

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
First Grade	Soccer	Dribbling & Trapping Review	Soccer Balls, Control Cones, Hoops, Dice

Objectives

1. The student will stop the ball using the foot, or Trapping it, when instructed to freeze.
2. The student will move the ball around the space in a controlled manner.
3. The student will travel around the space while dribbling the ball with their feet without touching anyone or anything else.
4. The student will have fun.
5. The student will play following the safety rules of class.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram
Part 1 Warm Up	10	<p style="text-align: center;"><u>DICE AND CONES</u></p> <p>Concept being Used: Directional (Forward, Backward and Sideward) movements Materials needed: 12 Control Cones; pair of large dice.</p> <p style="text-align: center;"><u>Description of the Activity</u></p> <p>Have students place a traffic cone upright on the floor around the general space. Prompt them to keep cones away from wall and center (meeting circle) area. To begin the activity, have students sit in a circle at the center area. Ask students to name the different directions they can move while walking, jog/running, hopping, skipping, sliding, traveling on bottom, etc.). Explain that you will be rolling the die you have in your hand. They will all call out the number together, and then they can go and travel using the direction that is determined, to move to that number (the number of the dice) of cones. They should touch the top of each cone they come to; when they are done, they then perform the movement back to the center circle.</p> <p>Have a few students demonstrate this so all can see. If there are no questions, have students stand up and get ready to move! Change the direction you call out. You can also have students roll the die. Encourage the students to find many ways of traveling using the different directions.</p> <p>Alternate Tasks:</p> <ul style="list-style-type: none"> • Allow the students to choose the direction they will use to travel to the cones. • Have the students choose a different direction to use each time they go to another cone. • Have the students in small groups, (groups of six using flag colors) each with their own dice. These groups can decide together which direction they will use while traveling each time to the cones. In this case the students can use the control cones as a class, even though they will be doing the activity as a group of six. <p>Assessment Ideas:</p> <p>Have a student explain and demonstrate a direction before the whole class performs the movement. Choose the students who volunteer for this task so you do not put a student on the spot who may not be ready to perform in front of the whole class. Practice the three directions with the class quickly, before the game begins. Visually assess the students to see if they can correctly perform the locomotor movement called out.</p>	
Part 2 Dribbling and Trapping	10	<p><u>Dribbling and Trapping</u></p> <p>Review the steps to dribbling and trapping. You can do this verbally as well as physically. Remember it has been a year since their last lesson so be sure to cover the points they would have learned in kindergarten</p> <p>[AT]</p> <p>When I say go, I want you to use your feet to move the ball around inside the cones. Don't touch the ball with your hands, and don't let your ball touch anyone else or anything else. Ready, go.</p> <p><i>After a minute or so, once everyone is moving around I will stop them to ask the first question. During this first minute I will encourage them to move to open spaces with their ball, and try to cover as much area as they can while they move around the space inside the cones.</i></p> <p>Freeze.</p> <ol style="list-style-type: none"> 1. While you are moving the ball around with your feet, what do you look at? 	

		<p>Remember, you don't want to lose your ball, and you don't want to touch anyone or anything? Don't answer me now, practice it first, think about it while you are moving around. When I stop you next time, then you can tell me the answer. Go.</p> <p><i>While they are moving around I will go around to individual students and ask them the question. When I am satisfied that the majority know the answer, I will stop them to ask the class the answer, and then move on to the next question.</i></p> <p>Freeze. What were you looking at? The ball? The people? Both? Yes, that is right. You have to look at both things, be aware of where you ball is, but be sure to look around you too, that way you won't run into anybody!</p> <p>2. While you are moving the ball around with your feet, if you want to keep it close to you, how do you have to kick it, soft or hard? <i>Again, don't let them answer you until you let them work on the question first. After a minute of working, stop the class and ask them how they kicked the ball.</i></p> <p>Freeze. How did you kick the ball in order to keep it close to you as you were moving around the space? Soft? That's right. This time as you travel, remember to kick the ball softly and look at where you are going and who is around you. Go.</p> <p><i>After a minute or so, stop them to ask them the next question.</i></p> <p>Today you are working on dribbling the soccer ball. It is not the same as dribbling a basketball, because you use your feet instead of your hands. The idea is the same though, you still want to control the ball, keeping it close to you as you travel around the space with it."</p> <p>3. This time as you are dribbling around, I want you to stop the ball with your foot every once in a while. Every few dribbles, see if you can get the ball to stop rolling, but use either your foot or your leg, remember you cannot use your hands. As you are stopping the ball, I want you to think of what part of the foot you use that helps you stop the ball the best. Ready, go.</p> <p><i>Watch to see that they are practicing stopping the ball. Point out students who are doing the task correctly. After a few minutes, stop them and discuss trapping the ball.</i></p> <p>Freeze. What part of the foot worked the best for stopping the ball? The bottom. Be sure when you stop the ball with your foot that you keep the weight of you body standing on the foot that is on the ground and not on the ball! Because the ball is round, you will fall if you try to stand on it! This is called trapping the ball. Using your foot to stop the ball from rolling.</p> <p>(This is a new question, not included in the kindergarten lesson.)</p> <p>4. When you are dribbling, try changing your direction suddenly. Try going backwards, or sideways a couple steps. As you are doing this, think about what parts of the foot you can use to help you change direction when you dribble. Go.</p> <p><i>As the class is dribbling, watch to see that they are trying changes of direction. When you see a student doing a really cool job, stop the class and let the class see that student trying changes of direction.</i></p> <p>Freeze. When you were trying to change the direction of the ball or your body as it travels, what parts of the foot help you direct the ball in the new direction?</p>	
<p>Part 3 Practice Dribbling and Trapping</p>	<p>8</p>	<p style="text-align: center;">Monster in the Forest</p> <p>Purpose of Activity: To maintain ball control while using their feet to dribble around general space.</p> <p>Materials Needed: Soccer balls (one for each student); Control Cones.</p> <p style="text-align: center;">Description of the Activity</p> <p>Tell students they will be playing a game today that uses a story to tell them what to do. Have students, spread out in own space throughout the gym (playing area). Each student has a ball. Control Cones, Hoops and Markers are scattered in the area. Students are told this short story and react to it as it is told:</p> <p>"In front of you lies a great forest full of trees, plants and shrubs. We are going to take a hike through the forest with our berry balls. We must dribble our ball and be sure to watch out for trees (cones), Shrubs (Hoops) and Plants (Markers) that may be in our path."</p>	

		<p>The teacher then signals for the start of the game, students will move to dribble around the playing area. They continue to dribble, avoiding the obstacles until the teacher signals to stop. Each time you stop; see if there are any students who have made it the whole time without running into the obstacles. As the students are moving, point out those who are moving safely throughout the space. Remind them to use change of different parts of the foot to direct the ball away from obstacles.</p> <p>Once all students have mastered maneuvering through the cones add the ending to the story: "In this forest there lives a monster. This monster loves berry balls. So if you dribble too fast, or too hard and the ball gets away from you the berry monster will come and munch it up."</p> <p>The berry monster should be selected students (one color) who should not challenge students, only "munch up" balls that have gotten away from their dribbler. If a ball is caught, it is given back to the student, who can continue to dribble. Be sure to switch students who are used for monsters.</p>	
Culmination	2	<p>Freeze. When I say go, put any balls not in a hoop, in a hoop and come over to the circle and sit down. What soccer skills did you learn today? Dribble and Trap. Where do you look when you dribble? What part of the foot works best for trapping the ball? Great job today. You can line up!</p>	