

Unit 5 - Soccer

Lesson 6 - Offense

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 move to positions to increase attacking success
- Especially use width and depth to stretch the defense

Cognitive:

- Understand the 5 attacking principles
- See how using the principles creates success

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:	10 minutes
Initial Activity:	15 minutes
Culminating Activity:	25 minutes
Wrap-up and Change:	10 minutes
Total:	80 minutes

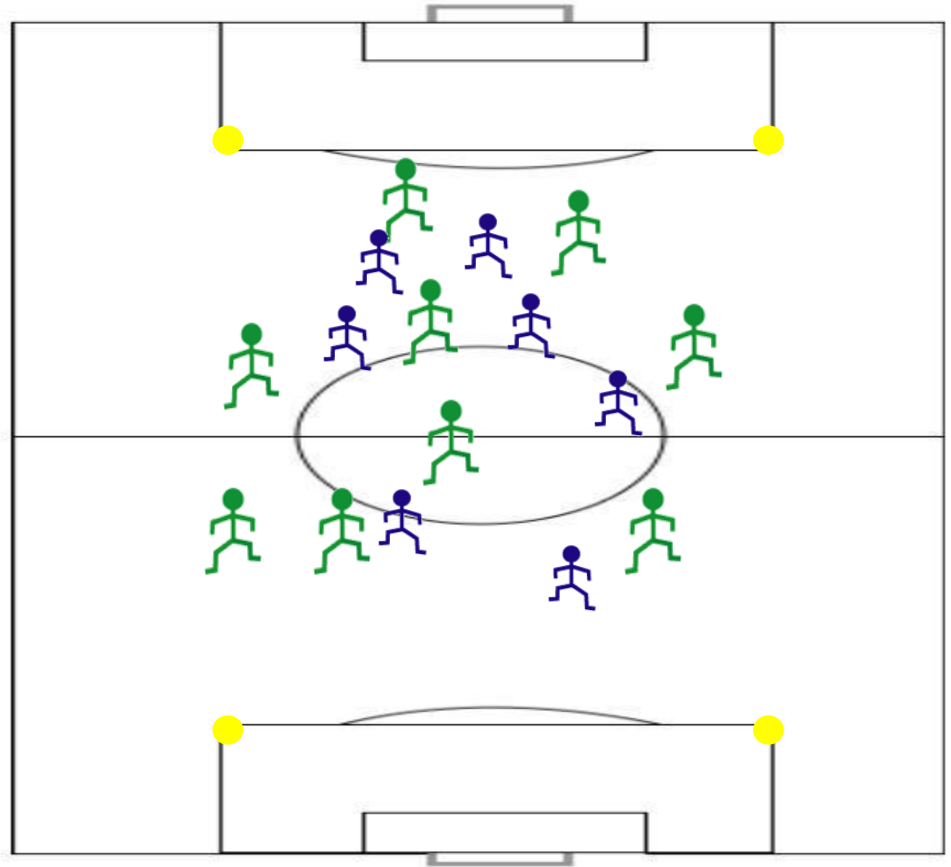
Warm-up (10 Minutes)

- Handball

- 2 teams
- Cannot run with the ball
- Can move to ball on the ground
- Great way to demonstrate depth and width
- Play to pass number to score
- Move to touchdowns with pass total added to goal

- Alternate Warm-up

- Jog to Braefoot Turf



What are we trying to Achieve Today

- Understand the principles of attacking and how they can influence success
- Create an atmosphere that works for different levels of skill
- These principles hold true for every Territory Invasion Game

