

Molly Cunningham

V00910429

EPHE 310, Planning Assignment

Nov 30th, 2020

Dan Geneau

Planning Activity

Title Of Unit: Soccer	Lesson: #2 out of 6
Topic: Dribbling techniques and kick placement	Equipment needed: <ul style="list-style-type: none"> - cones - four nets (small/medium sized) - Soccer Balls (approx 1 for each player) - Hula hoops
Subject/Course/Grade: Grade 7 coed	
Objectives of the lesson (TSWBAT): Psychomotor, cognitive, affective	
<p>The objective of this lesson is to develop the students dribbling skills from the previous lesson and as well to apply it while running and kicking. They are also working on their kicking skills, using the laces, with a net to understand how to score. This lesson also covers important teamwork and problem solving activities to introduce how to protect your area as well as how to become offensive and use the skills taught to try to score. This lesson is designed to give the students an idea of how an actual soccer game is played, but allowing them the time needed to learn the skills properly. The teachers objective of this lesson is to encourage students to practice and apply their learned skills in a new unfamiliar setting and activity.</p>	
Parts of a Lesson:	
<u>Set up before class:</u>	
<ul style="list-style-type: none"> ● Lesson 1: The students were taught how to dribble and what part of the foot to use. They were also taught the components of a kick and how to properly use their foot and leg to not cause an injury. ● Obstacle course set up. ● Net placement 	
<u>Activites:</u>	
<ol style="list-style-type: none"> 1. Warm-up: Steal the ball 2. dribbling drills: Obstacle course 3. Kicking/Dribbling game: Keep your yard clean 4. Offensive drills: four goal game 	
Lesson Description:(Time: 3 mins)	
- Arrival and soccer ball set up	
Warm-up: (Time: 5 mins)	
<u>Skills:</u>	<u>Instructions:</u>
<ul style="list-style-type: none"> ● Moderate activity (5 mins): involves sprinting, dribbling, and running, however children get to break while in the hula hoops. ● This game is intended to get the students moving and warming up their bodies. This game focuses on team work in order to gain the most soccer balls at the end. The skills intended for this game are running, dribbling 	<ol style="list-style-type: none"> 1. Put roughly 15 soccer balls in the middle of the gym. There will be between 4-8 teams, and for each team place a hula hoop equal distance from the middle. 2. When the teacher whistles, the student's objective is to go one at a time to the middle and dribble a ball back to their own hula hoop, then tags the next person to go.

and kicking. I chose this activity in order to prepare the students for a soccer intended lesson, and a fun way to get the students motivated and excited about soccer.

3. If the middle runs out of balls the students are able to steal one ball at a time from each other's hula hoops.
4. The students aim to have the most soccer balls in their hula hoop at the end.
5. At the time limit, for about 5 mins, the students will then count how many soccer balls they have, and see who won.

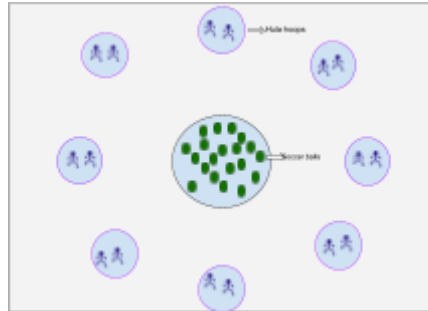
Modifications:

- In different units, the students could roll, throw, or dribble balls back into their hula hoop.
- Only using one foot to dribble
- Dribbling backwards
- Could pass from one student to the other

Safety:

- No pushing each other to get a soccer ball.
- No picking up a ball with your hands, must be done through dribbling
- Only one team member can go out of the hula hoop at a time.
- Stealing each other's balls is encouraged, from each others hoops, however no stealing from players who are dribbling a soccer ball.
- Tackling/fighting is absolutely not permitted.

Diagrams:



Activity #1: Obstacle course (Time: 7-10 mins)

Skills:

In the obstacle course the students are working on dribbling and kicking from the previous lesson. This activity has the students work on dribbling with the insides of both feet and slowing down to control the ball. The obstacle course is a fun way for students to develop control and practice in order to go fast! At the end of the course the students are able to kick into an empty net to practice kicking without a goalie.

Instructions:

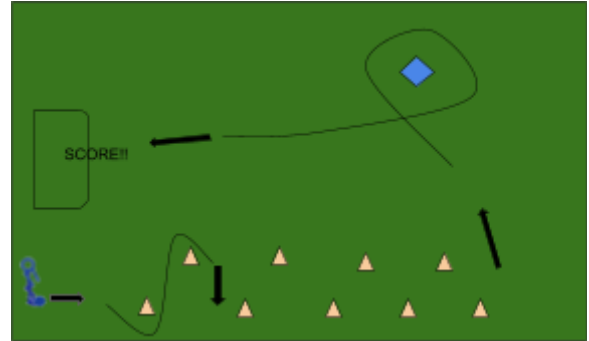
1. Set up obstacle courses with cones in a fun weaving pattern or going around corners. Lots of creative ways to set up the obstacles.
2. Walk through the cones without dribbling for the students to show the correct way to go and demonstrating the side to side movements.
3. Have the students run through the cones to show you that they understand.
4. Then allow students to try and give them the chance to score at the end of the obstacles.

