

#10603

SOCCER FOR GIRLS: GETTING STARTED

TERRA ENTERTAINMENT, 2002
GRADE LEVEL: 4-10
30 MINUTES
1 INSTRUCTIONAL GRAPHIC INCLUDED



DESCRIPTION

A soccer professional teaches the most important elements of the game--stretching, dribbling, passing, and shooting. After demonstrating the techniques, girls' soccer teams practice to hone their skills. Mentions nutrition, playing as a team, and some facts related to women's soccer.

ACADEMIC STANDARDS

Subject Area: Physical Education

- Standard: Uses a variety of basic and advanced movement forms.
 - Benchmark: Uses simple combinations of fundamental movement skills (e.g., locomotor, non-locomotor, object control, body control, and rhythmical skills). (See INSTRUCTIONAL GOALS 1.)
 - 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 2.)
 - 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 2.)
- 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 2.)

INSTRUCTIONAL GOALS

1. To explain and demonstrate stretching techniques.
2. To describe and demonstrate the soccer skills: dribbling, passing, and shooting.
3. To present some interesting facts about soccer.

BACKGROUND INFORMATION

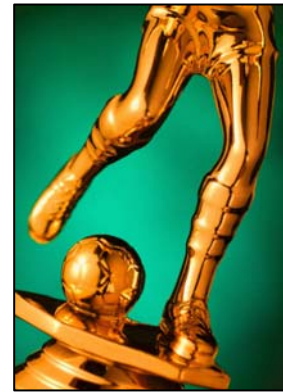


This video is part of a series, *Soccer With Mayte*, which focuses on, but is not exclusively for, girls. This video is divided into four parts, each focusing on a different skill (stretching, dribbling, passing, and shooting). We learn with Mayte, her assistant, Tony (a former All-American and head coach of the World Youth Soccer Academy in Florida) and the "Soccer Girls" team. It is also punctuated by "Soccer Kicks," which are short informational segments/fun facts about

soccer. Other topics include proper nutrition and the importance of making long lasting friendships through respect and commitment.

VOCABULARY

- | | |
|--------------------|-------------------------|
| 1. adversary | 13. passing |
| 2. agile | 14. pendulum |
| 3. basics | 15. plant (verb) |
| 4. defender | 16. rhythm |
| 5. dribbling | 17. "shake it loose/up" |
| 6. "fake them out" | 18. shooting |
| 7. fitness | 19. shot on goal |
| 8. follow through | 20. stretching |
| 9. interfere | 21. target |
| 10. laces | 22. "touches on ball" |
| 11. limber | 23. warm-up |
| 12. loose | |



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). Ask what kind of clothing should be worn. Explain soccer vocabulary.
2. Brainstorm other aspects (besides skills) of team sports which are important while playing a game.

DURING SHOWING

1. View the media more than once, with one showing uninterrupted.
2. Stop the media and participate in stretches with Mayte and Tony (they cannot participate in real time with the media; they suggest holding stretch for ten seconds, but they do not hold it for this long in the program).
3. Stop media to inform students they will work on these skills.

AFTER SHOWING

Discussion Items and Questions

1. What does "do with the right, do with the left" mean?
2. Why is it important to stretch?
3. Explain the proper steps for stretching.
4. How many stretches are "enough"?
5. Discuss the importance of water, good nutrition, and a balanced diet?
6. What three parts of the foot touch the ball while dribbling? In what order?
7. Describe the critical elements for dribbling the ball.
8. Describe foot positions (plant foot and kicking foot) for a correct pass.
9. How do you "fake"? Why do you fake?
10. Describe the critical elements for shooting the ball.
11. Why is it important to always "be moving"?
12. List reasons why it is important to practice the basic skills?



Applications and Activities

1. Perform the stretching techniques.
 - a. Stretches with the ball.
 - b. Stretches without the ball.
2. Practice "touches on the ball" to improve your rhythm.
3. Do the drills and practice skills (See INSTRUCTIONAL GRAPHIC.) Use the graphic to self-assess or assess the skills of a teammate.
 - a. Dribbling.
 - b. Passing.
 - c. Shooting.
4. Play lead-up games to practice skills.
5. Research and write a report or create a PowerPoint presentation of a famous female soccer player mentioned in the film.
6. Design a poster showing proper techniques of different skills
7. Write to the WUSA (Women's United Soccer Association) to get information about women soccer players.
8. Measure the length and width of a soccer field. How many square feet is the field? How many square meters?

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



9. Research and write a report about some interesting facts about the history of soccer.
10. Learn how to spell "soccer" in different languages. Research to find different signs for "soccer."
11. 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.

INSTRUCTIONAL GRAPHIC

- SOCCER TASK CARD

RELATED RESOURCES

Captioned Media Program

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

- 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!



- **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.



- **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.



- **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.

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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 _____

Dribbling						signed
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"/>

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

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



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