**Big Idea/ Topic**

How would you dribble a soccer ball to maintain control while changing directions and speed?

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**Standard Alignment**

**P.E. 4.1** – The physically education student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

b. Combines pathways, shapes, and levels with skills in small-sided games, gymnastics and/or dance environments.

d. Applies the concepts of direction and force when manipulating an object.

e. Applies simple offensive and defensive tactics and strategies in a variety of activities.

**P.E. 4.2** – The physically education student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

b. Combines pathways, shapes, and levels with skills in small-sided games, gymnastics and/or dance environments.

d. Applies the concepts of direction and force when manipulating an object.

e. Applies simple offensive and defensive tactics and strategies in a variety of activities.

**P.E. 4.3** – The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

i. Independently engages in a physical education class.

**P.E. 4.4** – The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

a. Exhibits responsible behavior through adherence to rules and procedures in a variety of physical activities.

b. Exhibits independent and cooperative responsibility.

c. Listens respectfully to corrective feedback from others (peers and adults).

d. Works safely with peers and equipment in physical activity settings.

**P.E. 4.5** – The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

a. Examines the health benefits of participating in physical activity.

b. Ranks the enjoyment and/or challenge of various physical activities.

c. Describes and compares the positive social interactions when engaged in a variety of physical activities.

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**Instructional Design**

*This lesson has a flexible timeline and will cross over several days. This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.*
**Part 1:** Before starting the lesson, show your students the YouTube soccer video Introduction to Soccer Fundamentals with Mia Hamm - [https://youtu.be/kC8huC0vYB8](https://youtu.be/kC8huC0vYB8)

*Unplugged variation to read aloud*
Ask students if they have ever seen a soccer game before or played soccer? Use their responses to decide how deeply you need to review basic soccer/kicking skills.

**Part 2:** In a live or recorded session, have the students get a ball and begin some basic soccer activities. You can do your own recording or select from the following three versions:
- Soccer Warm Up with Justin: PowerPoint Attachment
  - [https://www.youtube.com/watch?v=UambcwaQKYU](https://www.youtube.com/watch?v=UambcwaQKYU) – Foot Skills with a Physical Education Teacher
  - [https://www.youtube.com/watch?v=7NaBGiFPUuc](https://www.youtube.com/watch?v=7NaBGiFPUuc) Soccer Cha Cha Slide

*Unplugged variation - see below for World Cup Wonder soccer skill sheet.

**Part 3:** Use the PowerPoint included or create your own video with Soccer Skill Activities. Have students try each skill once, then try it again to see if they improve.

*Unplugged variation - print out of Soccer Skill Activity PowerPoint

**Part 4:** *Teacher’s directions to students:* Find a video of a soccer game. Discuss how the teams work together to get the ball down the field. What are some qualities of a good pass in soccer? In a live or recorded lesson, have the students practice passing to a partner or against a wall. You can do your own recording or select from the following YouTube Videos
- [https://www.youtube.com/watch?v=pRZ-2MOEivM](https://www.youtube.com/watch?v=pRZ-2MOEivM) – Soccer Training Passing Drills 1
- [https://www.youtube.com/watch?v=0lhZeur2g_8](https://www.youtube.com/watch?v=0lhZeur2g_8) – Soccer Training Passing Drills 2

*Unplugged variation - see below for Soccer Croquet game.

**Part 5:** Sample Assessments
- Self-Assessment Worksheet – located below.
- Soccer Kahoot - [https://create.kahoot.it/share/soccer/12dda39e-80bc-436b-b2f2-5da19ef0e375](https://create.kahoot.it/share/soccer/12dda39e-80bc-436b-b2f2-5da19ef0e375)

Unplugged Supplies:
- Soccer ball (or any other ball of their choice)
- Print Out Soccer with Justin PowerPoint [Physical Ed Grade 4 PE GSE 1](#)
- World Cup Wonder Sheet
- Print Out Soccer Skill PowerPoint
- Soccer Croquet Game
- Self- Assessment Worksheet

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**Evidence of Student Success**

<table>
<thead>
<tr>
<th>Sample Assessments</th>
</tr>
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<tbody>
<tr>
<td>Self-Assessment Worksheet – located below</td>
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### Student Learning Supports

**Ideas for Differentiation:**
Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. *Note: Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.*

- Consider allowing students to go through the activities at their own pace without pressuring them to move onto the next skill until they are ready.
- Allow students to choose which type of ball they would like to use to complete the activities – it does not have to be a soccer ball.
- If some of the activities are too easy for a student, encourage them to change the speed or make the activity more challenging.

**Opportunities for Extension:**
- Create a soccer how-to video to demonstrate the proper way to dribble a ball with your feet.
- Soccer Graphic Organizer Activity from BrainPop is below. It is about the FIFA World Cup.
- Have students create a soccer game and share it for others to play.

### Engaging Families

**Soccer Croquet game**

Test your soccer knowledge:
- Soccer Kahoot - [https://create.kahoot.it/share/soccer/12dda39e-80bc-436b-b2f2-5da19ef0e375](https://create.kahoot.it/share/soccer/12dda39e-80bc-436b-b2f2-5da19ef0e375)

**All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.**
Brainstorm: Have ever seen a soccer game before or played soccer?
World Cup Wonder

WORLD CUP WONDER

“GOOOOOAAAAAAALLLLL!”

Find some space in your yard or at the park and try the challenges below. When you have completed it, color in a patch of the soccer ball touching the challenge box. When you have colored all of the patches in all of the balls you are a World Cup Wonder!

