

Unit 5 - Soccer

Lesson 7 - Skills Challenge

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:

- Shoot and pass with correct technique
- Play small sided game that incorporate movement and dribbling

Cognitive:

- Use information provided in an assessment setting
- Make the best decision for them when picking shot location and type to achieve maximum score for them

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
- Assessment Sheets

Sequence of Events

Date:

Number of Students:

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	10 minutes
Assessment Zone and play:	50 minutes
Wrap-up and Change:	10 minutes
Total:	80 minutes

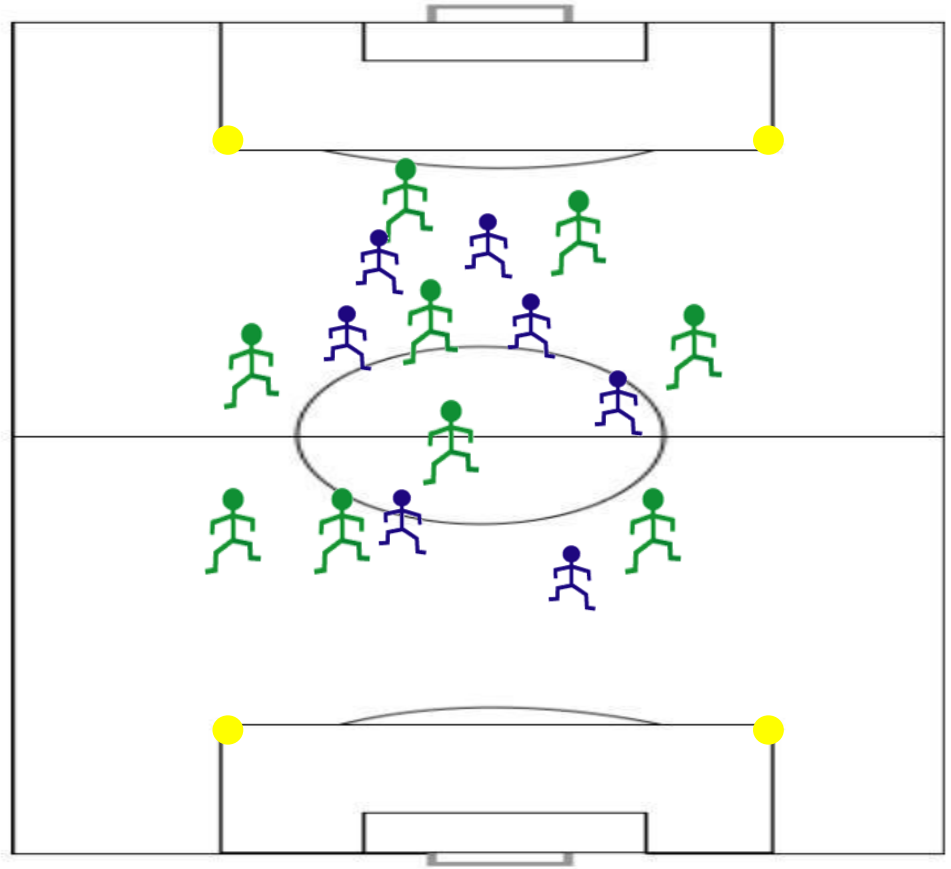
Warm-up (10 Minutes)

- 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

- Assess some skills
- Peer, Self and Teacher Assessment
- Continuing working on attacking principles

