

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
Second Grade	Soccer	Dribbling & Trapping Review & Dribble Games	Soccer Balls, Control Cones, Hoops,

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.
6. The student will verbally describe the steps to dribbling the ball.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1 and 2 Dribbling and Trapping Review	3	Dribbling and Trapping Verbal Review Review the steps to dribbling and trapping. Remember it has been a year since their last lesson so be sure to cover the points they would have learned in kindergarten and first grade. 1. While you are moving the ball around with your feet, what do you look at? The ball and the people. 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! 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? Soft, or with a force that allows you to keep the ball within a foot from you as you dribble. The amount of force you use will increase with your speed. The faster you go, the harder you will kick the ball, but you never really kick it very hard. 3. What part of the foot works the best for stopping the ball? The bottom. Be sure when you trap the ball, your weight is held up by 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! 4. When you are trying to change the direction of the ball or your body as it travels, what parts of the foot can you use to direct the ball in the new direction? The inside, the outside, the bottom, the top of the foot.	I'll begin the discussion with the class seated in a group. As I explain a point to dribbling, I will also have a student demonstrate so the class can see as well as hear the explanation.
Warm Up	5	First Activity: Monster in the Forest – (See First Grade Lesson 1 for explanation)	
Part 3 Practice Dribbling and Trapping	18	A. Play Jaws. (See Kindergarten Lesson 1 for explanation.) B. Play Artful Dribbler with Soccerballs. The two people who are the taggers can be called the referees. They may run after you and if they steal your ball, or cause it to go out of bounds, you become a defense player. You cannot move out of that spot, but you can pivot. Defense players try to steal other's balls or knock the ball out of bounds from their own space. If your ball is knocked out, or someone steals it, you must put your ball away in a hoop around the sidelines and become a defense player on that spot. All the players begin with a soccerball, standing on one end of a basketball court. When the referee's call go, all the players begin dribbling to the other side. While they are dribbling they must avoid the referees as well as any players who have already been caught and are now own space defenders.	Rules that go along with Soccer Dribbling: 1. You may not use any part of your hands or arms to dribble. 2. You may only touch the ball, and not a person, when you are dribbling as well as when you are trying to steal the ball from someone who is dribbling. 3. You may not cause the ball to go out of bounds.
Culmination	2	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!	