Dribbling
- Dribble while tapping the ball with the inside of your feet for 20 taps each foot.
- Dribble while tapping the ball with the outside of your feet for 20 taps each foot.
- Dribble and keep the ball close and under control for 5 minutes.
- Dribble under control and change directions 20 times.
- Do 20 top taps.
- Do 20 pull backs.

Passing
- Make 10 short (5-10 paces) passes to a stationary target while standing still.
- Make 10 short passes to a stationary target while moving.
- Make 10 short passes to a moving target while standing still.
- Make 10 short passes to a stationary target while moving.
- Make 10 long (15+ paces) passes to a stationary target while standing still.
- Make 10 long (15+ paces) passes to a stationary target while moving.

Trapping
- Do 20 drop traps with your R foot.
- Do 20 drop traps with your L foot.
- Trap 20 passes (or kicks against a wall) with your R foot.
- Trap 20 passes (or kicks against a wall) with your L foot.
- Trap 10 passes (or throws against a wall) with your chest or thighs to settle the ball.
- Trap 20 passes (or kicks against a wall) while moving.

Shooting
- Take 10 shots on a stationary ball with your R foot.
- Take 10 shots on a stationary ball with your L foot.
- Take 10 shots while dribbling to the R.
- Take 10 shots while dribbling to the L.
- Take 10 shots from a pass with your R foot.
- Take 10 shots from a pass with your L foot.
Soccer Croquet

ACTIVITY GOALS
- I will demonstrate ball control and accuracy while working cooperatively with my friends.

TEACHING TIPS
- Soft Touches Keep Control
- Use All of Your Foot
- Head Up on the Dribble

ACTIVITY SET-UP & PROCEDURE

Equipment:
- 1 soccer ball
- 2 cones or markers

Set-Up:
1. Determine a starting point. Place the soccer ball there.
2. Place 2 cones (spaced 2–3 feet apart) approximately 10–20 paces away from the starting point.
3. 1 player assumes a crab position anywhere in the activity area, but not near the cones.

Activity Procedures:
1. It's time to play Soccer Croquet! The object of the game is to see how many hits it takes you to pass the soccer ball through the wickets.
2. Player 1 will begin at the starting point. Count how many passes it takes you to pass the ball through the 2 cones (the first wicket).
3. Then, keep counting and see how many more passes it takes you to pass the ball under the player making a crab pose (the second wicket).
4. Switch roles (someone else becomes the wicket) and play again. The player with the lowest score wins that round!

Tips:
- Use the inside of your foot to pass the ball. This will improve your accuracy.
- Vary the distance in between the wickets to increase or decrease the difficulty.
- Change your crab pose to another position that supports muscular endurance (plank, squat, etc.).

EATING HEALTHY 101
- Balance It Out: Muscular fitness is only 1 aspect of balanced wellness. We also need to make sure that we are eating a healthy, well-balanced diet. This includes counting the number of sugar-sweetened beverages you drink each day. Just like in Soccer Croquet, the lowest score wins. Aim for a score of zero whenever possible!
Soccer Skills Self-Assessment

NAME: ________________________  GRADE: _________  CLASS: ______________

Choose the level that describes your current skills and color that number of stars in the space provided for your assessment. If this is your pre-assessment, choose another level in the “Goal” column to show how much you’d like to improve your skills after some practice and hard work.

<table>
<thead>
<tr>
<th>SKILL</th>
<th>PRE</th>
<th>GOAL</th>
<th>POST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dribbling</td>
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<tr>
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<td>Kicking</td>
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<td>Safety</td>
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Level 1: I’m in the Minor Leagues. I wish I could do this better. And so I will keep trying my best to improve.

Level 2: I’m in the Major Leagues. Practice is helping and I will keep trying my best to improve.

Level 3: I’m an All Star. I can do this well. Practice worked, and now I want to keep learning more!
Soccer Skill Challenges

- Start with 1 foot on top of ball.
- Hop and switch feet.
- Count 1 for each touch
<table>
<thead>
<tr>
<th>Elementary School</th>
<th>Middle School</th>
<th>High School</th>
<th>Professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 13 14 Times in a row</td>
<td>15 16 17 Times in a row</td>
<td>18 19 20 Times in a row</td>
<td>More than 20</td>
</tr>
</tbody>
</table>

**Side Taps**
- Straddle ball, and tap from R to L with the inside of each foot until signal (20 - 30 seconds).
## Drop Traps

- Hold ball waist high and drop.
- Trap it without letting it bounce more than once.
- Switch feet each time.
- Super SPARK Challenge: Toss ball over head and trap.
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<tr>
<td>2 3 4 Times in a row</td>
<td>5 6 7 Times in a row</td>
<td>8 9 10 Times in a row</td>
<td>More than 10</td>
</tr>
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</table>

- Hold ball waist high and drop.
- Tap it back up using the top of your foot (laces) and catch.
- Switch feet each time.
### Pull Backs

- Start with 1 foot on the ball.
- Pull ball back behind you.
- Turn around and trap with your foot.
- Super SPARK Challenge: Pull back with 1 foot and trap with the other.
**DRIBBLE HIGH FIVE CHALLENGE**

Dribble soccer ball around space for 30 seconds and give people a virtual high five. Count how many virtual high fives you gave.
DRIBBLE WALL CHALLENGE

For 30 seconds, dribble around space and see how many walls you can touch. Make sure you are in control of the ball.
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**START/STOP TO MUSIC**

Practice dribbling around space while music is playing. Stop/Trap when the music ends.
DRIBBLE THROUGH A MAZE

Create a maze using objects. Dribble your soccer ball through the maze being careful to not knock down anything.