

Unit 5 - Soccer

Lesson 2 - Passing and Receiving

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:

- Make and receive a pass with both feet
- Pass to a player and to space

Cognitive:

- Understand how passing is more effective to evade opponents
- Learn to weight passes and where the pass should be directed for best results

Affective:

- Playing cooperatively as a group and a pair
- Apply safety principles

Social:

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

Equipment:

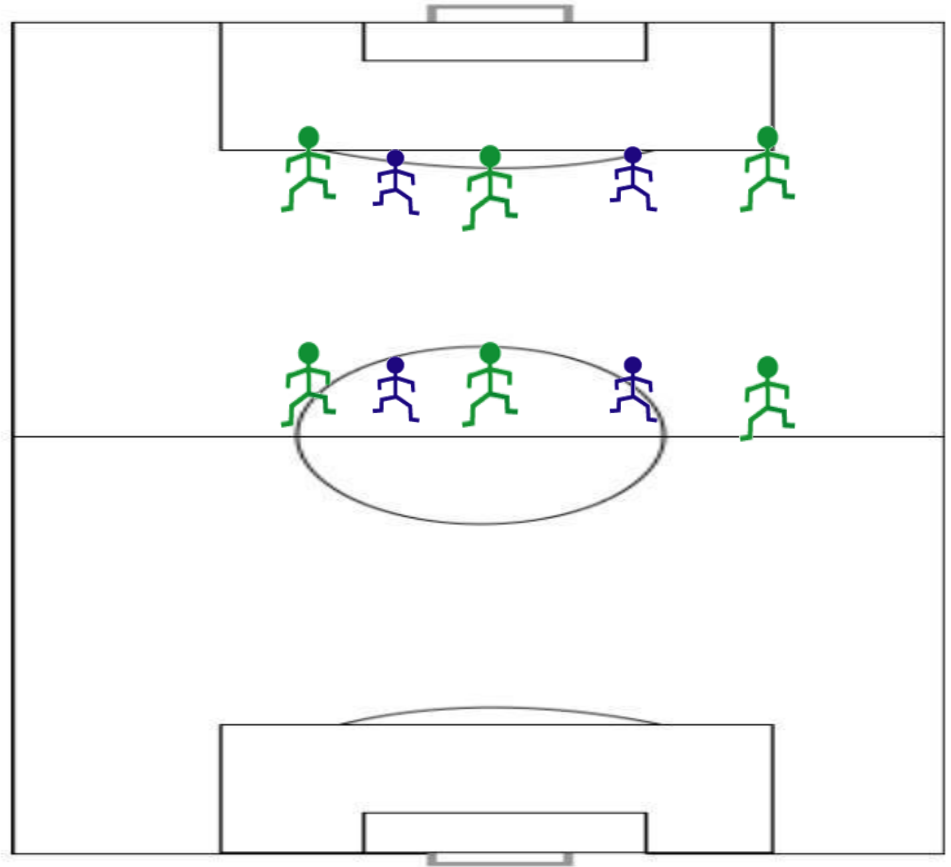
- Soccer Balls
- Pinnies (at least 4 different colours)
- Cones (32)
- Pylons

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)

- Passing Warm-up
 - With a partner, pass the ball with one foot across to your partner
 - They corral the ball with one foot and pass it back with the other
 - Use both feet and try using the outside of the foot too
- Alternate Warm-up
 - Jog to Braefoot Turf



What are we trying to Achieve Today

- **Passing is the single most important skill in soccer** (My opinion)
- 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
- Keeping possession by passing to an open player facilitates success and scoring opportunities

