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

Lesson Plan

Day 1- Sep. 6

|  |  |  |
| --- | --- | --- |
| 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 gymNormal stretches |
| Drills | 40 minutes | Dribbling - learn how/ where to kick the ball properly, dribble through the conesShooting/ 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 ballTrapping- pair up, throw the ball to each other, practice trapping with feet, upper legs, chest, and headPassing- in pairs, pass the ball back and forth, two touch and one touch |

Day 2- Sep 8

|  |  |  |
| --- | --- | --- |
| Lesson Component | Time Frame | How Tasks will be Communicated |
| Warm up | 5 min | Two laps around the gymNormal stretches |
| Review of skills | 15 min | Dribble through another cone coursePair 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

|  |  |  |
| --- | --- | --- |
| Lesson Component | Time Frame | How Tasks will be Communicated |
| Warm up | 5 min | Two laps around the gymNormal 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

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