

LESSON PLAN

Student Teacher: Andy Williams **Grades:** 7 **Teaching Date:** 9/14/09

Subject: Soccer: Dribbling
<p>Standard(s): Standard 1: Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. Standard 2: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. Standard 5: Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.</p>
<p>Performance Objective(s)/Indicator(s)</p> <p>Psychomotor: TSWBAT dribble a soccer ball 30 feet without losing control 7 out of 10 tries. (7.1.1)</p> <p>Cognitive: TSWBAT identify all parts of the foot that are used in correct dribbling form. (7.2.1)</p> <p>Affective: TSWBAT follow correct rules of play while participating in soccer. (7.5.1; 7.5.3)</p>
Equipment Needs: 28 soccer balls, 42 cones.

PRACTICE OPPORTUNITIES

Time	Instructional Activities (Detailed)
12:30	Introduction: See below.
12:35	Obstacle Dribble -Divide class into groups of 4. -Place 6 cones in a straight line, spread out in front of each group. -Have students take turns weaving the ball in and out of the cones, giving the ball to the next student in line upon return.
12:43	Dribble Escape -After giving each student one ball, have them begin dribbling around the field. -Designate 2 students as chasers, with their job being to kick the ball away from any of the other students (the chasers are not given a ball). -When a student's ball is kicked away, they too become a chaser and must discard their ball. Play until everyone is a chaser.
12:53-12:55	Closure: See below.

PROCEDURES

Introduction (Set Induction):

Today we are going to practice dribbling a soccer ball. Why do we dribble the ball when we play soccer?

When we dribble it looks like this (Demo): Lightly tap the ball ahead of you, keeping it close as you move forward. You can use the inside of your foot, outside, instep, and toe to do this. Why do you want to kick the ball lightly and keep it close to you while dribbling? Answer: So that it is more difficult for a defender from the other team to steal the ball from you.

Organizational Plan (How will students and equipment be organized?):

Obstacle Dribble

Dribble Escape

SKILL ANALYSES

Skills to be Taught	Teaching Cues
1). Dribbling with the inside of the foot.	<ol style="list-style-type: none"> 1. Tap the ball lightly, keeping the ball close as you move forward. 2. Point your toes out so that the ball continues to move forward. 3. Tap the ball just below its center.
2.) Dribbling with the outside of the foot.	<ol style="list-style-type: none"> 1. Tap the ball lightly, keeping the ball close as you move forward. 2. Point your toes in as you strike so that the ball continues to move forward. 3. Tap the ball just below its center.

Closure:

What are the four parts of the foot that may be used for dribbling?

Why do we want to keep the ball close to us while we dribble forward?

Next lesson we will be working on passing and receiving the ball to our teammates. Why do we pass the ball in a game? Which parts of the foot do you think we will be using mostly?