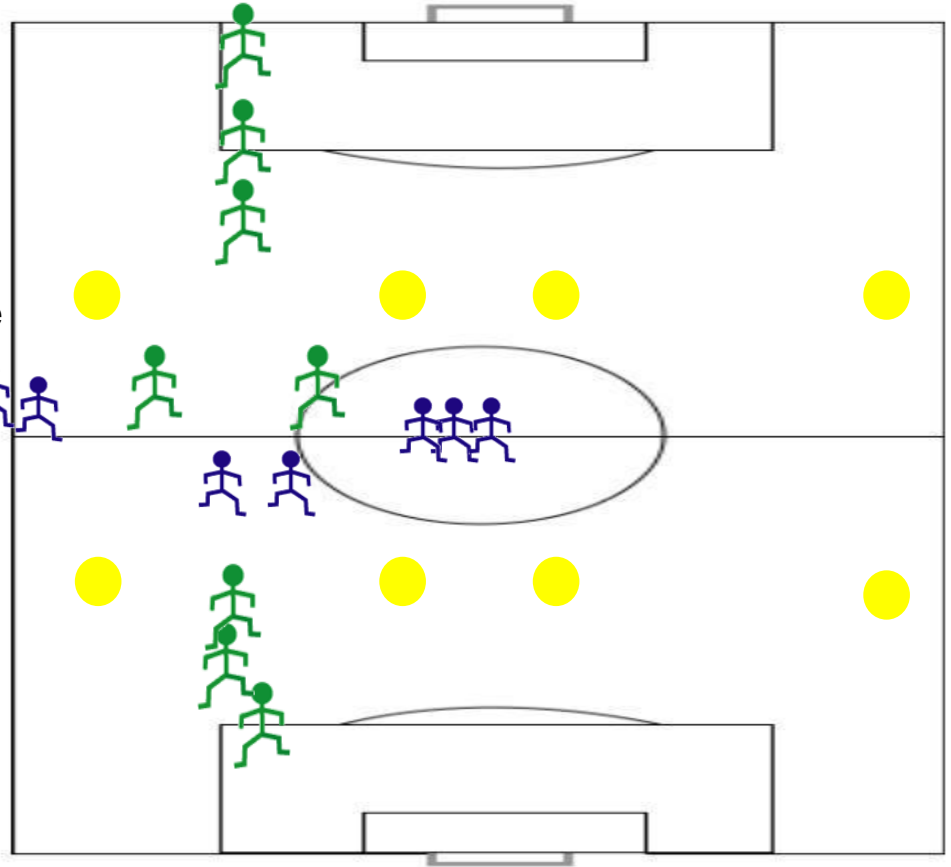
Passing Cues

Plant non-striking foot next to the ball
Contact ball with the instep, comfortably
Swing through the ball
Return to balls of feet to ready position

Initial Activity (10 Minutes)

- **Compass Drill**

- 2 v 2 in the middle
- Players supporting you are either north/south or east/west
- If you pass the ball to either of the side players you switch positions
- Person in the front of the line can move side to side to support the ball carrier
- This mini games helps focus on **ANGLES OF SUPPORT** and **PASSING**



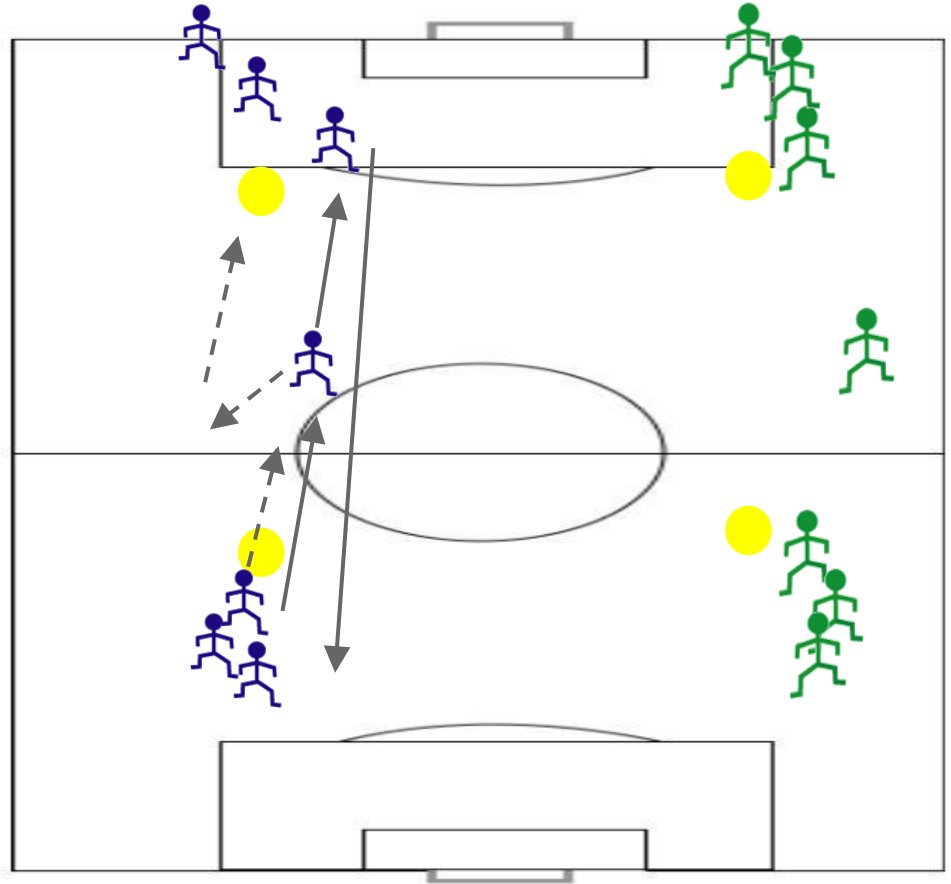
Skill Development (10 Minutes)