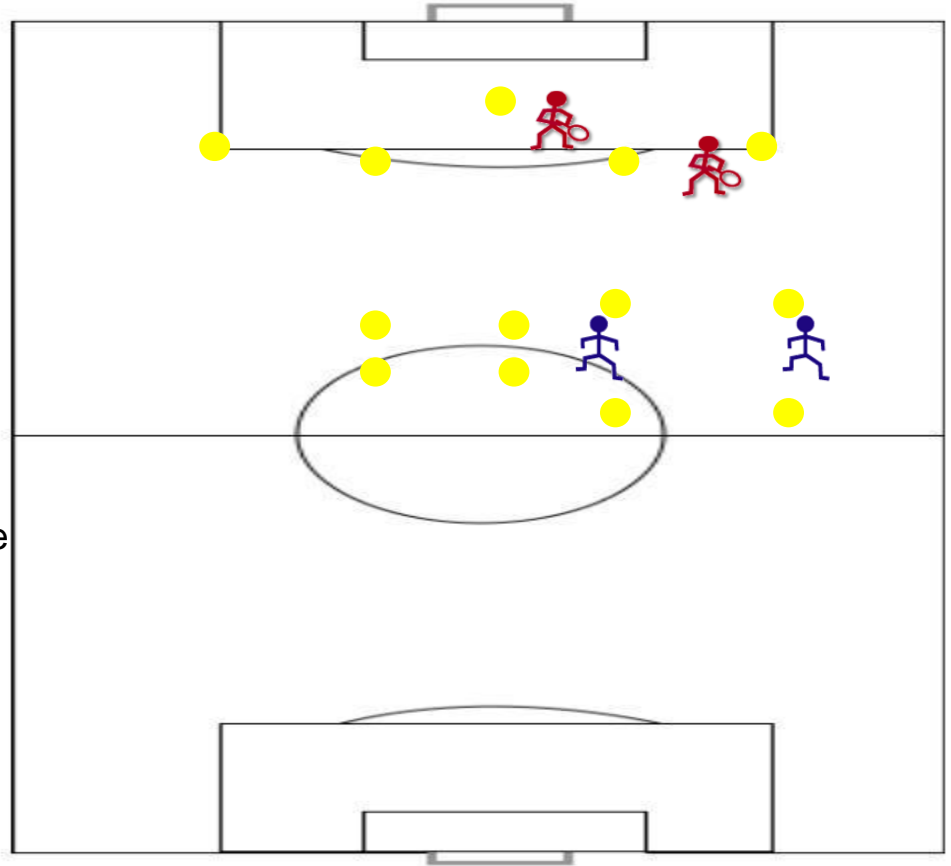
Assessment Zone

- Shooting

- 5 spots, 1 shot from each
- Ball goes in on the ground
 - corner - 3 points
 - middle - 1 point
- Ball goes in in the air
 - corner - 4 points
 - middle - 2 points
- 1 freebie - max score of 16 points
 - 3 bonus points for two shots with the non-dominant foot

- Passing

- Partner, pass 1 touch between two cones
- Start at 10 if you miss drop 1
- 2 sets, varying difficulty
- harder set automatic 3 points

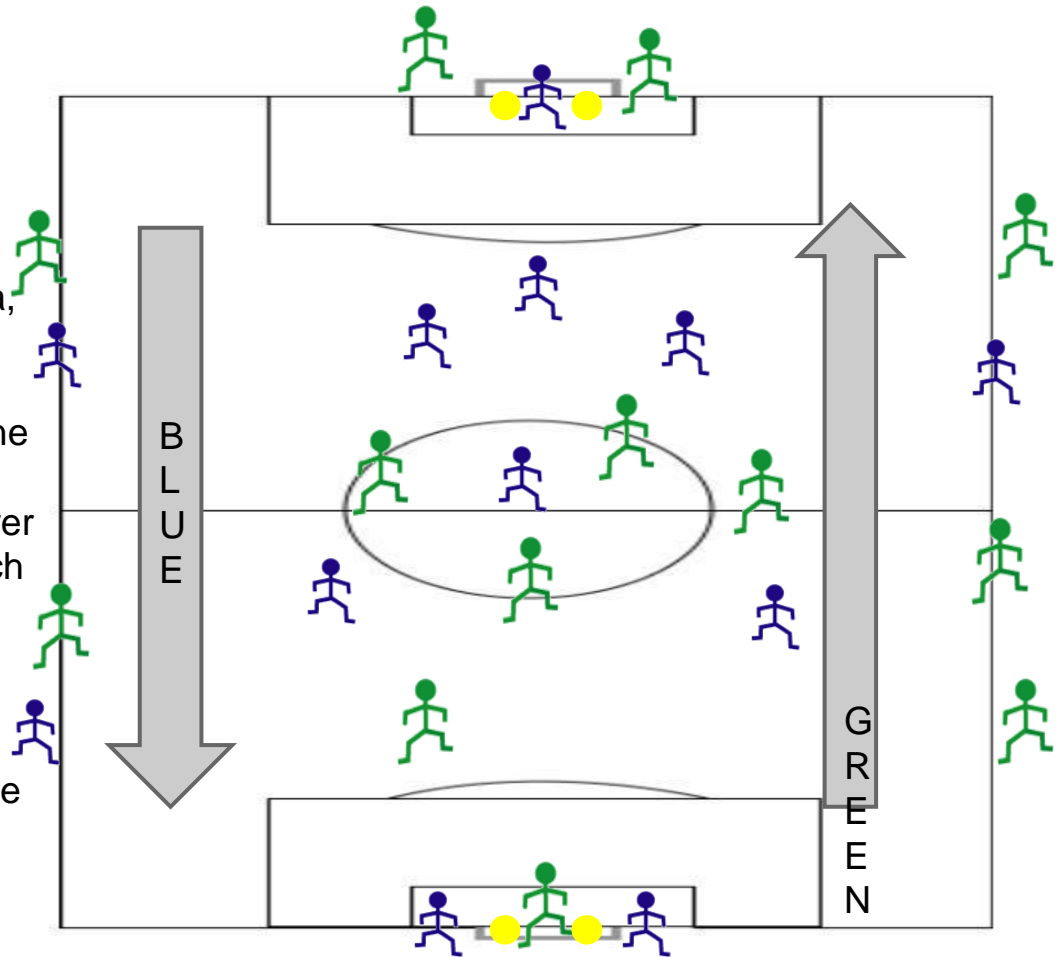


Play (Assessing Movement and Dribbling) (5, 10 Minute Games)

- 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 (Tournament #1)
- See you tomorrow gentlemen

Name:

Assessment Form

Shooting:

Score /16

Movement:

Score /10

Passing:

Score /10

Dribbling:

Score /10