

SOCCER

Unit 1: Soccer (Possession)

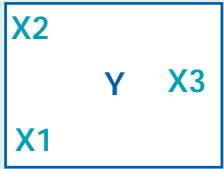
**LEARNING
OUTCOMES****The student will:**

- demonstrate a knowledge of the principles and concepts inherent in invasion games
- demonstrate an ability to support a team mate by giving options for a pass
- contribute to group effort.

EQUIPMENT

Ball between two, cones, goals, bibs.

CLASS ORGANISATION

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		In two's passing, 1 moves backwards and 2 passes ball. 1 passes back. Continue. Switch after specific distance.	
Development	<p>Recap</p> <ul style="list-style-type: none"> - keep possession - score - regain possession <p>Invading space</p> <ul style="list-style-type: none"> - support and penetration <p>Denying space</p> <ul style="list-style-type: none"> - restraint - marking - interception 	<p>1. Line Ball with throw & catch</p> <ul style="list-style-type: none"> • score by passing to team mate who catches - over a given line. • 5 v 5 in 30 x 40m area. <p>2. Line Ball with ball at feet</p> <ul style="list-style-type: none"> • score by putting foot on ball over a given line. <p>3. 3 v 1 possession</p> <ul style="list-style-type: none"> • stay in corners • give two options e.g. if ball at X1 then X3 should move to give option of pass • rotate Y position. 	<ul style="list-style-type: none"> • How do you keep possession? • How can you score? • How do you prevent scoring? <ul style="list-style-type: none"> • As above. • Any differences in the game? <ul style="list-style-type: none"> - more difficult - ball out of play more often. <ul style="list-style-type: none"> • Movement within a grid to give two options for pass. • Open body stance.
Conclusion	<p>Keeping possession</p> <ul style="list-style-type: none"> - support 	<p>4. Line Ball Game</p> <ul style="list-style-type: none"> • with two goals for each team to attack • score by putting foot on ball between either goal • 5 v 4 in 30 x 40m area. 	<ul style="list-style-type: none"> • Smaller area to attack • Focused goals • Differences? <ul style="list-style-type: none"> - more difficult to score / easier to defend • What's needed? <ul style="list-style-type: none"> - fast, accurate passing - movement with / without ball to create space.
Cool down	<p>Keep possession</p> <ul style="list-style-type: none"> - support - penetration - denying space 	<p>5. Cool down</p> <ul style="list-style-type: none"> • with passing in pairs, moving around area. 	