

EJD Soccer Unit

Desired Results

Title of Unit

Soccer

Enduring Understandings

1. **Teamwork and Communication:** Students will understand that effective communication and collaboration among teammates are essential for success in soccer and other group activities.
2. **Physical Fitness and Health:** Engaging in soccer promotes physical fitness, and students will recognize the importance of staying active for overall health and well-being.
3. **Sportsmanship and Respect:** Students will learn that showing respect for opponents, officials, and teammates fosters a positive sporting environment and enhances the experience for everyone involved.
4. **Skill Development and Growth Mindset:** Mastery in soccer requires practice and perseverance; students will understand that improvement comes from effort, feedback, and a willingness to learn from mistakes.
5. **Strategic Thinking and Problem-Solving:** Playing soccer encourages players to think critically and make quick decisions, helping them develop problem-solving skills that can be applied in various aspects of life.

By focusing on these concepts, students can gain a deeper appreciation for soccer and

Essential Questions

1. **How does effective communication among teammates impact performance on the field?**
2. **In what ways can practicing soccer skills improve our overall physical fitness and health?**
3. **What does good sportsmanship look like, and why is it important in both soccer and life?**
4. **How can a growth mindset help us improve our soccer skills, and what strategies can we use to develop this mindset?**
5. **What role does strategy play in soccer, and how can we apply strategic thinking to overcome challenges during a game?**
6. **How can individual strengths contribute to the success of a team?**
7. **What are the responsibilities of each position on the field, and how do they work together to achieve a common goal?**
8. **How do our choices on the field reflect our values and principles as athletes?**

These questions can help students think critically about their experiences in soccer and encourage deeper learning and reflection.

its broader implications in their lives.	
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Guiding Questions

1. **Skill Development:**
 - What techniques are most important for passing accurately in soccer?
 - How can we improve our dribbling skills to evade defenders?
2. **Team Dynamics:**
 - How do different roles on the team (defense, midfield, offense) contribute to our overall success?
 - In what ways can we support each other on and off the field to build a stronger team?
3. **Game Strategy:**
 - What strategies can we use to maintain possession of the ball during a game?
 - How can we adapt our tactics when facing a stronger opponent?
4. **Physical Fitness:**
 - How does playing soccer improve our cardiovascular health and endurance?
 - What exercises can we do to enhance our agility and speed for soccer?
5. **Sportsmanship:**
 - How can we demonstrate respect towards referees and opponents during games?
 - What are some ways to handle frustration or disappointment in a competitive environment?
6. **Reflection and Improvement:**
 - What specific areas do I need to focus on to improve my performance in soccer?
 - How can we provide constructive feedback to each other after practices and games?
7. **Personal Growth:**
 - What have I learned about teamwork through participating in soccer?
 - How can the lessons learned in soccer apply to other aspects of my life, like school or friendships?

These questions can help students think critically about their experiences in soccer while promoting engagement and discussion.

Knowledge

1. Basic Rules of Soccer

- **Understanding the structure of the game, including how long a match lasts and what constitutes a goal.**
- **Familiarity with fouls, offside rules, and various types of kicks (free kicks, penalty kicks, throw-ins).**

2. Positions and Roles

- **Knowledge of the different positions on the field (goalkeeper, defenders, midfielders, forwards) and their primary responsibilities.**
- **Understanding how players can adapt to different roles based on team strategy.**

3. Fundamental Skills

- **Dribbling:** Techniques for controlling the ball while moving.
- **Passing:** Different types of passes (short, long, through balls) and when to use them.
- **Shooting:** Proper technique for shooting the ball accurately and powerfully.
- **Defending:** Basic defensive techniques and positioning to prevent opponents from scoring.

4. Teamwork and Communication

- **Importance of verbal and non-verbal communication on the field.**
- **Strategies for effective teamwork, including how to support teammates during play.**

5. Fitness and Conditioning

- **Understanding the physical demands of soccer and the importance of stamina, strength, and agility.**

Skills

1. Dribbling

- **Control:** Maintaining close control of the ball while moving.
- **Change of Pace:** Accelerating and decelerating while dribbling.
- **Directional Changes:** Using different parts of the foot to change direction quickly.

2. Passing

- **Short Passes:** Using the inside of the foot for accuracy.
- **Long Passes:** Developing the ability to pass over greater distances.
- **Receiving Passes:** Techniques for stopping and controlling the ball when receiving it.