Modifications:

- Change up angles and positions to make it harder or easier.
- Try a harder course, for example creating more weaving, and adding to cones to circle with.
- Add a goalie to make it more difficult.
- Students can only use one foot to try to use both sides of the foot.
- This can also be added with a pass to a player to score in order to have more students moving.

Diagram:

- Use this diagram to show students who have auditory disabilities or challenges what the obstacle course looks like and objective is.



Teaching Cues:

- Make sure the students start by using side to side movements and using the insides of their feet.
- Students should start slow and work up to a run to gain control and understanding of the ball
- Have students kick for fun at the end to review from lesson 1. Making sure they try the different techniques and styles.
- Teach in ASL, use words on the boards, and diagrams to make students objective clear and available to anyone.

Safety:

- Safety tip: Make sure everyone is spaced out to not run into each other.
- Make sure the cones and pylons are not a tripping hazard.
- Make sure no one shoots, while students are retrieving their soccer balls.

Activity #2: Keep your yard clean (Time: 2 - 5 mins)

Skills:

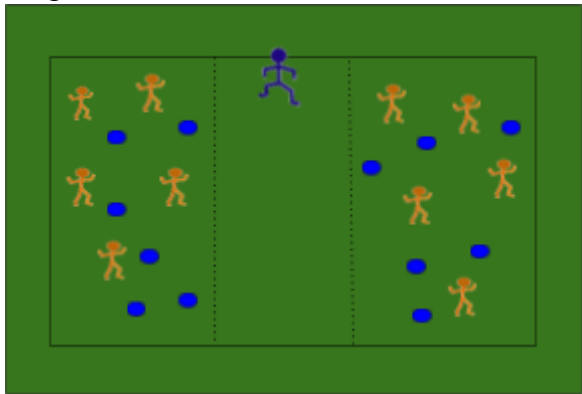
This activity allows the students to practice dribbling, kicking and teamwork. Students have been prepared and taught how to plant their non-dominant foot, kick with their laces and follow through to properly perform the skill. Students are able to work on their aiming for kicking and it also encourages students to use and test out kicking with different parts of their foot, such as the inside or their laces.

Instructions:

1. In a field, start with two even teams and an even amount of soccer balls or soft balls on each team.
2. The objective is for one team to try and get the least amount of balls on their side of the field. Students will then have to strategically kick the soccer balls.
3. Students kick with laces and follow through to ensure proper kicking skills.
4. The middle zone is neutralized and only the teacher can enter this zone. If soccer balls end

	<p>up here the teacher decides what side they go on.</p> <p>5. The winner is established to what team has the least amount of balls on their side at the timer.</p>
--	---

<p><u>Modifications:</u></p> <ul style="list-style-type: none"> ● Can throw or roll the soccer balls for different units. ● Can kick with only one foot to make it more challenging. ● One team could have double the amount of balls to start with. ● The game could also be a dribbling game by only being allowed to shoot from a specific point on the field.

<p><u>Diagram:</u></p> 

<p><u>Teaching Cues:</u></p> <ul style="list-style-type: none"> ● Make sure to encourage teamwork and strategy among players, this will help later on when the students work in teams. ● Try to encourage different movements and distances of kicks.

<p><u>Safety:</u></p> <ul style="list-style-type: none"> ● Safety tip: make sure students aren't kicking too high or head butting the balls. ● Also make sure students are aware of their surroundings to not run into one another. ● If the teacher whistle blasts, the class should stop completely to stop any potential injury.
--

Activity #3: Four goal game (Time: 7- 10 mins)

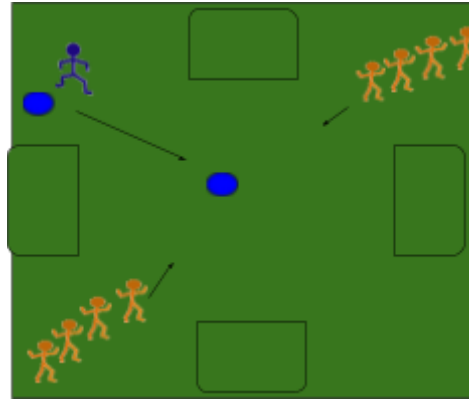
<p><u>Skills:</u></p> <p>This activity focuses on fast dribbling skills and the ability to keep away from the other person. This uses agility and footwork to get the ball away from the other player and kick it into one of the nets before the other player. This activity also gives a variety of nets to slowly introduce scoring and aiming.</p>
--

<p><u>Instructions:</u></p> <ol style="list-style-type: none"> 1. Set up four nets in a square shape and have two line ups of students on either side of the teacher. 2. Teacher then drops kicks/ kicks the ball into the center of the field. 3. Each player at the front of the line race to try to score in 1 of the 4 nets. 4. After the players score they switch line ups and continue on.

