

SOCCER



2018-2019

SOCCER

STANDARDS

GRADE LEVEL	STANDARD	DESCRIPTION
2ND	PE.2.M.1.5	Dribble with hands and feet in various pathways, directions and speeds around stationary objects.
	PE.2.C.2.2	Identify safety rules and procedures for selected physical activities.
	PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills.
	PE.2.C.2.6	Apply teacher feedback to effect change in performance.
	PE.2.C.2.7	Describe movement concepts.
	PE.2.L.3.3	Identify opportunities for involvement in physical activities during the school day.
	PE.2.R.5.1	Identify ways to cooperate with others regardless of personal differences during physical activity.
	PE.2.R.5.2	List ways to safely handle physical-activity equipment.
	PE.2.R.6.2	Discuss the relationship between skill competence and enjoyment.
	PE.2.R.6.3	Identify ways to contribute as a member of a cooperative group.
3RD	PE.3.M.1.1	Apply locomotor skills in a variety of movement settings.
	PE.3.M.1.2	Strike a stationary object from a stationary position using body parts so that the object travels in the intended direction at the desired height.
	PE.3.M.1.5	Maintain control while dribbling with hands or feet against a defender.
	PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills.
	PE.2.C.2.8	Explain the importance of warm-up and cool-down activities.
	PE.2.R.5.1	Identify ways to cooperate with others regardless of personal differences during physical activity.
	PE.2.R.5.3	Describe the personal feelings resulting from challenges, successes and failures in physical activity.
	PE.2.R.6.2	Discuss the relationship between skill competence and enjoyment.
	PE.2.R.6.3	Identify ways to contribute as a member of a cooperative group.

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4TH	PE.4.M.1.5	Dribble and pass to a moving partner.
	PE.4.R.6.1	Discuss how physical activity can be a positive opportunity for social and group interaction.
	PE.4.R.6.2	Describe the connection between skill competence and enjoyment of physical activity.
5TH	PE.5.C.2.6	Compare and contrast skills/sports that use similar movement patterns and concepts.
	PE.5.R.5.2	Describe ways to utilize equipment safely during physical activities.
	PE.5.R.6.3	Explain ways to celebrate one's own physical accomplishments while displaying sportsmanship.

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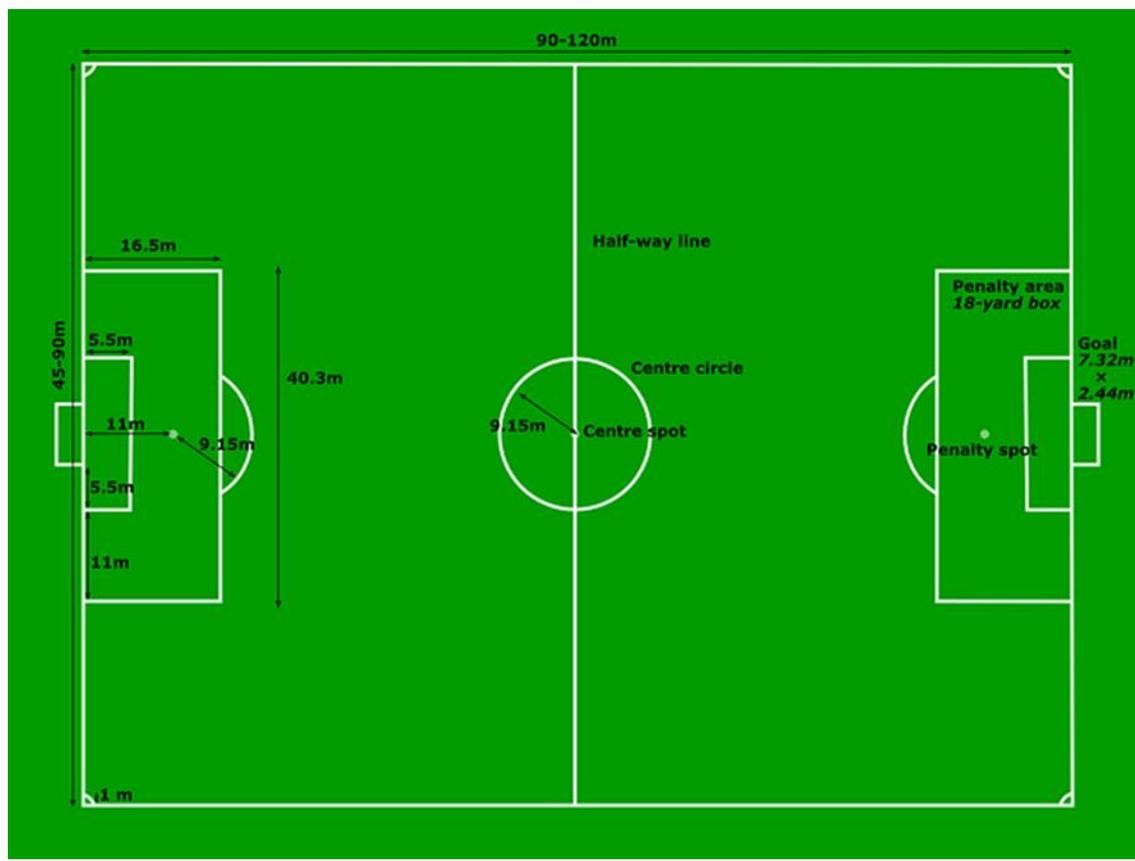
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SOCCER RULES