3. Shooting

- **Accuracy:** Aiming for different areas of the goal.
- **Power:** Striking the ball with power using the laces or instep.
- **Finishing Techniques:** Learning different ways to finish (volleys, headers, etc.).

4. Defending

- **Marking:** Staying close to an opponent to prevent them from receiving the ball.
- **Tackling:** Learning safe and effective tackling techniques.
- **Positioning:** Understanding how to position oneself relative to the ball and opponents.

5. Heading

- **Technique:** Proper technique for heading the ball safely.
- **Timing:** Knowing when to jump for a header in both attacking and defensive

- **Basic conditioning exercises that enhance soccer performance.**

6. Sportsmanship and Ethics

- **Importance of respect for teammates, opponents, and officials.**
- **Understanding the values of fairness, integrity, and humility in sports.**

7. Game Strategy

- **Basic offensive and defensive strategies, including formations (e.g., 4-4-2, 3-5-2) and their advantages.**
- **Concepts like spacing, movement off the ball, and creating scoring opportunities.**

8. Cultural and Historical Context

- **Brief overview of soccer's global significance and its role in different cultures.**
- **Understanding major tournaments (like the World Cup) and their impact on the sport.**

9. Self-Reflection and Growth

- **Importance of reflecting on personal performance and identifying areas for improvement.**
- **Strategies for setting goals related to skill development and teamwork.**

By focusing on these knowledge areas, students can develop a comprehensive understanding of soccer that enhances their skills and enjoyment of the game.

situations.

6. Goalkeeping (if applicable)

- **Basic Saves:** Techniques for catching and parrying shots.
- **Distribution:** Throwing and kicking the ball accurately to teammates.
- **Positioning:** Understanding where to position oneself in relation to the goal.

7. Fitness and Agility

- **Endurance:** Building cardiovascular fitness to maintain performance throughout the game.
- **Speed:** Developing sprinting techniques for quick bursts of speed.
- **Agility:** Enhancing footwork and coordination for quick directional changes.

8. Team Play and Communication

- **Calling for the Ball:** Learning to communicate effectively on the field.
- **Supporting Teammates:** Understanding how to create space and support attacking plays.

9. Set Pieces

- **Corner Kicks:** Understanding how to execute and defend corners.
- **Free Kicks:** Learning the basics of taking and defending free kicks.

10. Game Awareness

- **Understanding Space:** Recognizing how to utilize space effectively.
- **Reading the Game:** Developing the ability to anticipate plays and make strategic decisions.

Focusing on these skills will help students

	become well-rounded players and enhance their overall understanding of soccer.
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Standards 1. Standard 1: Personal Health and Fitness

- **Demonstrate a variety of motor skills and movement patterns.**
 - **Students should be able to demonstrate skills like dribbling, passing, and shooting in soccer.**
- **Engage in regular physical activity.**
 - **Students should understand the benefits of participating in soccer as a means to stay active.**

2. Standard 2: A Safe and Healthy Environment

- **Demonstrate behaviors that promote a safe and healthy environment.**
 - **Students should learn about safe play, respect for others, and the importance of following rules to ensure safety on the field.**

3. Standard 3: Resource Management

- **Understand and apply the concepts of fair play and sportsmanship.**
 - **Students should demonstrate respect for teammates, opponents, and officials during games and practices.**

4. Standard 4: Social Interaction

- **Collaborate with others to achieve a common goal.**
 - **Students should work together in team drills and games, emphasizing teamwork and communication.**

5. Standard 5: Decision Making and Problem Solving

- **Use decision-making skills to promote a healthy lifestyle.**
 - **Students should be able to analyze game situations and make strategic decisions during play.**

6. Standard 6: Understanding Movement

- **Analyze and apply movement concepts and principles.**
 - **Students should understand concepts like space, time, and force as they relate to soccer skills and tactics.**

7. Standard 7: Physical Activity and Lifelong Fitness

- **Recognize the importance of physical activity for overall well-being.**
 - **Students should understand how participating in soccer can contribute to lifelong fitness habits.**

Assessment and Alignment

- **Assessing Skills:** Use skill assessments, game participation, and reflective journals to evaluate student understanding and skill development.
- **Lesson Planning:** Align activities and drills with these standards to ensure comprehensive coverage of the physical education curriculum.

By focusing on these standards, you can create a well-rounded soccer unit that not only teaches skills but also promotes lifelong fitness and positive social interactions.

