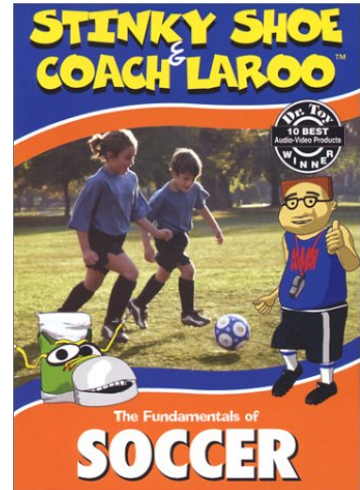


#10403

# THE FUNDAMENTALS OF SOCCER

BIG KIDS PRODUCTIONS, INC., 2002  
GRADE LEVEL: 3–6  
30 MINUTES  
1 INSTRUCTIONAL GRAPHIC INCLUDED



## DESCRIPTION

A soccer coach and his young team review and practice soccer fundamentals with animated characters Stinky Shoe and Coach LaRoo. Covers basic terms, field positions, ways to dribble, ball control, passing, and scoring. Emphasizes being a team player, having fun, and good sportsmanship.

## ACADEMIC STANDARDS

### Subject Area: Physical Fitness

- Standard: Uses a variety of basic and advanced movement forms.
  - Benchmark: Uses basic sport-specific skills for a variety of physical activities (e.g., basketball chest pass, soccer dribble, fielding a softball with a glove). (See INSTRUCTIONAL GOALS 1.)
  - Benchmark: Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances (e.g., combining steps to perform certain dances; combining running, stopping, throwing, shooting, kicking for sideline soccer). (See INSTRUCTIONAL GOALS 1.)
- Standard: Uses movement concepts and principles in the development of motor skills
  - Benchmark: Understands the critical elements of a variety of basic movement patterns such as throwing (e.g., the ready position, arm preparation, step with leg opposite the throwing arm, follow-through, accuracy of throw). (See INSTRUCTIONAL GOALS 1.)
- Standard: Understands the social and personal responsibility associated with participation in physical activity.
  - Benchmark: Understands the purpose of rules in games. (See INSTRUCTIONAL GOALS 2.)

## INSTRUCTIONAL GOALS

1. To describe and demonstrate the soccer skills: dribbling, ball control, passing, and shooting.
2. To introduce rules and strategies of the game.
3. To emphasize the importance of good sportsmanship, practice to improve, following the rules, playing fair and respecting others, and being a team player.

## BACKGROUND INFORMATION

The fundamentals of soccer are presented by animated characters Stinky Shoe and Coach LaRoo along with real-life kids and their coach. Skills taught are dribbling, ball control, passing, and shooting. Rules of soccer are also introduced. Other topics include the importance of practicing, good sportsmanship, playing by the rules, and being a team player.

## VOCABULARY

- |                 |                           |
|-----------------|---------------------------|
| 1. cleats       | 12. laces                 |
| 2. defender     | 13. midfielder            |
| 3. dribble      | 14. pass                  |
| 4. exercise     | 15. penalty kick          |
| 5. forward      | 16. plant (verb)          |
| 6. foul         | 17. shoot                 |
| 7. free kick    | 18. sportsmanship         |
| 8. fundamentals | 19. stretches             |
| 9. gear         | 20. up and down the field |
| 10. goalkeeper  | 21. warmed up             |
| 11. juggling    |                           |



## BEFORE SHOWING

1. Introduce the game of soccer. Show equipment and describe how it is used. Discuss general rules (i.e., use of feet and hands). Explain soccer vocabulary.
2. Discuss how players should behave while playing a team sport. Watch for explanations while viewing the video.

## DURING SHOWING

1. View the media more than once, with one showing uninterrupted.
2. Stop the media to inform students which skills they will practice.

## AFTER SHOWING

### Discussion Items and Questions



1. What should you do before you start to play?
2. What are the critical elements of a good dribble?
3. How is the goalkeeper (goalie) different than the other players on the field? How is the goalie the same?
4. List the different player positions.
5. How large is the soccer field?
6. What is a foul or penalty? What actions are considered a foul? What are the consequences?
7. What is a yellow card? What is a red card? How do players get these cards?
8. What is the difference between a free kick and a penalty kick?
9. List the three ways a player controls the ball.
10. Why is passing important?