Modifications:

- One player can go at a time to practice dribbling and aiming at any goal to score.
- To keep the line engaged, call out a number and then that number of players from each line comes in and plays. Could be 2v2, could be 4v4.
- Can only score in specific nets, for example the net behind them is off limits, this starts to introduce the 2 nets of an official soccer game.
- If two kids are taking a long time, the teacher can toss another ball in for the next two students to get the players moving.

Diagram:



Teaching cues:

- Make sure students use strategy to work out how to defend the ball.
- Have students focus on the footwork developed in order to maneuver around the other player. This also helps students aim their kicks towards a net.

Safety:

- No tackling or pushing to get around one another.
- No tripping or kicking each other.
- Only 2 players at a time.

Cumulative Activity: 2 vs 1 (10 mins)

Skills:

This activity brings together all of the key components from the body of the lesson. Using dribbling, passing and kicking students use these skills to maneuver around one another, pass to players and kick at the net.

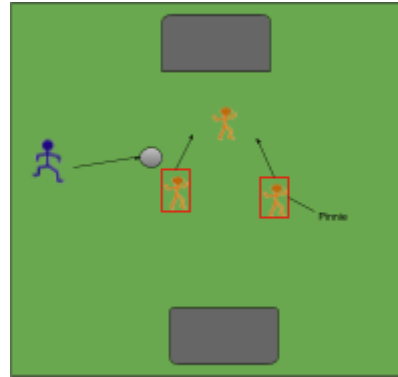
Instructions:

1. Have 2 students wear the same pinnies, and 1 without.
2. The pinnie player's objective is to pass to one another and to get around a defendant who is trying to block the ball.
3. Once they get past the defendant they will score on the net.
4. If the defendant gets the ball they are able to dribble and try to score on the opposing net.

Modifications:

- A goalie can be added to the net to make scoring more difficult.
- The students could pass up to 3 times before they score.
- Could add another defensive player to make it more challenging and competitive.

Diagrams



Teaching cues:

- Make sure students are using all the skills they have learned from the lesson.
- Make sure students are working together to get an open shot to score.

Safety:

- No tripping or pushing
- Only 3 players at a time
- Students cannot go out of bounds.

Closure (3 mins)

Wrap up questions and review:

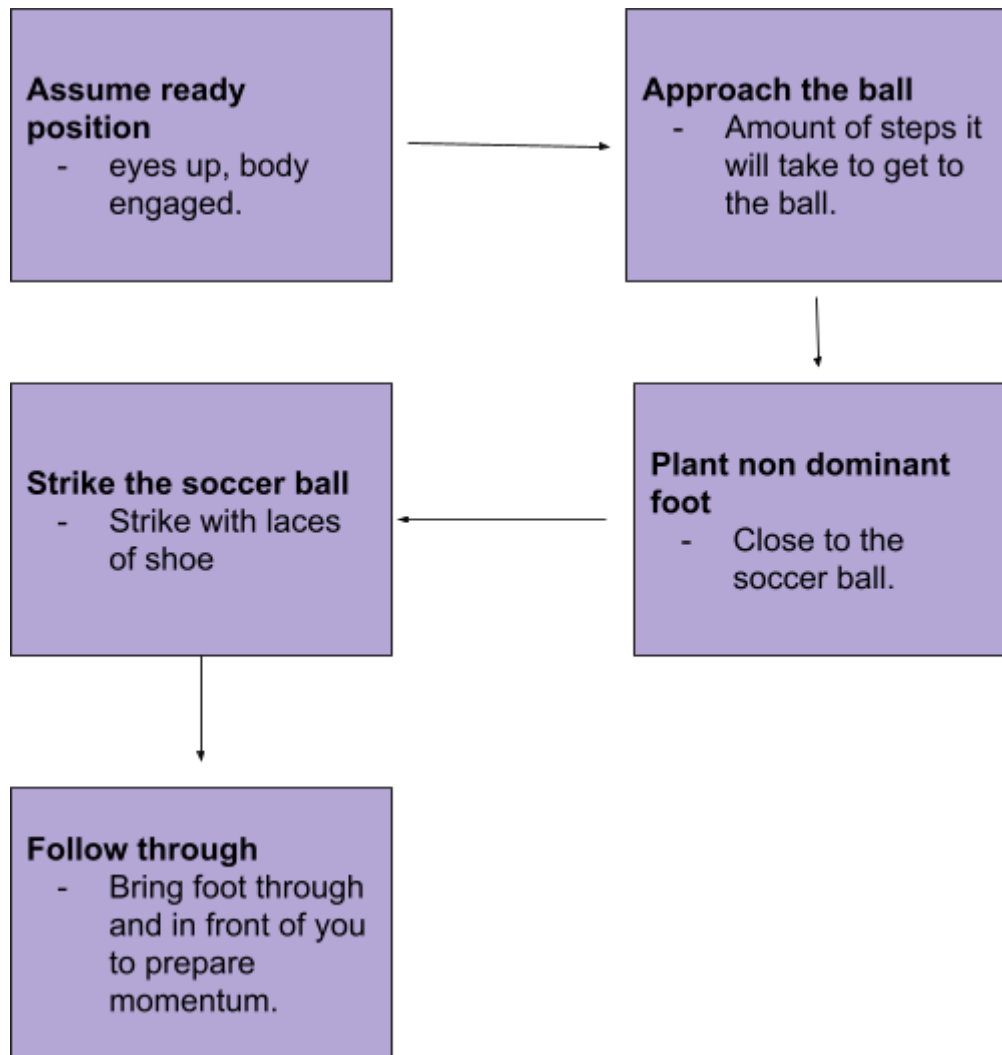
- What part of the foot is used to dribble?
- What part of the foot is used to kick?
- How can we make our dribbling fast and controlled?

