

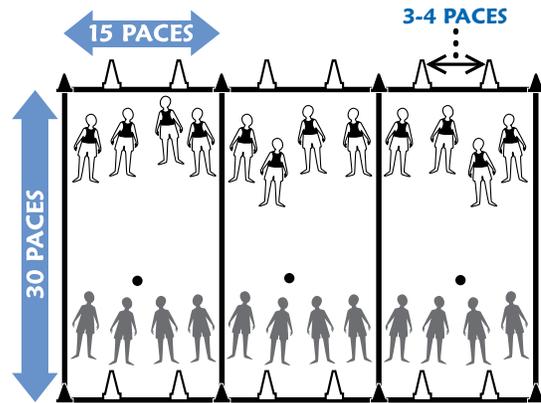


## Prep

- 4 spot markers or cones per 8 students (for boundaries)
- 4 tall cones per 8 students (for goals)
- 1 pinnie per 2 students
- 1 ball per 8 students

## Set

- Create long, narrow (30X15 paces) grid per group of 8.
- Place 2 tall cones 3-4 paces apart on each endline to form goals.
- Form groups of 4; 2 groups and 1 ball per field. One group wears pinnies and begins on Offense.



## Teach

1. In *Mini-Soccer* you will combine the soccer skills of dribbling, passing, defending, and shooting to play a mini-game.
2. Each group has 2 Forwards (Offense), and 2 Fullbacks (Defense). No Goalie.
3. Play begins with pinnies on Offense at midfield.
4. **Rules**
  - To score a goal, the ball must go between and no higher than the tall cones.
  - Balls above cone-height are out-of-bounds and are awarded to the Defense.
  - Balls kicked out-of-bounds on sidelines are thrown in by the other team; balls out-of-bounds on endlines are kicked back into play by the other team.
  - After a score, non-scoring group restarts as Offense at mid-field.
  - Rotate positions (Forwards/Fullbacks) on signal (*every 3-5 minutes*).
5. **Cues for Forwards**
  - Move to open space.
  - Use the give and go.
  - Look up the field.
6. **Cues for Fullbacks**
  - Discuss defensive strategy with your groupmates. Either mark the Forward (player-to-player), or play a zone on the defensive half of the field.
  - Block passing lanes.
7. **Challenges**
  - How quickly can you get the ball back in play after going out-of-bounds?
  - Can you pass to all your groupmates before scoring?
8. **Think About...**
  - Which soccer skill do you think are most important during game play? Why?

# MINI-SOCCER

## EXTENSIONS

### 7<sup>th</sup> 5-Pass

Before scoring a goal, your group must pass the ball at least 5X.

### 8<sup>th</sup> Add a Goalie

This time play with a Goalie. (*Make goals 5 paces wide.*)



## HOME INTEGRATION

Use your local park – your cardiovascular system will thank you. Here's what you need: 1 ball, 4 goal markers (hats and sweatshirts work well), and 6 to 12 friends. Set up a field with 2 goals, keep the rules basic, and get your game on. Use Rock, Paper, Scissors to solve disputes. Screaming fans are optional.



## STANDARDS ADDRESSED

### National PE Standards

#### Movement/Skills:

Dribbling, passing, trapping, shooting, defending, combining skills

#### Fitness:

Aerobic capacity

#### Personal/Social:

Team play, cooperation

**Your State** (Write in here)

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## TEACHING TIPS

- Teach students to attempt to settle disagreements before going to the teacher (e.g., use rock, paper, scissors).
- Pinnies Rule: Group wearing pinnies begins on Offense and always goes in the same direction.
- Watch for lopsided contests. Pair groups with similar ability.

### NOTES

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