## C a p t i o n e d M e d i a P r o g r a m

11. What is the difference between a "push" pass and a "laces" pass?
12. What are the critical elements of a good pass?
13. How do you score in soccer?
14. What are the critical elements of a good scoring shot?

### Applications and Activities

1. Participate in drills/practice the skills in the media. (See INSTRUCTIONAL GRAPHIC.) Use the graphic to self-assess yourself or assess the skills of a teammate.
  - a. Dribbling.
  - b. Ball control.
  - c. Passing.
  - d. Shooting.
2. Play lead-up games to practice skills.



3. Make a poster showing the rules of soccer.
4. Measure your soccer field. How long is the field? How wide? Draw a diagram showing the perimeter of the field.
5. Role play different situations that may earn a yellow card. Discuss alternate ways to handle those situations.
6. Make a chart showing vocabulary used by Stinky Shoe and Coach LaRoo. Compare the definitions and discuss why their conversations were funny.
7. Keep a baseball journal. Write about your skills, your improvements, your successes, and challenges. Express your feelings about this game and your interactions with your teammates. List the occasions when you supported and encouraged a teammate.

### INSTRUCTIONAL GRAPHIC

- SOCCER TASK CARD

### RELATED RESOURCES

#### Captioned Media Program

- [Soccer for Girls: Getting Started #10603](#)
- [Soccer for Girls: Intermediate Soccer #10602](#)

#### World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **AND-AGAIN**

<http://www.and-again.com>

SOCCER DRILLS AND GAMES

Many soccer drills and games searchable by age and/or objective with reviews from fellow coaches.

- **KIDS FIRST SOCCER**

<http://www.kidsfirstsoccer.com>

A "kids first soccer site"

dedicated to a child-centered

approach to the organization and instruction of youth soccer.

**KIDS  
FIRST  
SOCCER**

- **LOOK SMART–DIRECTORY–SOCCER FOR KIDS**

<http://search.looksmart.com/p/browse/us1/us317837/us317922/us161146/us525534/>

Keep up with international and American soccer, as well as kids and youth leagues.

- **PE CENTRAL**

<http://www.pecentral.org/>

PE Central's database of health and physical education lesson and assessment ideas! The database contains over 1300 ideas submitted by over 850 teachers!

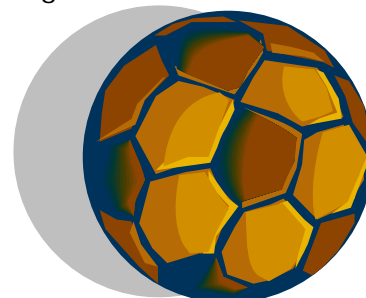


- **SOCCER COACHING**

<http://www.soccerhelp.com>

Effective, easy-to-use soccer drills, skills, formations, rules and tips.

Everything a youth soccer coach needs for practices and games.



### SOCCER TASK CARD

Directions: Indicate your assessment of each skill by circling the appropriate number (1 = needs help, 5 = great).

Name \_\_\_\_\_

<b>Dribbling</b>						<b>signed</b>
Control ball on a line	1	2	3	4	5	<input type="text"/>
Control ball through four cones	1	2	3	4	5	<input type="text"/>
Good speed	1	2	3	4	5	<input type="text"/>

<b>Passing</b>						
10 X to a partner	1	2	3	4	5	<input type="text"/>
10 X through cones	1	2	3	4	5	<input type="text"/>
Remember to trap the ball	1	2	3	4	5	<input type="text"/>

<b>Shooting and Goalkeeping</b>						
Can kick three goals	1	2	3	4	5	<input type="text"/>
Can block five goals	1	2	3	4	5	<input type="text"/>



Directions: Indicate your assessment of each skill by circling the appropriate number (1 = needs help, 5 = great).

Name \_\_\_\_\_

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