



## **Soccer Unit Set up and Classroom Operations**

### **Notes to Educator**

- Before the students arrive, choose your area to play. Indoors: the gym floor is great. Outdoors: any grass area is great. Mark out 2 fields approximately 20 yds x 40 yds. Adjust as needed.
- If in the gym, use the mid court line to divide the gym into two playing fields. Have them play cross court. Let them use the walls if you want - even behind the goal like hockey. More action!
- Use cones to outline the field and for goals. Set the goals 3 yards apart. You can also use goals from other sports. Field or floor hockey, lacrosse, etc. work well. Pass in when out of bounds.
- Divide your class into 5 teams of 4 or 5 players. With a smaller class, make 3 teams. You want an odd number of teams. Mix genders and skill levels. Make the teams competitive. Use colored vests.
- Small sided games work best. Studies show a marked increase in touches when playing games with fewer people. It's more fun for the students and they all experience success.
- Games are 5 minutes. While 4 teams are playing, the 5th team is on the sidelines working on their soccer skills using this App. Skills are age appropriate as selected by SHAPE.
- You monitor and instruct the players working on their skills, while keeping an eye on the games. The students will self-monitor their games. They LOVE to play soccer!
- Every 5 minutes, rotate the teams. Another team comes out to work on the skills and teams rotate so that at the end of 5 rotations everyone has had skill work and has played against each other.
- Adjust the time of your games to coincide with the length of your class. If you have only 3 teams, go through the rotation twice. Give a water break to those on the side working on their skills.
- You will have 4 practice sessions, each adding and building on the previous. Use the last few sessions as an examination time. Have the students show you their skills and improvement.
- If you find that a player or two are dominating the game, put a restriction on them by limiting them to two or three touches. It will force them to pass and get others involved in the game.

- HAVE FUN! The students will have fun as long as the teams are kept competitive. This will be the best unit of the year - for the students AND for you!

