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Microteaching lesson preparation

Soccer



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My lesson preparation is going to be about soccer. This is because I really like soccer but also because I already have some experience with teaching soccer. In this lesson preparation I'm going to explain what materials I need, how much time I need and what and how I'm going to do the exercises. I also included some schematic pictures/drawings of the exercise.

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Changing clothes	5

How?:

The class will be split up into three groups, in each group there will be 7 pupils and at least one of them plays soccer. He or she can help the other students so the others can learn from it.

There are four different rounds, during the first three rounds, the groups will rotate. For instance, group 1 starts at the cone game, after 10 minutes I will blow on a whistle and they will go to the dribble exercise. After 10 minutes I will blow on a whistle again and they will go to piggy in the middle game. The same thing applies to group 2 and 3 but they will start at another exercise. During the fourth round, all the teams will go to a 4 against 4 field and they will play a match.

At the start of the lesson, I will give an explanation about the different exercises. I will show the pupils how to pass the ball with the inside of the foot and I will explain the rules of the games. The games I have planned for this lesson aren't very difficult so the explanation won't take very long.

My goal for this lesson is teaching other pupils how to play soccer in the correct way. For instance how to shoot/pass, play together and how control the ball.

Materials:

- Approximately 55 cones
- Approximately 6 soccer balls

- A whistle
- Ribbons
- The PE field (outside)
- A stopwatch

The cone game

Field:

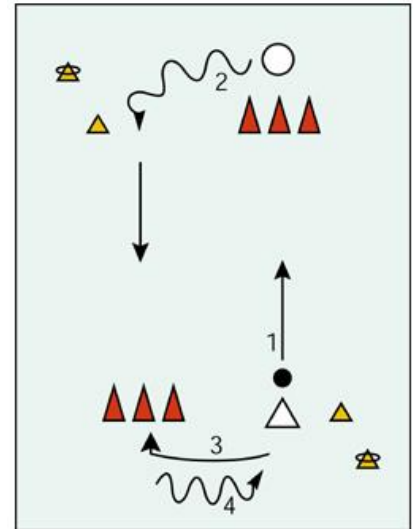
10 x 5 meters, distance between the cones is approximately 8 meters. There will be 3 fields but because the groups consist of 7 pupils, one group has to rotate.

Materials per field:

6 cones and 1 ball.

How to play:

Two pupils will stand opposite to each other while trying to hit their opponent's cones with the ball. They will take turns in shooting, so when one pupil tried to hit the cones, the other pupil will collect the ball and try the same thing on the other side. When all the cones on one side are on the ground, the pupil who hit the cones gets one point.



Why?

This exercise is very useful for learning to shoot straight. It is also very handy to learn how to pass with the inside of the foot.

Dribble exercise

Field:

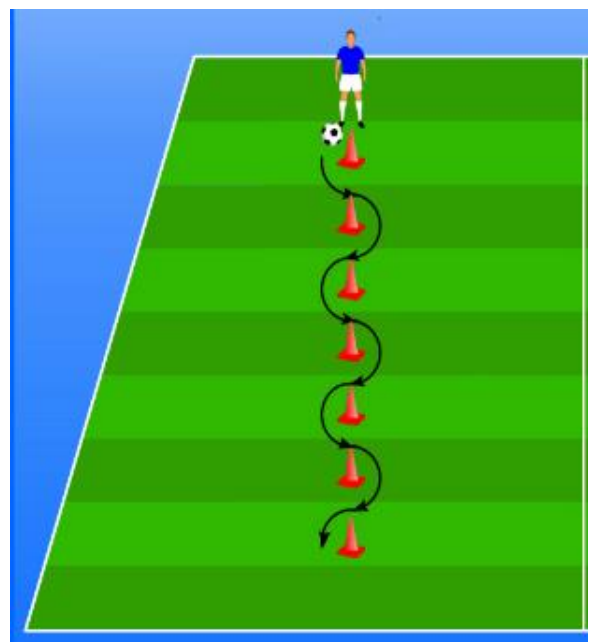
8 meters with a distance of approximately 1 meter between the cones. There will be one field because there are only 7 pupils, this will be enough.

Materials per field:

7 cones and 2 balls.

How to play:

The pupils make a line at the beginning of the exercise and the first two get a ball. The first pupil in line will start by moving forward



and taking the ball with him. He (or she) will use the inside of his feet to dribble between the cones trying to keep the ball as close as possible. When he reaches the end of the exercise, the next pupil in line can start. The pupil who just finished walks back to the beginning and gives the ball to the first person in line.

Why?:

This exercise is very useful to get a lot better at ball control and for quick turning quality.

Piggy in the middle

Field:

A circle which is big enough for the players to control and pass the ball. There will be one field, 5 or 6 pupils who form the circle and 1 or 2 pupils in the middle.

Materials per field:

1 ball.

How to play:

The pupils form a big circle with enough room between them so they have room to pass the ball.

The pupils pass the ball to each other while 'the piggy' (the person who stands in the middle of the circle) tries to intercept the ball. When he succeeds, another pupil will become 'the piggy'. You can make this exercise harder by selecting two 'piggies'.



Why?:

This exercise helps a lot with ball control, passing and team play.

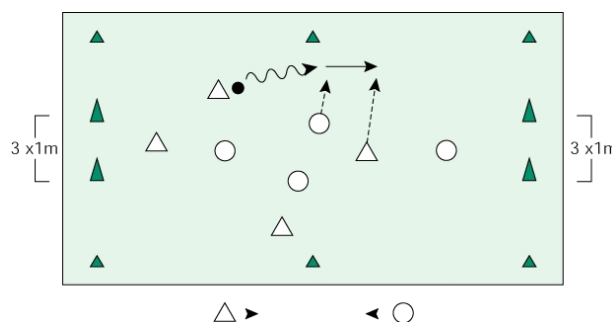
4 against 4

Field:

40 x 20 meters with goals of approximately 3 meters. There will be three fields.

Materials per field:

4 cones for the goals, 6 other cones (a different colour will also do) for the field, 1 ball and 4 ribbons.



How to play:

The two teams (probably 4 against 3 because the teams consist of 7 pupils) will try to defend their own goal and score in the goal of the opponent. Because the goals are so small, this game is played without a goalkeeper.

Why?:

This game incorporates all the skills that have been introduced during the lesson. It also helps with becoming a real team player because the field is quite small, you have to work together a lot.

I really hope that everyone enjoyed this lesson and learned quite a bit about the basic soccer skills.