

#10602 SOCCER FOR GIRLS: INTERMEDIATE SOCCER

TERRA ENTERTAINMENT, 2002
GRADE LEVEL: 4–10
30 MINUTES
2 INSTRUCTIONAL GRAPHICS INCLUDED



DESCRIPTION

A soccer professional shares tips and techniques as he demonstrates trapping, heading, volleying, and other soccer tactics. Girls teams practice these skills and share their enthusiasm for the sport. Interspersed with facts about women's soccer.

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: Uses basic offensive and defensive strategies in a modified version of a team and individual sport. (See INSTRUCTIONAL GOALS 2.)
 - Benchmark: Understands movement forms associated with highly skilled physical activities (e.g., moves that lead to successful serves, passes, and spikes in an elite volleyball game). (See INSTRUCTIONAL GOALS 1.)

INSTRUCTIONAL GOALS

1. To describe and demonstrate soccer skills: trapping, heading, and volleying.
2. To show and explain tactical/strategic soccer skills.
3. To present some interesting facts about soccer.

BACKGROUND INFORMATION



This video is part of a series, *Soccer With Mayte*, which focuses on, but is not exclusively for, girls. The previous video covers beginning skills: dribbling, passing and shooting. This video is divided into four parts, each focusing on a different skill (trapping, heading, volleying, and tactics). We learn with Mayte and her assistants, Tony (a former All-American and head coach of the World Youth Soccer Academy in Florida), Izzy (a young female player), and the Soccer Girls Team. It is also punctuated by "Soccer Girls," which introduces us to the demo team, and "Soccer Kicks," which are short informational segments/fun facts about soccer.

Other topics mentioned include the importance of the concept of "team" and of doing well in school.

VOCABULARY

- | | | |
|-------------------|-------------------------------|------------------|
| 1. aggressively | 9. laces | 16. strategies |
| 2. attack | 10. midfielder | 17. substitution |
| 3. cushion | 11. offer (call for the ball) | 18. tactics |
| 4. defender | 12. open up | 19. thrust |
| 5. follow through | 13. options | 20. trapping |
| 6. forward | 14. overlap | 21. volley shot |
| 7. goalkeeper | 15. post-up | 22. volleying |
| 8. heading | | |

BEFORE SHOWING

1. Review the basic rules and equipment used for the game of soccer.
2. Explain soccer vocabulary.
3. Define positions.
4. Have diagrams of a field ready to show tactics demonstrated (but often difficult to see) in the program.



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.
3. Stop the media to clarify each demonstrated tactic using a diagram of the field.

AFTER SHOWING

Discussion Items and Questions



1. What is a "trap"?
2. List the parts of the body that "trap" the ball.
3. List the critical elements of trapping the ball.
4. How do you prevent injury while trapping the ball?
5. What is "heading"?
6. List the four critical elements of heading.
7. Where are the arms while heading?
8. What is FIFA?
9. What is "volleying"?
10. List the critical elements of volleying.
11. Describe the three different tactics explained in the video.

Applications and Activities

1. Participate in drills/practice the skills in the video. (See INSTRUCTIONAL GRAPHICS.) Use the graphic to help assess and monitor skills improvement.
 - a. Trapping.
 - b. Heading.
 - c. Volleying.
2. Analyze skills by assessing teammates and recording on task cards. (See INSTRUCTIONAL GRAPHICS.)
3. Illustrate tactics described in the video on a drawing of a soccer field. (See INSTRUCTIONAL GRAPHICS.)
4. Make a list of the 17 main rules of soccer Mayte mentioned in the film.
5. Research and make a report about the famous female soccer players mentioned in the video.
6. Make a poster showing the proper techniques of different skills.
7. Write to the FIFA to get information on soccer.
8. Measure a soccer field. How long is the field? How wide? How many square feet is the field? Square meters?
9. Learn how to spell "soccer" in different languages. Research to find different signs for "soccer."



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

10. Keep a soccer 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 GRAPHICS

- SOCCER TASK CARD
- SOCCER FIELD DIAGRAM

RELATED RESOURCES

Captioned Media Program

- [*Introduction to Soccer: Getting Started #10598*](#)
- [*Soccer for Girls: Getting Started #10603*](#)
- [*The Fundamentals of Soccer #10403*](#)

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.

- **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!

- **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.



- **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.

- **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.

- **E-HOW**

<http://www.ehow.com>

Clear instructions on how to do (just about) everything. Includes soccer rules and player positions.



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SOCCER TASK CARD

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

Name _____

Trapping						signed
10x foot trap	1	2	3	4	5	<input type="text"/>
10x thigh trap	1	2	3	4	5	<input type="text"/>
10x chest trap	1	2	3	4	5	<input type="text"/>

Heading (10 X partners toss)						
Eyes open	1	2	3	4	5	<input type="text"/>
Mouth closed	1	2	3	4	5	<input type="text"/>
Use forehead	1	2	3	4	5	<input type="text"/>
Bend at waist	1	2	3	4	5	<input type="text"/>

Volleying						
10x to goal—right foot	1	2	3	4	5	<input type="text"/>
10x to goal—left foot	1	2	3	4	5	<input type="text"/>
10x to partner—right foot	1	2	3	4	5	<input type="text"/>
10x to partner—left foot	1	2	3	4	5	<input type="text"/>



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10x to partner—left foot	1	2	3	4	5	<input type="text"/>

SOCCER FIELD DIAGRAM

Directions: Illustrate tactics described in the video on the diagram below.