Assessment Evidence

1. Skill Assessments

- **Dribbling Test:** Set up a cone course where students must dribble through cones within a certain time frame. Assess their control, speed, and technique.
- **Passing Drills:** Evaluate students on their ability to make accurate short and long passes to a stationary or moving target.
- **Shooting Accuracy:** Use a goal or target to assess how accurately students can shoot from various distances and angles.

2. Game Performance

- **Participation Evaluation:** Observe students during practice and games to assess their understanding of positions, teamwork, and game strategy.
- **Tactical Decision-Making:** Evaluate how well students apply strategies during gameplay, including their ability to communicate and collaborate with teammates.

3. Peer Assessment

- **Team Evaluations:** Have students assess their teammates on skills like communication, sportsmanship, and supportiveness during games. This encourages reflection and constructive feedback.
- **Skill Partner Work:** Pair students to evaluate each other's skills during drills and provide feedback.

4. Self-Assessment

- **Reflective Journals:** Encourage students to keep a journal where they reflect on their progress, challenges, and areas for improvement.
- **Goal Setting:** Have students set personal goals at the beginning of the unit and assess their progress towards those goals at the end.

5. Fitness Assessments

- **Endurance Testing:** Use a timed run (e.g., the Beep Test) to assess cardiovascular fitness.
- **Agility Drills:** Conduct agility tests, such as shuttle runs, to evaluate speed and coordination.

6. Written Assessments

- **Quizzes on Rules and Strategies:** Administer quizzes that test students' understanding of soccer rules, strategies, and terminology.
- **Essay Reflection:** Ask students to write a brief essay on what they learned about teamwork, sportsmanship, or their personal growth throughout the unit.

7. Rubrics

- **Skill Performance Rubric:** Create a rubric that outlines expectations for dribbling, passing, shooting, and defending skills, including criteria for accuracy, technique, and decision-making.
- **Game Participation Rubric:** Develop a rubric for evaluating participation in games, focusing on teamwork, communication, and effort.

By using a combination of these assessment methods, you can gain a comprehensive understanding of each student's skills, knowledge, and overall development throughout the soccer unit.

Learning Plan

Learning Activities Unit Overview

Duration: 4–6 weeks

Grade Level: Middle School (Grades 6–8)

Goals:

- **Develop fundamental soccer skills**
- **Foster teamwork and communication**
- **Promote physical fitness and healthy habits**
- **Understand the rules and strategies of soccer**

Week 1: Introduction to Soccer and Basic Skills

- **Day 1:**
 - **Activity:** Introduction to soccer (history, rules, positions)
 - **Skill Focus:** Basic dribbling (cones course)
 - **Assessment:** Informal observation of dribbling technique
- **Day 2:**
 - **Activity:** Dribbling relays
 - **Skill Focus:** Passing techniques (short passes)
 - **Assessment:** Partner passing drill
- **Day 3:**
 - **Activity:** Small-sided games (3v3)
 - **Skill Focus:** Application of dribbling and passing
 - **Assessment:** Participation and communication observation

Week 2: Advanced Skills and Teamwork

- **Day 1:**
 - **Activity:** Review and practice dribbling and passing
 - **Skill Focus:** Long passing techniques
 - **Assessment:** Long passing accuracy drill
- **Day 2:**
 - **Activity:** Team-building exercises
 - **Skill Focus:** Understanding player roles and positioning
 - **Assessment:** Discussion and reflection on teamwork
- **Day 3:**
 - **Activity:** Scrimmage with specific roles assigned
 - **Skill Focus:** Combining skills in a game setting
 - **Assessment:** Game participation rubric

Week 3: Shooting and Defense

- **Day 1:**
 - **Activity:** Shooting drills (accuracy and power)
 - **Skill Focus:** Different shooting techniques (volleys, instep)
 - **Assessment:** Shooting accuracy test
- **Day 2:**
 - **Activity:** Defensive positioning and tactics
 - **Skill Focus:** Marking and tackling techniques
 - **Assessment:** Observation during defensive drills
- **Day 3:**
 - **Activity:** Small-sided games focusing on offense and defense
 - **Skill Focus:** Applying shooting and defensive skills
 - **Assessment:** Informal assessment of offensive and defensive strategies