Soccer is a ball game played by 2 teams of 11 players each. The object is to get the ball into your opponent's goal. The winner is the team that scores the most goals by the end of the game.

PLAYING AREA

Soccer field dimensions



Typical flag football field dimensions are a rectangle around 60-80 yards long and 20-30 yards wide. There is a goal line at each end leading into a 10-yard end zone. The diagram below shows a standard football field, which can be modified as necessary.

PLAYERS

The basic players positions are listed below:

- 1 goalie - Protect the goal
- 4 fullbacks (1 left, 1 center, 1 right, 1 sweeper) - Defensive players who help goalie protect the goal
- 3 midfielders (1 left, 1 center, 1 right) - Play the middle area of the field, helping on defense and offense
- 3 forwards (1 left wing, 1 center striker, 1 right wing) - Offensive players who try to score

EQUIPMENT

You need a soccer ball and a goal to play a game. The age of the players and the level of competition determine what type of soccer ball is used. To find the appropriate size ball for your situation, see soccer ball sizes.

It is highly recommended that every player wear shin guards to protect their lower legs when they inadvertently get kicked. A pair of soccer cleats with rubber studs are recommended to help players get better traction on the field.

The goalkeeper must wear different colors than her teammates to distinguish herself from the other players. Goalies may also wear protective goalie gloves.

OFFICIALS

There is usually a referee who runs up and down the middle of the field and controls the game along with 2 linesmen. The linesmen are positioned on each side-line holding a flag. The referee:

- keeps the time.
- keeps score.
- enforces the rules.
- stops and starts the game.
- cautions or removes players from the game.

The linesmen raise their flags to indicate:

- when the ball is out of play.
- which team takes the ball on the throw-in, corner kick or goal kick.
- any infringement of the rules.

DURATION

The game is divided into two 45-minute halves. Teams change ends at the end of the half. The game clock is a running clock, and time doesn't stop until the end of the half.

The referee will add on additional time for time lost due to injuries, time wasting, etc. Time is also added to allow for a penalty kick to be taken at the end of regulation time.

STARTING PLAY

A coin toss determines which team will kick off first and which goal teams will defend. To start the game, the ball is placed in the center of the circle at mid-field and teams are lined up on their respective sides of the field. Only the kicker may be in the center circle for the opening kick, and all other players must remain outside the circle until contact is made with the ball.

Once kicked, the ball has to travel at least one full roll, and the kicker can't touch it again until another player kicks it first.

After a goal is scored, the ball is reset in the center circle again for a kick-off by the team that was scored on. The second half begins with the same type of kick-off by the team that did not open the game with the kick.

PLAYING THE BALL

Except when throwing the ball in from out-of-bounds, no players are allowed to touch the ball with their hands except the goalie. Players can use any other part of their body to contact the ball. They may use their feet, head, thigh, chest, or back to stop, control, or pass the ball.

