

Unit 5 - Soccer

Lesson 5 - Shooting

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:

- Will be able to perform the correct shooting motion with their dominant leg
- Plant the shooting foot next to the ball and make good contact
- Work on aiming and different styles of shot

Cognitive:

- Understand how shooting can be manipulated for success
- Realize that it is not always shooting harder that helps but where the shot goes that matters

Affective:

- Playing cooperatively as a group and a pair
- Encourage and support less able individuals
- Apply safety principles

Social:

- Create good class atmosphere
- Encourage players in the group

Equipment:

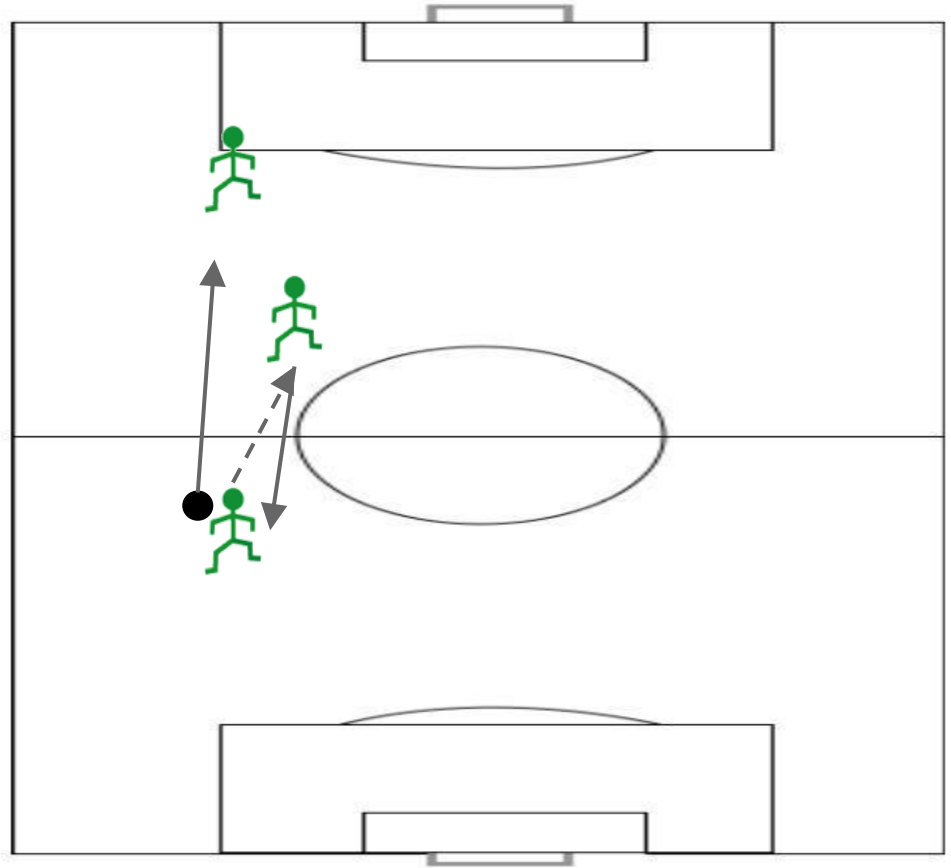
- Soccer Balls
- Pinnies (at least 4 different colours)
- Cones (32)
- Pylons

Sequence of Events

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

Warm-up (10 Minutes)

- Ball work warm-up
 - Groups of 3
 - Two players outside, 1 inside
 - Inside player does the work
 - Outside player passes to inside guy, he passes back, then outside guy hits it across to the other outside player, cycle continues.
 - About 2 minutes inside for each player
 - Stretch
- Alternate Warm-up
 - Jog to Braefoot Turf



What are we trying to Achieve Today

- Shooting is complex and can be done in a number of different ways
- Create an atmosphere that works for different levels of skill