Team play:

- What did you notice when you were passing to each other? How do you know where the other player is? Answer: communication.
- Make sure you keep your eyes up and watch the field for teammates and the opposing players.

Appendix:

1. Systemic Task Analysis:



2. Universal Design for Learning:




Check point 1.2, offer alternatives for auditory information.

For activity 1, the obstacle course, as a means of creating a modification for the UDL guidelines, I would implement multiple forms of demonstration and explanation, ensuring all students understand. For example, this activity could be drawn on the board and shown where to go and where to kick, or providing American Sign Language if there are hearing disabilities in the class. In addition to this, the students also walk through the obstacle course with the teacher to ensure everyone is prepared and ready to complete the drill. To teach the students how to dribble with the soccer ball, a diagram of the inside

and outside of a foot would be a good indicator, as well as a demonstration from the teacher of the skill. This not only helps those students who have hearing challenges, but this also gives everyone in the class a variety of teaching cues to strengthen their skills. Overall, for students with hearing disabilities or auditory challenges, providing the lesson in multiple forms will give every student an equal opportunity and a desired outcome.

3. Assessment:

Before Unit: Passes_/10 Shots /10_____Dribbling /10
After Unit: Passes_/10 Shots /10_____Dribbling /10

Passing	Shooting	Dribbling
<p><u>Teaching/Assessment Cues</u></p> <ol style="list-style-type: none"> 1. Pass with the inside of your foot 2. Non passing foot is planted and pointed where the ball should go. 3. Follow through with leg. 	<p><u>Teaching/Assessment Cues</u></p> <ol style="list-style-type: none"> 1. Plant the stationary foot and look to where the soccer ball should go. 2. Wind up kicking foot 3. Kick with inside or top of laces 	<p><u>Teaching/Assessment Cues</u></p> <ol style="list-style-type: none"> 1. Be in an athletic position and keep your head up. 2. Use the inside and outside of your foot to move the ball 3. Maintain control, and keep the ball close to feet.
<p>Tier 1: Stationary passing Tier 2: Be stationary and pass to a moving partner. Tier 3: Both moving and pass from one to a partner</p>	<p>Tier 1: Shoot at no target Tier 2: Shoot at a target Tier 3: shoot on a target with a goalie</p>	<p>Tier 1: stationary passing between feet. Tier 2: Dribble while walking Tier 3: Dribble while running</p>
<p>Passes made /10</p>	<p>Shots made: /10</p>	<p>Dribbles in a /10 row made</p>
		



References:

The UDL Guidelines. (2020, October 06). Retrieved November 27, 2020, from <http://udlguidelines.cast.org/>

Cunningham, M. (2020). *Assessment tool kit*, [Activities]. University of Victoria, retrieved Nov 26th, 2020, from google classroom.

Geneau, D. (2020). *Lecture Slides 1-3*, [Lecture Notes]. Retrieved Nov 1, 2020, from Google Classroom.

Sportpei. (2013). Lesson Plan Soccer, [Active Start]. Retrieved Nov 1, 2020, from <https://sportpei.pe.ca/userfiles/files/Soccer%20Lesson%20Plans%20May%2027.pdf>