A penalty (free kick) is assessed when a player touches the ball with any part of their hands or arms.

SCORING

A goal is scored when the whole ball crosses the goal line under the crossbar and between the goal posts.

A goal is worth 1 point. If the score is tied at the end of the game, the following events may happen:

- the game is left as a tie.
- an overtime period is played (usually two halves of 15 minutes each).
- there is a shoot-off with each team getting to shoot a series of penalty kicks.
- a coin toss determines the winner.

SOCCER SKILLS

Lead Up Skills

- Kicking the ball with the inside of the foot
- Stopping/trapping the ball
- Dribbling the ball with their foot

Assessment Skills

- Dribbling the ball while having students go through a course
- Kicking the ball into a goal area

BASIC SOCCER SKILLS

DRIBBLING

To move the ball and keep it under control while running requires moving the ball with a series of taps and pushes with the inside of one foot (not the toe) and then the other foot.

The ball should not be advanced more than a yard or so with each tap.

Don't let the ball get too far away from the body; if that happens, the dribbler has lost control of the ball.

A smooth and controlled run can be maintained by kicking the ball after every third step.

INSTEP KICK

A lot of power can be generated with this kick if it is done correctly

When approaching the ball, the weight-bearing foot is pointed straight ahead and is placed on the ground beside the ball as the kicking leg swings back.

It is important that the knee and ankle of the kicking leg are flexed and remained in this position on the forward swing until the knee is over the ball.

At this point, the knee and ankle are straightened; the toe is pointed toward the ground so that the ball will be contacted on the instep of the foot.

Follow through with a shift of weight to the non-kicking foot.

Watch out for the toes hitting the ground.

PASSING-INSIDE FOOT

When passing the ball diagonally or laterally ahead, swing the leg from the hip across the body.

The ball is struck with the inside of the foot swinging in the direction the ball is intended to go.

PASSING – OUTSIDE FOOT

Because of the mechanics of this kick, it is used for short distances, for short passes to the outside, or for maneuvering the ball.

The leg, with the knee bent, swing across the front of the body, then out to the side-striking the ball with the outside of the foot.

Swing the leg from the hip.

TRAPPING-OUTSIDE FOOT

A slow rolling ball is trapped by reaching forward with one foot to meet the oncoming ball.

The heel should be about 5" off the ground and the toe should be pointed up diagonally.

As the ball rolls to the foot, it is stopped between the sole of the foot and the ground.

Never step and put your weight on ball.

BODY TRAPPING

It is difficult to bring a traveling bouncing ball to a dead stop with immediate control as with the foot trap.

In this situation, a blocking technique by the body can be used to stop or slow the progress of the ball.

If the ball is bouncing chest or belt high, the rebound can be checked by taking the ball's progress on the stomach or chest while at the same time "giving" with the ball (as in catching a ball) so that the ball will drop at the feet where it can quickly be brought under control with a foot trap.

ATTACKING THE BALL

This move involves a player who, from the side and without touching the other player, is reaching in with one foot to take over the possession of the ball.

If successful, he will protect the ball by quickly turning his back to his opponent so that he is in position to dribble or pass.

To attack the ball from the front, the steal is made by placing a foot on top of the ball to stop it (do not stand on it) and quickly pulling it away from a dribbler.

Remember, when attacking the ball, you cannot touch the dribbler.

SOCCER ACTIVITIES



BEANBAG SOCCER

Space: Field Area

Equipment: 12 cones, 2 soccer balls, 12 beanbags per group

- Place four goals at the four different sides of a large area.
- Class is divided into 4 different teams (5 students per team, 4 players and 1 goalie).
- Each team trying to defend their own goal.
- With large classes, you will need to make 2 fields.
- You can play this with one ball or you can add another ball if you wish depending on your classes skill level.
- It is played like regular soccer, however there are 4 goals.
- Each team begins the game with 3 beanbags behind their goal.
- If team 1 scores a goal on team 2, then team 1 takes a beanbag and places it behind their goal.
- If a team runs out of beanbags, then their goal is closed.
- That team can bring their goalie out to try to score a goal and get a beanbag back and reopen their goal.
- Set a time limit and the team with the most beanbags are the winners
- Pick new teams and try again.