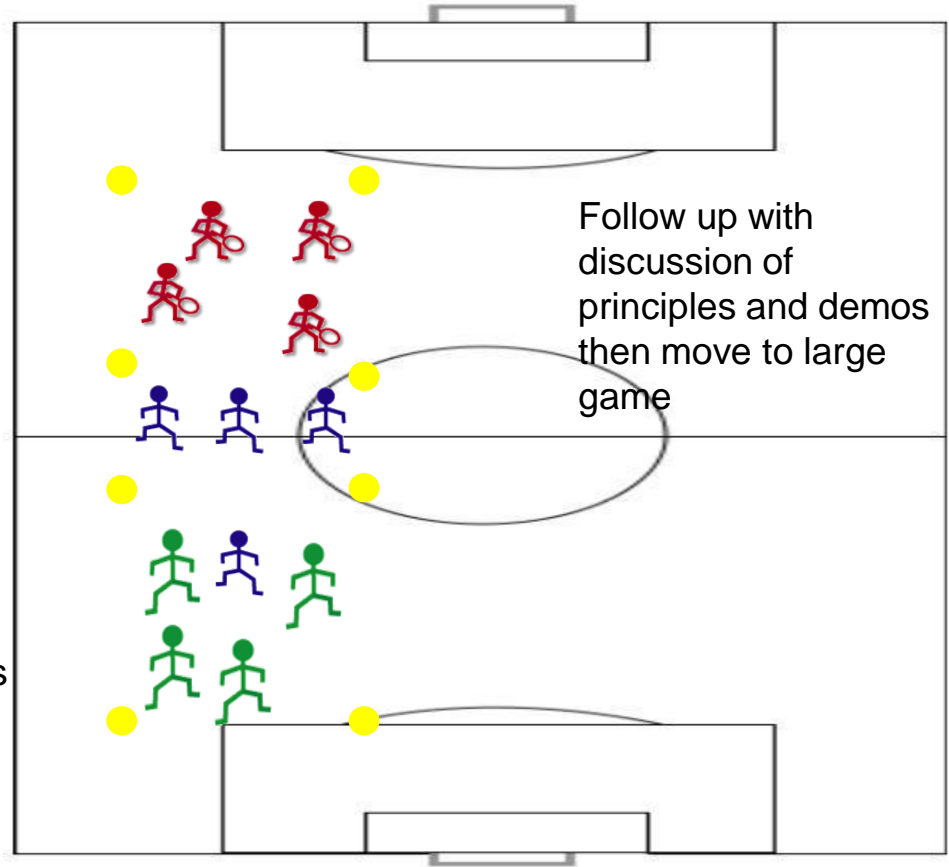
5 Attacking Principles

- Support
- Depth
- Width
- Penetration
- Mobility/Creativity

Initial Activity (15 Minutes)

- Manchester Game

- 2 Grids
- 3 portions to each grid
- 4 v 4 v 4
- 4 on 1 in your grid then get the ball to the far one
- Middle team sends in 1 player the rest have to try to intercept the ball
- 1 point for ball over on the ground
- 2 points for ball over in the air
- To start any number of passes then send
- Upgrade to 4 or 5 passes with success

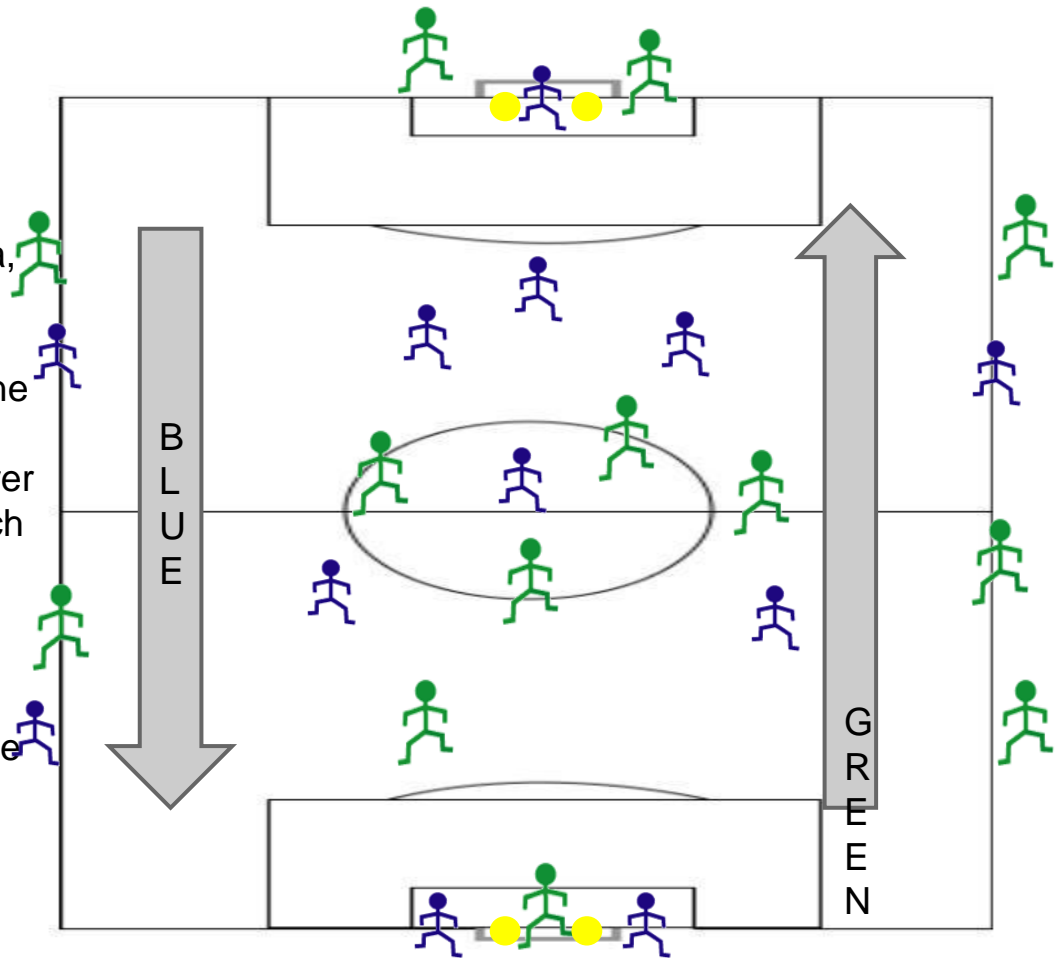


Culminating Activity (25 Minutes)

- End Man Game

- 10 yards outside of the penalty area, about 44 yards long
- 5 v 5 or 6 v 6 in the middle
- Two end players on the attacking line
- 4 side players
- If the ball goes to a side or end player after they pass in they have to switch into the middle
- Play for goals

- 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 (Skills Challenge)
- See you tomorrow gentlemen