COURSE TITLE: SOCCER
COURSE NUMBERS: 8796
DEPARTMENT: Physical Education
PRE-REQUISITE: None/Core
LENGTH OF COURSE: 3-6 weeks/Semester
SEMESTER PERIODS OF CREDIT: Five
GRADE LEVEL(S): 9-10

FULFILLS HIGH SCHOOL GRADUATION REQUIREMENT AS:

Required Class: Physical Education  Elective: X

COURSE DESCRIPTION: Soccer is designed to create the opportunity for students to learn beginning, intermediate and advanced soccer skills, rules and strategies, and cooperative team play. This course will enable students to be educated viewers and participants of a soccer match. This course will be offered on the core, intermediate and advanced levels.
## COURSE UNITS/TOPICS AND ALLOCATED INSTRUCTIONAL TIME

### SOCCER

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*Ongoing*
I. DRIBBLING

GOALS, OBJECTIVES AND PERFORMANCE INDICATORS

1.0 (Goal) To develop the students’ ability to dribble the soccer ball.

1.1 (Objective) The students will be able to move down the field using techniques.

1.1.1 PI: The student will be able to demonstrate an inside of the foot dribble. **ESSENTIAL**

1.1.2 PI: The student will be able to alternate from inside to outside the foot dribble. **EXPECTED**

1.1.3 PI: The student will be able to demonstrate both alternating inside and outside of foot dribble with stopping, starting and change of direction techniques. **EXTENDED**

**SAMPLE INSTRUCTIONAL ACTIVITY**

Students will be placed in groups according to their level of competency. The groups will practice dribbling the ball from point A to point B utilizing the technique assigned to their skill level.
II. PASSING

GOALS, OBJECTIVES AND PERFORMANCE INDICATORS

2.0 (Goal) To develop the students’ ability to pass a soccer ball.

2.1 (Objective) The students will be able to pass the soccer ball to a designated space and to a designated receiver.

2.1.1 PI: The student will be able to demonstrate a side of the foot push pass to a designated space. ESSENTIAL

2.1.2 PI: The student will be able to demonstrate a side of the foot push pass to a designated moving receiver. EXPECTED

2.1.3 PI: Students will be able to demonstrate a side of the foot through pass and back pass to a designated receiver. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students will be placed in groups according to their skill level of competency. The groups will practice passing to designated spaces and receivers utilizing the techniques relative to their skill level.

III. HEADING

GOALS, OBJECTIVES AND PERFORMANCE INDICATORS

3.0 (Goal) To develop the students’ ability to head a soccer ball.

3.1 (Objective) The students will be able to head the soccer ball to a designated space.

3.1.1 PI: The student will be able to demonstrate proper heading techniques from a partner’s tossed ball. ESSENTIAL

3.1.2 PI: The student will be able to demonstrate heading the ball back and forth using a partner. EXPECTED

3.1.3 PI: The student will be able to demonstrate flicking the ball into the goal mouth. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students will be placed in groups of two according to their skill level of competency. The groups will practice heading the ball to self, partner and mouth of goal utilizing the techniques relative to their skill level.
IV. DEFENSIVE TACTICS

GOALS, OBJECTIVES AND PERFORMANCE INDICATORS

4.0 (Goal) To develop the students’ ability to utilize defensive tactics necessary play the game of soccer.

4.1 (Objective) The students will be able to demonstrate the ability to tackle the ball from an opponent.

4.1.1 PI: The student will be able to demonstrate proper body alignment to an opponent in order to gain possession of the soccer ball.

ESSENTIAL

4.1.2 PI: The student will be able to demonstrate proper body alignment to an opponent in order to gain possession of the ball utilizing the slide tackle. EXPECTED

4.1.3 PI: The student will be able to demonstrate the ability to force the opposition into the position of being double teamed on into a space from which the opponent cannot move the soccer ball.

EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students are placed in grids of four to a side and incorporate tackling skills. The students will play three touch and then must pass the soccer ball while the opposition is working on tackling techniques. EXTENDED
V. DEAD BALL SITUATIONS

5.0 (Goal) To develop the students’ knowledge of actual dead ball situations that occur during a soccer game.

5.1 (Objective) The student will be able to demonstrate the knowledge of free kicks, corner kicks and throw-ins and know why each situation has occurred.

5.1.1 PI: The student will be able to demonstrate the techniques needed to properly execute each free kick situation. They will be able to demonstrate a side of the foot kick. ESSENTIAL

5.1.2 PI: The student will be able to demonstrate a chip shot. EXPECTED

5.1.3 PI: The student will be able to demonstrate a top of the lace drive shot and a banana kick for corner kick situations. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

The class will be set up on a regulation soccer field into four corner kick stations and four free kick stations aligned with the goal mouth. There will be four stations along the sideline working on throw-ins. The students will rotate through the different stations.
VI. GOAL TENDING

6.0 (Goal) To develop the students’ ability to learn the skills of tending goal.

6.1 (Objective) The students will be able to demonstrate blocking the ball, proper save techniques and have the ability to clear the soccer ball.

6.1.1 PI: The student will be able to demonstrate proper body alignment needed to save a shot attempt on goal. ESSENTIAL

6.1.2 PI: The student will be able to demonstrate the skills necessary to punch the ball from the goal area. ESSENTIAL

6.1.3 PI: The student will be able to demonstrate clearing the ball utilizing the punt and a side area throw. ESSENTIAL

6.1.4 PI: The student will be able to demonstrate punching the ball over the back of the goal. EXPECTED

6.1.5 PI: The student will be able to demonstrate the ability of clearing the ball by passing the ball to a teammate. EXPECTED

6.1.6 PI: The student will be able to demonstrate a mid-air lateral dive. EXTENDED

6.1.7 PI: The student will be able to demonstrate a drop kick in order to clear the soccer ball from the goal area. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Using a regulation soccer field the students will be divided into shooters and tenders. The students will demonstrate skills and be assigned for their ability level.
VII. RULES

7.0 (Goal) To develop students’ knowledge to the rules of soccer.

7.1 (Objective) The students will demonstrate their knowledge of the rules of soccer by taking a written test.

7.1.1 PI: Students will be given a true/false test. ESSENTIAL

7.1.2 PI: Students will be given a true/false and multiple choice written test. EXPECTED

7.1.3 PI: Students will be given a true/false, multiple choice and essay question test. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Students will be given an informational soccer rules handout. A rules discussion incorporating a question and answer session will be held prior to the written test being given.