

LESSON 5: RULES AND MODIFIED GAME PLAY

Grade-Level Outcomes

Primary Outcomes

Creating space with movement: Creates open space by using locomotor movements (e.g., walking, running, jumping & landing) in combination with movement (e.g., varying pathways; change of speed, direction or space). (S2.M1.6)

Reducing space by changing size & shape: Reduces open space on defense by making the body larger and reducing passing angles. (S2.M4.6)

Rules & etiquette: Identifies the rules and etiquette for physical activities/games and dance activities. (S4.M6.6)

Offensive skills: Performs the following offensive skills without defensive pressure: pivot, give & go, and fakes. (S1.M7.6)

Embedded Outcome

Working with others: Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. (S4.M3.6)

Lesson Objectives

The learner will:

- demonstrate appropriate offensive and defensive strategies to create or reduce space during modified game.
- demonstrate basic offensive skills without defensive pressure.
- demonstrate basic soccer rules by performing skits.

Equipment and Materials

- Fields with goals for groups of five
- One ball for each group
- Video devices

Introduction

In today's activities, students will work together on offense and defensive strategies, as well as on applying the skills they have learned to games of 3 v 2 soccer. Discuss and demonstrate the importance of creating open space on offense and how to do it.

Instructional Task: Dribbling and Passing

■ PRACTICE TASK

Play in grids, with two soccer balls for five students. All five students work together to apply dribbling and passing skills. They stay spread out, get open, and create open space.

Students with the ball look for someone to pass to. Students who don't have the ball move to receive a pass.

Extensions

- Make the playing space larger and have students add a pivot (turn), give and go, and fakes.
- Add a semi-active defender who can intercept passes but not take the ball off the foot of a player.

Guiding questions for students:

- How are the different types of passes helpful?
- How will they be helpful in 3 v 2 or in game play?
- During the extension, we added offensive tactic skills. What was the most difficult and easiest to perform?

Refinements

- Quick passes: A student should try to pass the ball to a teammate within 5 seconds of receiving it. If possible, use one touch to receive and pass.
- Students should be practicing and applying the three types of passes they worked on during the last class.

Student Choices/Differentiation

- Use only one ball if students are confused or not able to focus on the person passing to them with two balls in play.
- Have students focus on one skill to improve on rather than three types of passes and different ways to create space.

What to Look For

- Are students able to use different types of passes to create space?
- Are students demonstrating proper technique for passing?
- Are students able to add a pivot, give and go, and fakes?

Instructional Task: 3 v 2 Soccer

■ PRACTICE TASK

Using one soccer ball and a modified field with one goal, three students work together applying dribbling, passing, trapping, and shooting skills that they have learned to create open space and score. The two students on defense work together to fill in the passing lanes to steal the ball away or prevent a goal.

After the ball is taken away or a goal is made, have students switch positions.

Extensions

- Repeat the activity but even up the sides.
- Repeat the activity but go to 4 v 3 in a larger grid.
- Add a couple of students to each grid. Their role is to evaluate their peers using a teacher-generated checklist with the critical elements. Students can use a video device or not.

EMBEDDED OUTCOME: S4.M3.6. Discuss with students ways to implement your feedback or feedback from peers to improve performance.

Refinements

- Limit the number of dribbles a student may take to force passing and getting teammates involved to create open space.
- Set a minimum number of passes that students must make before shooting a goal.
- If students are struggling to create space (e.g., bunching together; one person is dribbling everywhere or not working with others), divide the field in thirds so that each person on offense has to stay within her length of the field. Defense can go anywhere.

Guiding questions for students:

- Ask students to explain how they are working together to create open space.
- Ask for examples that lead to open space and examples that did not lead to open space.

Student Choices/Differentiation

Size of the field may be smaller or larger based on ability.

What to Look For

- Are students moving to create open space?
- Are students moving close to one another or away from each other?
- Are students moving into a space to give themselves an advantage?
- What skills are students most comfortable with to create open space? What will need more work?
- Are students able to take the ball away?

Instructional Task: Review the Rules of Soccer

■ PRACTICE TASK

Go over the rules that you've posted on the school's physical education website.

Extension

In groups of three or four, students draw a rule out of a hat. They are to come up with a skit that demonstrates the importance of the rule and how it applies to soccer.

Refinements

Make sure students are under control and performing their skits safely.

Student Choices/Differentiation

Modify as needed on an individual basis using pictures, videos, and demonstrations.

What to Look For

Do students know the rules from the questions asked?

Formal and Informal Assessments

Exit slip: Explain three rules that are important in soccer.

Closure

- Provide examples from modified game and discuss how students did with creating open space and working together on offense.
- Have students explain and provide examples of what they did on defense to be successful.
- What are ways you successfully implemented feedback to improve skills?

Reflection

- What skills are students missing or struggling with on offense and defense?
- How did students rotate through the grids?
- Were students working together to apply offensive and defensive strategies?

Homework

Review the rules of soccer to prepare for the upcoming games and quiz.

Practice passing, dribbling, shooting, and throw-ins.

Resources

Internet keyword search: "soccer rules," "offensive and defensive soccer skills"