

Old Dominion University  
Health & Physical Education  
Unit Plan

<b>Unit:</b> Soccer (Tactical Games Model)		<b>Grade:</b> 7th	
<b>Teacher:</b> Jimmy McCabe		<b>Number of Lessons:</b> 10	
<b>Location:</b> Gym/Practice Field			
<i>Goals &amp; Objectives</i>			
<b>National Standards</b> Standard 1- The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. Standard 2- The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. Standard 4- The physically literate individual exhibits responsible personal and social behavior that respects self and others.		<b>State SOLs</b> 7.1 The student will demonstrate competence and apply movement concepts in modified versions of various game/sport, rhythmic, and recreational activities. a) Demonstrate and apply mature movement forms and skill combinations competently in a variety of cooperative and tactical activities that include dynamic and unpredictable situations. b) Demonstrate offensive strategies and tactics, to include creating open space, skilled movement, speed, accuracy, and selection of appropriate skill/tactic to gain offensive advantage. 7.4 The student will demonstrate and apply skills to work independently and with others in physical activity settings. a) Apply safety procedures, rules, and appropriate etiquette in physical activity settings by self-officiating modified physical activities/games. g) Describe how participation in physical activities creates enjoyment	
<b>Unit Goals</b> <b>SWBAT</b> correctly dribble a soccer ball using multiple surfaces including inside, outside, laces, and sole. <b>SWBAT</b> properly play a pass to a stationary or mobile teammate. <b>SWBAT</b> understand and explain the rules and procedure of a soccer game. <b>SWBAT</b> understand the difference between offensive and defensive tactics <b>SWBAT</b> demonstrate their ability to play soccer.			
<b>Essential Questions:</b> What is the proper technique to dribble the soccer ball under control? How can you display sportsmanship during a soccer game? What different techniques must you demonstrate to pass to a stationary target versus a moving			

target?

What are defensive tactics that need to be applied to a Rondo game?

**Essential Knowledge:**

*Students will know:*

How to dribble a soccer ball.

How to properly pass a soccer ball.

Difference between offensive and defensive tactics.

Different formations for active game play.

How to keep standings in tournament play.

**Essential Skills:**

*Students will be able to:*

Correctly dribble a soccer ball using multiple surfaces

Respect their opponent and officials

Successfully complete passes during active game play

Organize positionally during a soccer game

**Behavioral Objectives:**

Psychomotor: During dribbling obstacle course, SWBAT demonstrate correctly using different surfaces of their foot to maneuver through course.

During game play, SWBAT correctly use proper passing techniques when passing to a teammate.

Cognitive: During game play, SWBAT demonstrate proper sportsmanship and understanding of rules.

At the end of each game, SWBAT update the standings board based on wins, losses, and ties using point system.

Affective: At the end of tournament play, SWBAT enjoy the game of soccer and explain why/why not?

During game play, SWBAT cooperate with teammates to successfully transition from defense to offense.

***Assessment***

**Culminating Assessment:**

Students will participate in a 7-a-side round robin soccer tournament in which a winner will be determined.

**Key Criteria:**

The ability to perform the skills correctly.

Being able to maintain standings during tournament play.

Students will respect each other during drills and game play.

**Other Assessments:**

Self-assessment of proper dribbling techniques

Self-assessment of completed passes

Skill tests  
Rules Test

### Teaching Plan

#### Learning Activities:

- 1 – Intro to basic soccer rules  
    Small sided game play circuit
- 2 – Review of soccer rules  
    Intro Dribbling  
    Dribbling Lines using different surfaces
- 3 – Review Dribbling  
    Dribbling obstacle course  
    Dribbling Relays
- 4 – Dribbling Quiz  
    Intro 1v1 defending  
    Knockout dribbling game with 1 defender  
    Worm tag- students who lose ball join hands creating a worm, play until all students tagged
- 5- Intro passing techniques  
    Passing lines  
    Pass by Number- number students off and 1 plays 2 plays 3 etc..... players must remain moving, add more soccer balls as topic grasped
- 6- Passing Quiz  
    Intro Rondo game- 4v1, 5v2 in small spaces  
    Rondo game play circuit
- 7- Intro to positional play including goalkeepers  
    Throw in technique  
    Small sided game play 4v4 or 5v5 plus keepers
- 8- Game play quiz  
    Tournament points system/Standings  
    3-line shooting drill (shot, wall pass, 1v1 shot)
- 9- Tournament game play  
    6 team 6-a-side game play- Bracket A plays Bracket B  
    Calculate standings
- 10- A1 plays B2- Semi  
    B1 plays A2 - Semi  
    A3 plays B3 -3<sup>rd</sup> Place  
    Final  
    Exit ticket quiz

**Equipment:** 20 soccer ball, cones, goals, training vests

<b>Reflection</b>
<b>Unit Evaluation</b> Were students able to enjoy playing a soccer game using proper dribbling and passing techniques? Were the students engaged during the drills? How could I improve the drills or method of instruction?