CIRCLE SOCCER

Space: Field Area

Equipment: Volleyball

- The class is divided into two teams per circle, each standing side by side around one half of a circle.
- A line is drawn through the center of the circle.
- The object of the game is to kick the ball between the players on the opposing team.
- A volleyball is used rather than a soccer ball because the soccer ball is too heavy for use in this game.
- To start the game, the captain of either team puts the ball on the ground and kicks it toward the other team or to a teammate.
- Players may block the ball with any part of their body except the hands or forearms.
- If it goes over the waist of the players, it is not a score.
- When the ball leaves the circle, one person retrieves it, returns it to the circle and puts it in play with a kick.
- The first team to get 15 points is the winner.
- Players should be given an opportunity to change their position, since most of the action is in the center.

ELEMENTARY SOCCER

Space: Field Area

Equipment: Soccer ball, colored arm bands or flag belts

- There are 7 players on each team, three forwards, two halfbacks, one full back and one goal guard.
- The object of the game is to kick the ball through the opponent's goal area
- Use cones to for the goal posts.
- The ball is put into play by the center forward with a kick into the opponent's territory.
- All other players must be at least five yards away from the ball.
- The **goal guard** protects the goal by catching, blocking, or kicking any ball that comes their way.
- The goal guard is the only player who may touch the ball with their hands.
- The goal guard may not take more than four steps with the ball.
- The **fullbacks** are also defensive players and remain in the back of the field to assist the goal guard.
- The **halfbacks** try to get the ball to their forwards.
- They should never get ahead of the forwards and should be discouraged from advancing very far into the opponent's territory.
- The **forwards** try to get the ball down the field by dribbling it or passing it to other players.
- The ball may be played by any part of the body except the hands and arms, except for the goal guards, who are permitted to use hands.
- When the ball goes over the sidelines, it is thrown in by an opponent of the person who touched it last, at the point where it left the field.
- The throw-in must be a two-hand overhead toss, with both feet on the ground.
- A goal may not be scored on the throw-in.

- When the ball goes over the end line, it is kicked in by an opponent of the player who touched it last, with all other players five yards away from their opponent.
- **Fouls:**
 - Holding, kicking, striking, pushing, tripping
 - Playing the ball with hands or arms (except for the goal guard)
 - Goal guard taking more than four steps with the ball
- **Penalty:**
 - A free kick where the foul occurred, with all players five yards away.
 - A point may be scored.
- After a goal, the team scored upon kicks off.
- **An official soccer team consists of eleven players**

FOUR GOAL SOCCER

Space: Field Area

Equipment: Soccer balls

- Each team is lined up, side by side, at a corner of the field.
- Four players from each team attempt to score a point by kicking the ball through either of the opponent's goals (opposite sides of the field).
- The ball must pass through any of the goals from the inside of the field.
- There are no boundaries.
- 1 point is scored for each goal.
- After a point is scored, one of the opposing teams gain possession of the ball with the opponents standing 10 yards back.
- After a time limit set by the teacher, the team with the most goals is the winner.

KBP

Space: Field Area (no more than 6 players per team)

Equipment: Soft playground ball

- Team B lines up with a partner to the right of home base.
- One partner set of team B steps up to home plate one player, kicks the ball, both players attempt to tag all three bases in succession and reach home before the fielding team can complete four passes and get the ball to the catcher to tag home base.
- If both players succeed, a point is scored for the team. If the players fail, it is an out. The next time the partners kick they must reverse roles.
- The kicker and his/her partner are out if:
 - They fail to get home before the catcher tags the base; They kick the ball into foul territory;
 - They fail to touch a base; The kicker does not get the ball across the restraining line.
- The fielders may not step over the restraining line either to field or throw a ball.
- If they do, a point is awarded to the other team.
- A ball caught on the fly does not constitute an out, but the fielding team gets a bonus of one pass. That is, the person catching the ball starts by calling out "two" instead of "one".
- When everyone on the team has a turn to kick, serve or throw, the teams change places

