

LEVEL	UNIT	LESSON Number 3	EQUIPMENT
First Grade	Soccer	Dribbling And Kicking Practice And Games	Markers, Cones, Soccer balls, Fitness cards, music, stereo, Soccer cards, hoops,

Objectives

1. Review the skills of Dribbling and Kicking.
2. Verbally describe the skills and key points to remember while performing the skills.
3. Work cooperatively with their classmates while playing the game.
4. Play safely among the other teams playing the game.
5. Have Fun.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Soccer Station Fitness Workout	15	<p>Set up stations to review dribbling and kicking skills. Review the skills verbally with the class before doing the circuit.</p> <p>Set up 12 stations, 6 Soccer and 6 Fitness.</p> <ol style="list-style-type: none"> <li>1. Hackee Sac</li> <li>2. Dribbling</li> <li>3. Target Shooting</li> <li>4. Stealing</li> <li>5. Ball Control</li> <li>6. Foot Trap</li> <li>7. Jogging</li> <li>8. Push ups</li> <li>9. Sit Ups</li> <li>10. Ski Jumps</li> <li>11. Back Extensions</li> <li>12. Jump Rope</li> </ol>	While the class is working, Rotate around coaching form and reminding the students of the rules that go along with the soccer skills they are practicing.
Part 2/3	15	<p>Kickball Soccer 2 vs. 2 players</p> <p>2 players are up to kick, similar to kickball. They start at the home base area, with the pitcher rolling the ball to the first kicker who kicks it out into the field and begins running around the bases. The runner will continue running until the cone is knocked over. The fielder must run to the ball, dribble it with feet to the pitcher, who from the hoop, must kick the ball and knock the cone down. The fielder may stand by the cone; passing the ball back to the pitcher each time they miss the cone. The team kicking scores one point every time they make it all the way around the bases, back to home, before the cone is kicked over.</p> <p>Each player will get one turn to kick (every ball is fair) and then switch to the fielding positions. The fielders should each get a turn to pitch every time they are out in the field. (Rotate pitchers each batter)</p>	<p>Have the equipment;</p> <ul style="list-style-type: none"> <li>4 markers</li> <li>1 Cone</li> <li>1 Soccer Ball</li> <li>1 Hoop</li> </ul> <p>All the same color, in piles ready for the teams to gather up. When it's time to set up, draw or set one field up as a demo, and then let the teams set up their own field.</p> <p>Remind the class to be aware of the other games. Don't set your game up right in the middle of someone else's game.</p>