- Passing and angle of support
 - Players line up facing each other
 - One person in the middle as a wall pass
 - Short, short long
 - Follow your pass and use both feet

Player



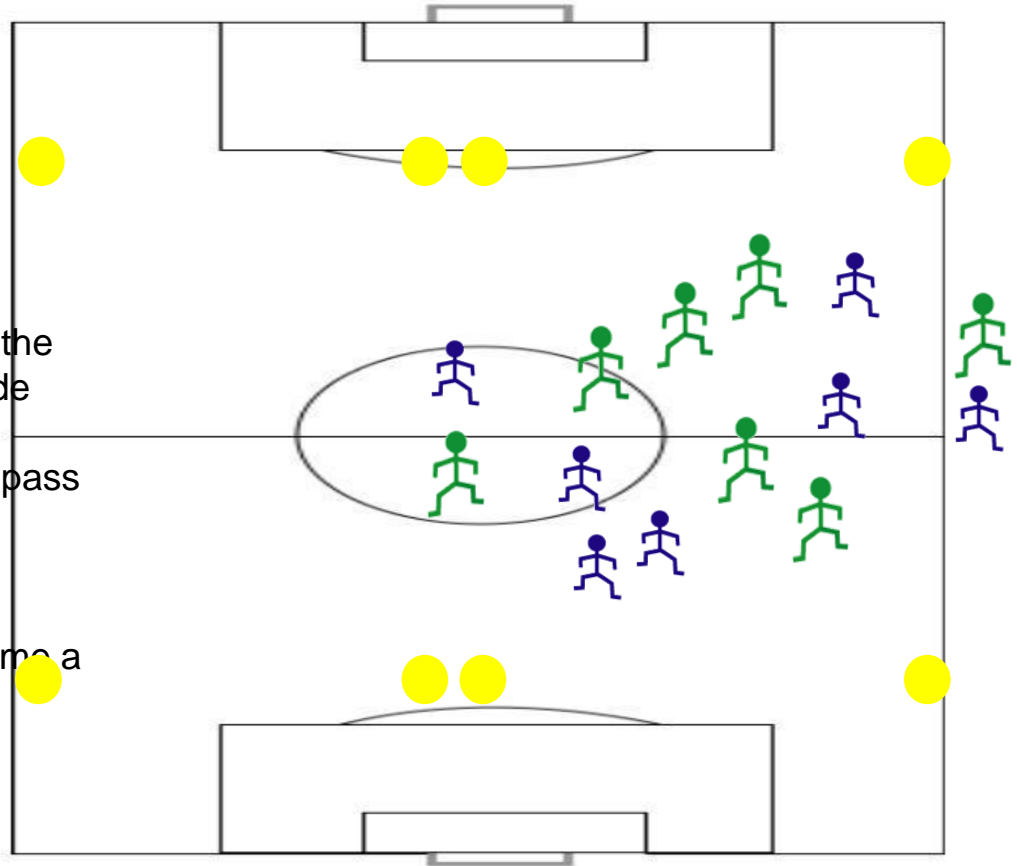
Ball



Culminating Activity (20 Minutes)

- Possession Game

- 4 v 4 inside the grid
- 1 player on each side
- Side players move up and down to support the ball carrier
- Side players cannot be checked or the pass intercepted by the other outside player
- When an outside player receives a pass they switch with the middle player
- 7 consecutive passes is a goal
- First team to 3
- Add goals, they get smaller every time a goal is scored



Territory Invasion Games

- Similar concept
- Use what you already know to your advantage

Wrap-up (10 minutes)

- Equipment retrieval by students
- Jog back to school
- Talk for next day (Dribbling)
- See you tomorrow gentlemen