Connection

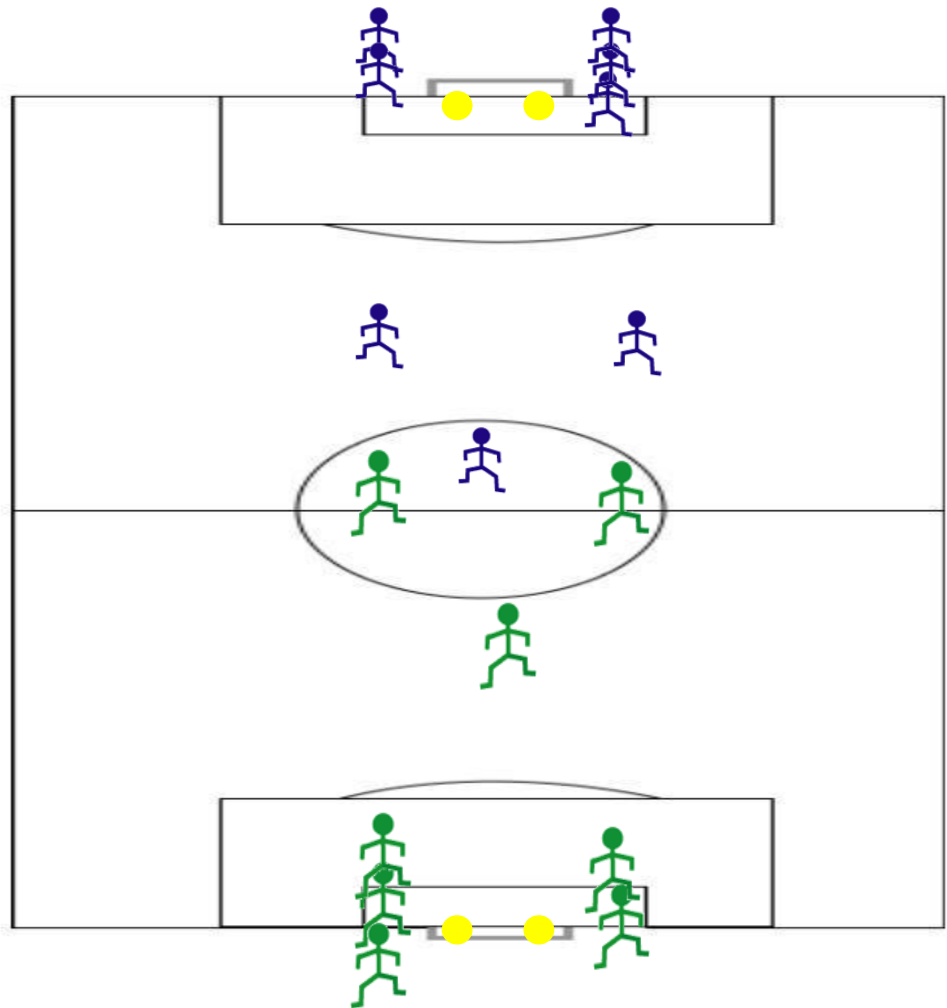
- Connection can be made with the laces
- The instep
- Or the outside of the foot

Shooting Cues

- Plant foot is next to the ball
- Shooting leg and same arm side swing together
- Maintain balance on follow through
- Recover position

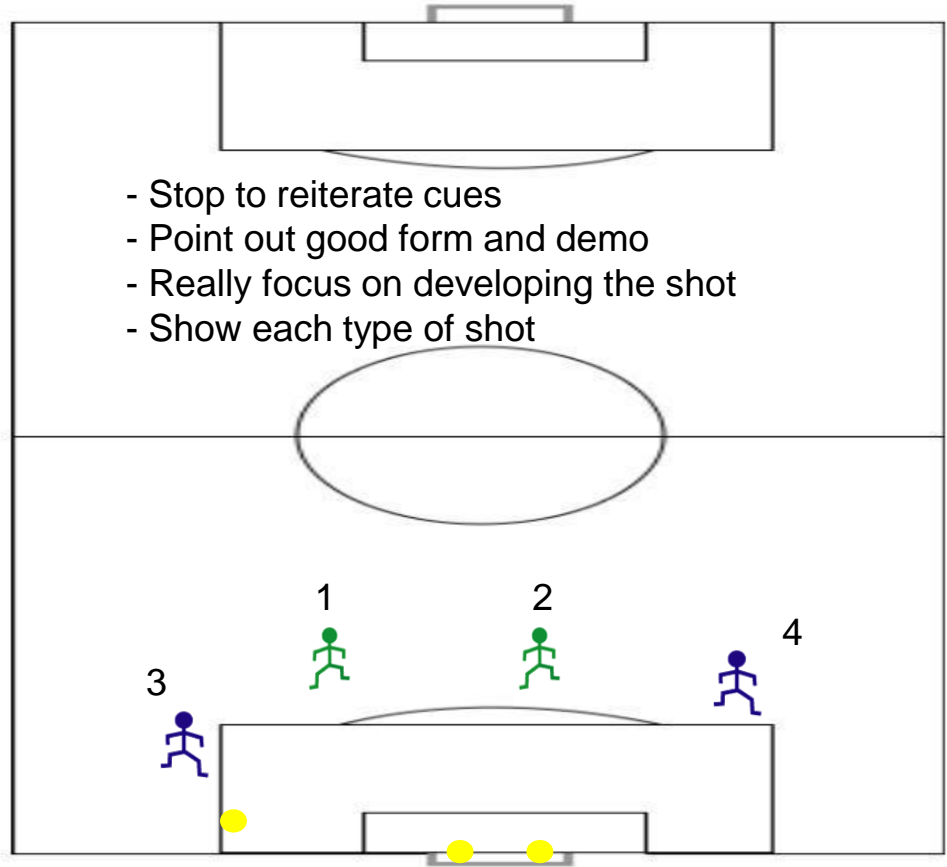
Initial Activity (15 Minutes)

