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| Soccer Unit Lesson Plan | Teachers: Nicole Lau and Danielle Andriulaitis |
| Grade 10 | Equipment:  Soccer balls  Nets  Plastic cones |
| Safety: | Resources: |
| PLO: basic rules and how to play |  |

Lesson Plan

Day 1- Sep. 6

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| Lesson Components | Time Frame | How Tasks will be Communicated |
| Review of explanation sheet | 5 minutes | Read through the sheet, answer any questions |
| Warm up | 5 minutes | Two laps around the gym  Normal stretches |
| Drills | 40 minutes | Dribbling - learn how/ where to kick the ball properly, dribble through the cones  Shooting/ goal keeping- split into groups, take turns shooting the ball on the goalie. Shooters aim to get it in, goalies aim to not be scared of the ball  Trapping- pair up, throw the ball to each other, practice trapping with feet, upper legs, chest, and head  Passing- in pairs, pass the ball back and forth, two touch and one touch |

Day 2- Sep 8

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| Lesson Component | Time Frame | How Tasks will be Communicated |
| Warm up | 5 min | Two laps around the gym  Normal stretches |
| Review of skills | 15 min | Dribble through another cone course  Pair up- practice a few passes/ traps |
| Four corners soccer | 30 min | Split into four teams, play for the rest of class |

Day 3- Sep. 15

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| Lesson Component | Time Frame | How Tasks will be Communicated |
| Warm up | 5 min | Two laps around the gym  Normal stretches |
| Review? | 10 min? | Review if anyone has any questions |
| Game | 35-45 | Play a full game, official rules, inside the gym |

Day 4- Sep. 20

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| Lesson Component | Time Frame | How Tasks will be Communicated |
| Warm up | 5 minutes | Two laps around the gym  Normal stretches |
| Game | 45 min | Walk to Carbioo, play on regulation field if the weather is good  Play in the gym if the weather is bad |