Week 4: Game Strategies and Set Pieces

- **Day 1:**
 - **Activity:** Introduction to game strategies (formations)
 - **Skill Focus:** Set pieces (corner kicks, free kicks)
 - **Assessment:** Quiz on rules and strategies
- **Day 2:**
 - **Activity:** Practice set pieces in small groups
 - **Skill Focus:** Execution of corners and free kicks
 - **Assessment:** Observation during set piece practice
- **Day 3:**
 - **Activity:** Full-field scrimmage with a focus on strategies and set pieces
 - **Skill Focus:** Implementing learned strategies
 - **Assessment:** Participation and strategy application rubric

Week 5: Fitness and Reflection

- **Day 1:**
 - **Activity:** Fitness assessment (endurance and agility)
 - **Skill Focus:** Agility drills and conditioning
 - **Assessment:** Fitness test results
- **Day 2:**
 - **Activity:** Review of skills and concepts learned
 - **Skill Focus:** Team strategy discussion and reflection
 - **Assessment:** Reflective journal entry on personal growth
- **Day 3:**
 - **Activity:** Final scrimmage focusing on all learned skills
 - **Skill Focus:** Putting everything together in gameplay
 - **Assessment:** Overall participation and skill application evaluation

Week 6: Unit Conclusion and Assessment

- **Day 1:**
 - **Activity:** Review of unit goals and objectives
 - **Skill Focus:** Addressing any remaining skill gaps
 - **Assessment:** Informal observations and feedback sessions
- **Day 2:**
 - **Activity:** Final assessments of skills (dribbling, passing, shooting)
 - **Skill Focus:** Individual skill stations
 - **Assessment:** Skill performance rubrics
- **Day 3:**
 - **Activity:** Unit celebration (mini-tournament or awards)
 - **Skill Focus:** Enjoyment of the game and sportsmanship
 - **Assessment:** Reflection on personal and team achievements

Materials Needed

- **Soccer balls**
- **Cones and markers**
- **Goals (portable if possible)**
- **Whistles**
- **Reflective journals**

This learning plan emphasizes skill development, teamwork, and a positive attitude toward physical activity, ensuring that students gain a comprehensive understanding of soccer while having fun.

Resources

1. Books and Manuals

- **"Soccer: Steps to Success" by Thomas Dunmore:** This book covers essential skills and drills for players at all levels.
- **"Coaching Soccer For Dummies" by John Wright:** A great resource for understanding soccer fundamentals and coaching techniques.

2. Websites

- **U.S. Soccer Development Academy:** Offers training resources, drills, and player development information.
- **Soccer Drills HQ:** A collection of drills and practice plans for various skill levels.
- **Coaching Soccer 101:** Provides tips, drills, and strategies specifically for coaches working with youth players.

3. YouTube Channels

- **Coaching Soccer:** Features instructional videos on drills, tactics, and skills.
- **F2Freestylers:** Offers entertaining and educational content focused on soccer skills and tricks.
- **SkillTwins:** Showcases skills, tricks, and techniques that can be fun for students to learn.

4. Apps

- **Soccer Skills Training:** Provides a variety of drills and training tips for players to improve their skills.
- **TeamSnap:** Useful for managing teams, scheduling practices, and communicating with players and parents.

5. Equipment and Gear

- **Soccer Balls:** Various sizes (Size 4 for U12 and Size 5 for older players) for practicing skills.
- **Cones and Markers:** Essential for setting up drills and courses.
- **Goals:** Portable goals for small-sided games and scrimmages.
- **Training Bibs:** Useful for distinguishing teams during practice and games.

6. Fitness Resources

- **Agility Ladder Drills:** Information on how to improve speed and agility, which is crucial for soccer.
- **Endurance Training Plans:** Guidelines for building cardiovascular fitness specific to soccer players.

7. Local Organizations

- **Youth Soccer Leagues:** Check local leagues for clinics, coaching courses, or volunteer opportunities.
- **Community Centers:** Often offer soccer programs or clinics that can complement your unit.

8. Professional Development

- **Online Coaching Courses:** Organizations like the National Soccer Coaches Association of America (NSCAA) offer courses that can enhance coaching skills and knowledge.

9. Printable Resources

- **Practice Plans and Drills:** Websites like SoccerXpert provide downloadable practice plans.
- **Skill Assessment Rubrics:** Create or find templates for assessing student skills and participation.

These resources can help create a comprehensive and engaging soccer unit, providing students with both the foundational skills and a deeper understanding of the game.