- Shooting game
 - Set-up is the two goals about 40 yards apart
 - Teams line up on either side of the goal
 - Go on as 3 on 3
 - If the ball goes out the side, the end or in the net on your half, two new players from your team come on
 - End players pay attention
 - Players not involved are shaggers, make sure there are always balls in the net
 - Set number of goals
 - Ball goes in the side 2 points, middle 1, side in the air 3 points
 - No Goalies



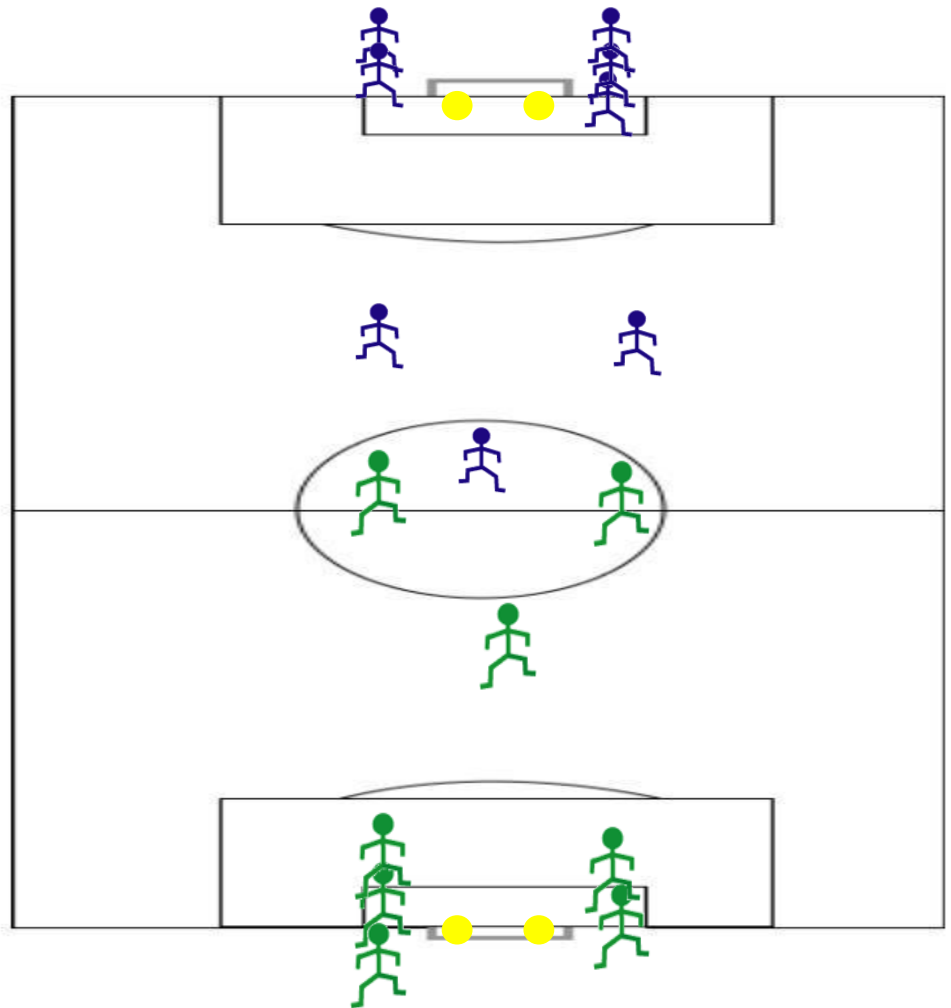
Skill Development (15 Minutes)

- 4 line shooting drill
 - Line 1 touches the ball forward and shoots
 - Line 2 passes to lay-off person and follows in and shoots
 - Line 3 dribbles down and cuts the ball to the middle
 - Line 4 finishes of the pass from 3
- Switch lines, go to any line you want
- If a line runs dry, sprints
- Within your teams, who can get the most points
- Same scoring system as previous



Culminating Activity (15 Minutes)

- Shooting game
 - Same as before
 - Winning team does not have to put equipment away
 - See development and competition level should increase
- Possibly create a **defense free zone** where the shooter gets time to take a good shot
- Goalies



Wrap-up (10 minutes)

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

Exit Slip #3 (Soccer)

1. Where should the plant foot land during shooting or passing?
2. Where are the three areas of the foot that can be used for shooting the ball?