

## **Alex Garrett Transcript Form**

### **(To the Whole Class)**

Okay class, everybody clap twice if you hear me. Ok great. I'm Mr. Garrett, I'm your substitute teacher today, your normal teacher couldn't make it, and I gotta tell ya I'm already kinda upset with myself today because, you ever get up, and you are in a rush to get out the door, and you're not really paying attention, and you bump your foot on your little brother's toy or something? He left a little toy in the middle of the floor, it's not practical. Give it a kick right? That made me think of a good lesson today, what we're gonna do today is we are gonna work on the give-and-go for a Soccer pass. Now in Soccer, passing is essential to set up a scoring opportunity. So what we're gonna do is, I need a line right here on me single file, and then I need another line, right here. Try to even em up the best you can. This line facing this way, this line facing out. I'm sure many of you guys have played Soccer before already, but just in case you don't know, obviously you can't use your hands, so what you wanna do is:

### **(To Line Facing Downfield)**

This line is gonna start with the ball. All you need is a simple pass to that team, make a quick run over, receive the ball, and then come back around.

### **(To Whole Class)**

Now key things for a Soccer pass, what you wanna do, is you wanna make sure you open your hip. You don't wanna sit there and toe the ball, you lose control, you need a good accurate pass if you're gonna get anywhere. Use the instep of

your foot, nice and controlled, make a nice pass to the teammate, and make the run. Now for safety concerns, make sure everybody is keeping their heads up and they're alert, we don't want anyone running into each other, we don't want balls flying everywhere. Alright, anybody have any questions?

**(To Sam)**

Sam? Can I show you? Alright.

**(To Whole Class)**

So I start with the ball, and you can use either foot, it is your preference for right now. What you wanna do is pass, George will receive the pass, I'm gonna run out and call for the ball, BALL BALL, get the ball, and then from here, pass it back to whoever is next in line, and run around and switch lines each time.

**(To George)**

You, after you do the give-and-go you come to the back of this line.

**(To Whole Class)**

Alright. Everybody got it? Okay lets start up, Vikki you're first. Make sure you guys are being loud when you call for those balls.

**(To William)**

Good Will.

**(To Eric)**

Good job Eric.

**(To Whole Class)**

Good job guys. Good.

*"Guiding youngsters in the process of becoming physically educated and healthy for a lifetime."*

**(To Vikki)**

Nice pass! Keep it goin here.

**(To Steve)**

There ya go Steve.

**(To Whole Class)**

Alright everybody hold up just a second. What we can do another way to do this drill is move this line over here, unfortunately we don't have time for that today because we're running short, but everyone just bring it in right here on me.

Anybody have any questions? Who learned something, wha-whats whats key to a good pass.

**(To Shane)**

Shane? Inside of the foot that's good.

**(To Whole Class)**

Anybody else?

**(To George)**

George? Use your hip, that's great.

**(To Whole Class)**

Okay guys, that's all I got, thank you very much. Let's bring it in. Say Soccer on three this time. 1-2-3 SOCCER.