

## Soccer Unit Task Progressions

**First explain why it is so important to start slow to connect our brain and feet in communication as we use our hands for most daily activities.**

### **Initial task:**

Every step you take touch the ball with the inside of your foot. The touch is from side to side and not a touch out in front.

### **Extension:**

Experiment with using different parts of the foot, changing speed and direction while there is nobody trying to take the ball from you. This is the time that failure is encouraged and if you fall there is no negative consequence. Teacher demonstration to model what that might look like. Possible refinement is this is a time students will start to kick and chase the ball the telling/showing them why it is important not to do this helps.

### **Lateral Extension:**

Commands- As students are dribbling in space give 3 different commands.

- 1.) Toe touches- gentle taps on the ball. Options for students if it is hard use the steps as they will not roll away if it is too easy try the Carolina challenge of doing toe touches in the shape of a rectangle.
- 2.) Head- Hold a plank with your head on the ball for an extended period of time.
- 3.) Squats- Do squats on the ball until the teacher tells you to dribble in space again.

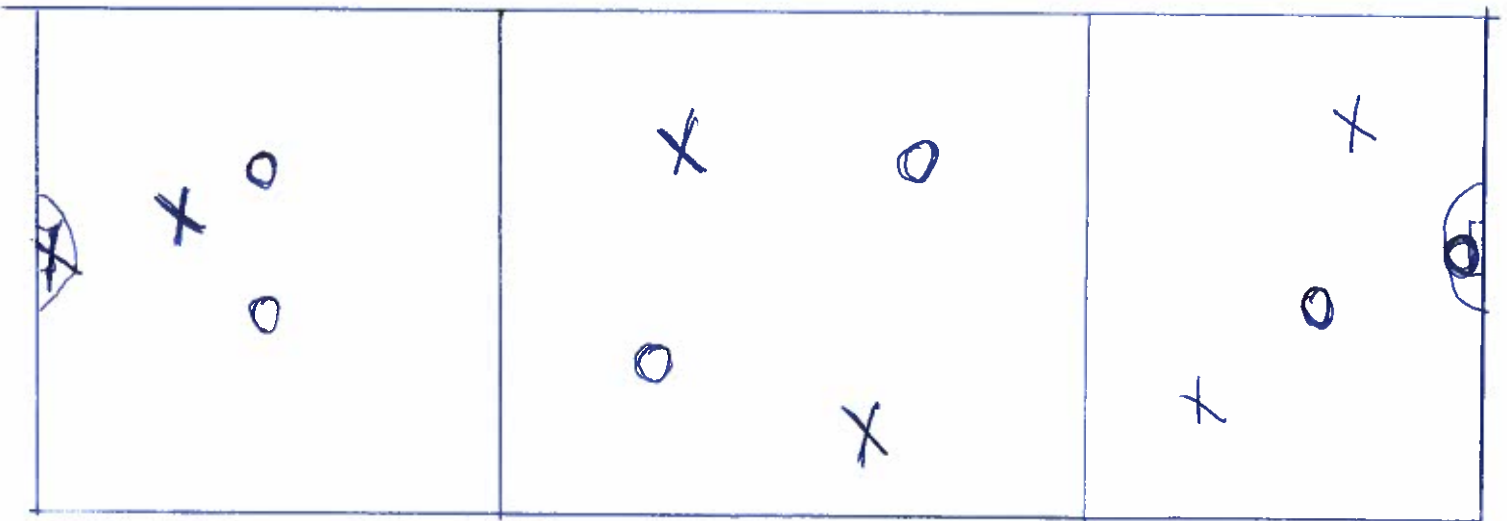
### **Application Task:**

Point Game- Points are bad in this game and you want to try to finish with as close to 0 points as possible. Ways you can get points:

- 1.) If you don't stop the ball when the music stops
- 2.) If your ball touches a wall
- 3.) If your ball touches another ball
- 4.) If you ball touches another person
- 5.) If the teacher taps it away

**Modified Games:**

**Zone Soccer-** Must stay in your zone or it's a 60 sec. penalty.



**5 Goals-**