PASS vs DRIBBLE

Space: Field Area

Equipment: 2 soccer balls per group of 6 students and cones for boundaries

- Create groups of 6 students.
- Within each group, 5 students (passers) take 1 ball and form a circle around their cone.
- The 6th student (dribbler) stands outside the circle with the second ball.
- The team in the passing circle will make as many accurate passes as possible. while one player dribbles three times around the group.
- Grade Level Progression
 - 3rd: Passers form small circles with dribblers dribbling at a walking pace
 - 4th: Dribblers at a jogging pace
 - 5th: Passers form large circles with dribblers at a jogging or running pace

PIN SOCCER

Space: Hard Court

Equipment: Soccer balls and volleyballs, 12 bowling clubs per team five feet apart, at least 4 balls

- Divide the class into three teams.
- Each team stands behind the end line.
- The players kick the balls and knock down the pins assigned to their team.
- The first team that knocks down their four pins wins the game.
- Students are not permitted to use their hands or step in front of the end line.
- Add more balls when necessary. One player from each team should be assigned to retrieve balls.

SCRAMBLE

Space: Field Area

Equipment: 4 large cones for each corner of the field and 1 soccer per student

- You can divide class into lines since, 1 ball is needed per student and have them take turns.
- On the start signal, student will begin dribbling in open space.
- When the students hear the teacher say “Scramble!”, students will stop their ball, leave it where it is and move to find a new one.
- Students will have 5 seconds to get a new ball before starting.
- This can be done per group for several minutes and next student in line will have their turn.

SOCCER DRIBBLING

Space: Field Area

Equipment: To get as many children as possible active, you will need 24 markers. A mixture of items, such as cones, bean bags, milk jugs, hula hoops, and so on, or find anything students can dribble around.

- **Formation:** Divide the class into six squads. Then divide each squad into two sections (A and B)
- This is a very simple dribbling drill. The first person in line dribbles the ball around the markers when he/she returns to his/her group, he/she passes the ball to the next person who traps the ball and continues the drill.
- The dribblers now go to the end of their own line.
- Explain carefully to your students that this is a drill and not a relay; they need to take their time and concentrate on learning how to do this skill correctly.

TRIANGLES

Space: Field Area

Equipment: You need 8 playground balls and 24 bean bags or hula hoops or bicycle tires.

- **Formation:** Again, so that more children can be active, divide your class into six squads, then divide each squad into two groups (A and B).
- Remember, you are going to have real problems keeping the children in their triangles unless you have some sort of markers.
- You will need hula hoops, cones, or bean bags to mark the stations.
- From these triangles, the children can practice the four skills shown.
- For equal participation and control, let's follow group A as an example. Player 1 kicks the ball to 2 who traps the ball and kicks it back to 1.
- Player 1 traps the ball and then kicks the ball to 3 who traps the ball and kicks it back to 1.
- Then you have a simple rotation: 1 goes to 3, 3 goes to 2, and 2 goes to 1.
- This same rotation can be used with the other skills.
- The distance between the children in the triangles can be set according to the ability of the group.

SOCCER VOCABULARY

Vocabulary Word	Definition
Breakaway	counter attack where rapid movement is made into forward space. Counter attacking soccer is a strategy employed by teams when playing away from home.
Control (ball)	bringing the ball under control by cushioning its arrival at a player with a surface on the body
Control (play)	possession and tempo are the key to having control of the soccer game
Corner	dead ball restart situation where a player touches the ball last and it travels over their own goal line.
Defenders	players who should stop, hold up and minimize any attempts on goal
Dribbling	the art of close control while moving with the soccer ball at the feet
Free Kick	dead ball restart situation when play has been stopped by the referee for an infringement of the laws of the game
Goal	something every team needs to focus on, whether its defending or scoring
Goal Side	the area between ball and the goal when defending
Instep	upper surface of the foot, when coaching players, it's the laces part of the boot
Pass	technique to move the ball from one player to another. Various techniques apply, chip, half volley, push, lofted etc.
Receiving	technique required to control an incoming ball
Save	when the goal keeper or defender prevents a goal