of scrimmage
 - 4 downs to score or its a turnover

Discussion:

- The runs you make help the ball carrier
- Change of pass is necessary
- Be creative and deceptive

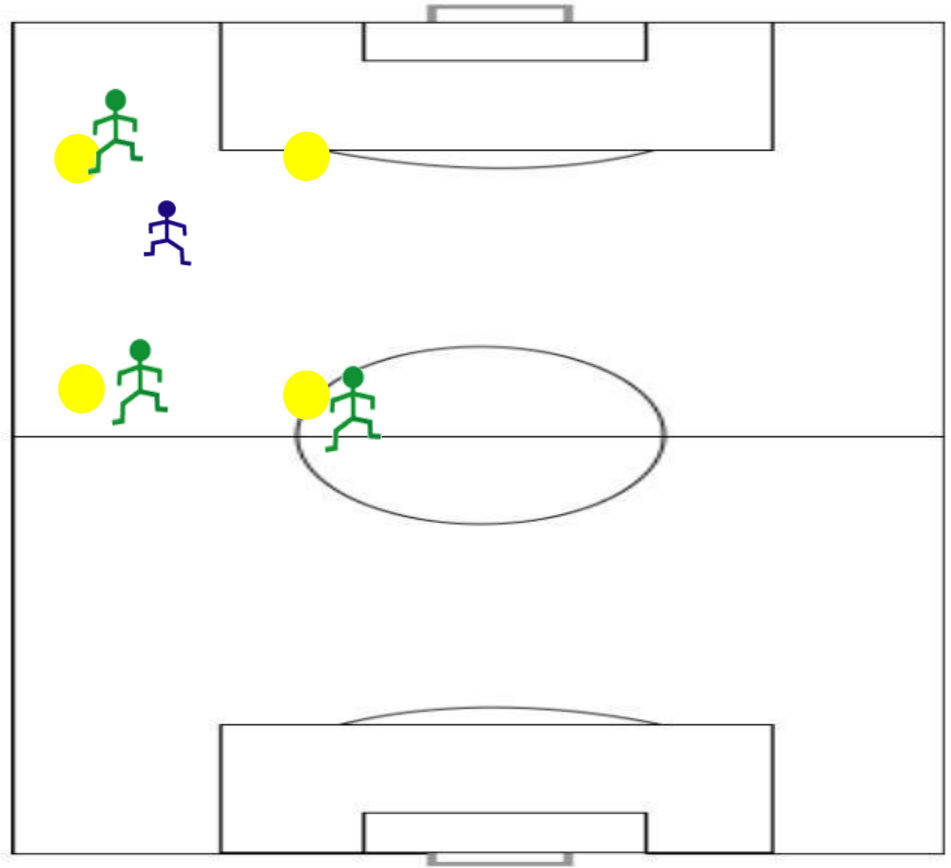


Skill Development (10 Minutes)

- Move to receive a pass
- Must move to a cone to get a pass
- Groups of 4, 3v1
- Call, move, receive

- If defender gets it it is 4 points
- Every 3 passes is 1 point for offense

- 5 minutes with hands
- Try 5 minutes with feet



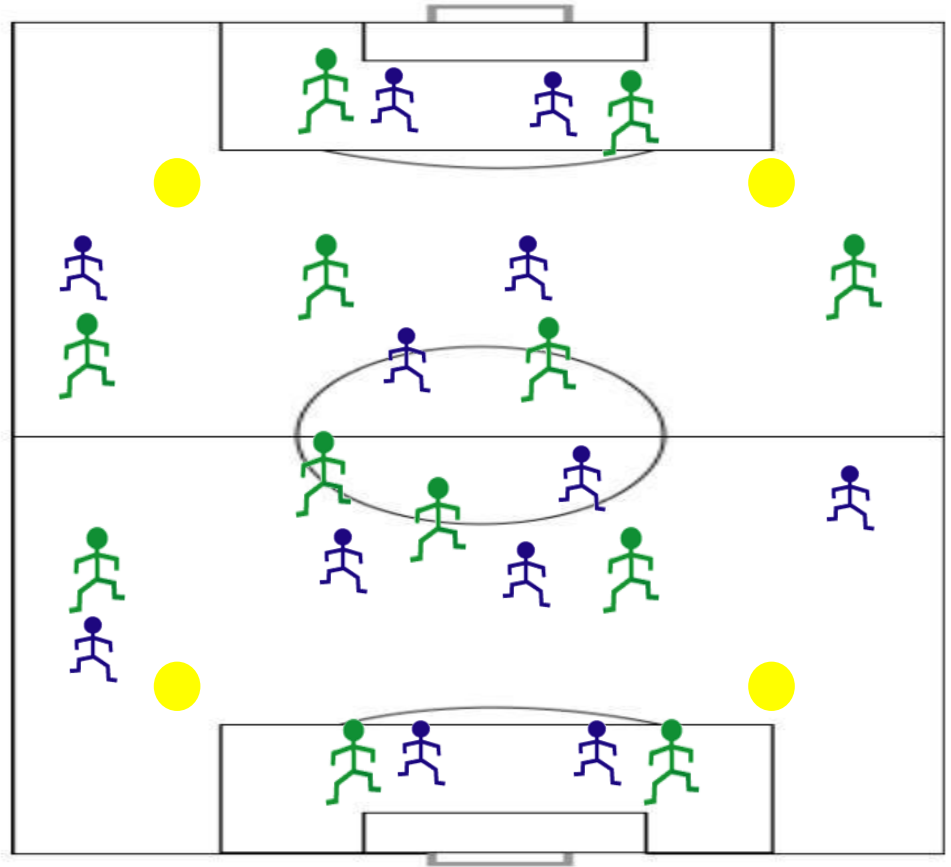
Culminating Activity (20 Minutes)

- Possession Game
- 10 Minutes Handball
- 10 Minutes Feet
- 5 Minute games, then players switch
- 6v6 inside with support players
- Support players cannot be checked

- Or Do two small grids

Territory Invasion Games

- Similar concept
- Use what you already know to your advantage
- 5 passes is a goal, outside passes don't count
- If pass goes to every outside player, must go in first, then the goal is worth 4 points



Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion about moving to space and support
- Talk for next day (Passing/receiving)
- See you tomorrow gentlemen

Exit Slip #1 (Soccer)

1. 'Change of' what two things helps get away from an opponent?

a)

b)

2. Name two other sports that have similar space and movement concepts.