**Lesson Plan**

**Name:** Mark Patterson

**Subject Grade:** Physical Education (Soccer)

**Estimated Time Frame:** 60 minutes

**Standard (s):** Different shooting techniques, controlling the ball, vision, adequate power behind striking the ball.

**Big Ideas/ Essential Question (s):** How will each student adapt from controlling the ball then striking the ball from distance, to running on to a ball at close range and shooting under control? What part of the foot is used for striking the ball for each technique?

**New Learning Vocabulary:** Placement, Control, Accuracy, Laces, Vision, First time, Power, Finesse, Curl, Chip.

**Concepts:** Being able to know when to strike the ball powerfully from the appropriate distance using your laces, and knowing when to use the inside of your foot to shoot first time in a more controlled manner. It is important that the body is in the correct shape when striking a ball.

**Skills:** Controlling the ball from the long pass with the inside of your foot, pushing it out to a comfortable angle out of your feet to shoot. Use the laces of your boot to strike through the ball for power. In contrast shooting from close range requires more delicacy and a softer strike. The power shot will require your head to be over the ball to keep it low, whereas the emphasis on the closer shot is placement. This is done by using a more controlled and finesse finish.

**Applications:** Implement these techniques into game situations. Introduce a goal keeper to test their technique and accuracy. Introduce a chasing defender to replicate real game pressure.

**Learning Targets:** Students will understand when to use the appropriate technique of shooting at the most appropriate situation on the field. Students will be able to demonstrate the correct shooting technique from different distances. Students will understand how their body shape should be when striking the ball and will be able to demonstrate this.

**Summative Assessment:** Theory test on the techniques that have been talked about. Matching words or phrases to certain situations. Formative assessment will be used throughout the lesson. Practical exam will involve the students demonstrating the techniques in a game.

**Instruction Strategies/ Activities:** Compare and contrast similarities and differences between kicking a soccer ball and punting an American football. Give handouts out illustrating and describing techniques. Watch videos on professional players shooting a soccer ball and make the students take notes. Discuss different outcomes that could happen if you used the wrong technique at a certain time. Play a practical game called Power and Finesse.

**Materials and Resources:** Computer and projector, field, goals, cones and balls.

**Beginning:** Before the practical session has taken place, I will first go over the theory behind each technique. I will ask students what other sports use a kicking technique as we have previously went over the punting technique of an American footballer. We will discuss the similarities and differences. I will introduce the terminology used in describing the movements of a soccer shot. These techniques will be illustrated through the use of video footage.

**Assessment**: The first assessment was a formative assessment, discussing the new vocabulary and terminology and what situation they would fit best with. Also matching which professional soccer player preferred to use which technique.

The student showed great understanding off all vocabulary and grasped the idea of when to strike the ball powerfully with the laces and when to use a more composed and finesse finish when up close. The student also knew the concept of controlling the ball and getting it out of your feet quickly with one touch. The student was able to elaborate further on what other skills that could be used to score up close against an on rushing keeper. This was the chipping technique which was part of the vocabulary. The student also understood Messi as the professional footballer that enjoys executing this technique.

**Anticipated Learning Difficulties/Misunderstandings:** As we watched the footage professional footballers where using multiple techniques to shoot. Therefore it was important to stress that they had to start off with the basics then incorporate the more difficult techniques into their game as they progressed. Every student would be encouraged to practice these various and more skillful techniques at home.

**Content Input (‘I do’ activities):** As I come from a soccer background I will demonstrate the various techniques spoke about. I will ask the students what I do at certain situations. I will perform the wrong technique at times and quiz them on that I should have done.

**Guided Practice (We do):** This is when I will introduce a game that will test all techniques spoke about. This is a game called Power and Finesse which is used for every age group as a shooting exercise. It is a great way to assess each student and their technique. Scoring goals is not the main concern here it is primarily technique being assessed. If the students are becoming comfortable with the exercise I will introduce a defender to add pressure to the shooter. This will replicate a game situation. I will then instruct the goal keeper to rush out at the student who is shooting from close range. This will test the student’s vision and will allow me to assess how they will solve this problem.

**Independent Practice (You do):** During the practical hours of our Physical Education class, the students will be allowed to practice their shooting technique towards the end of the lesson. I will encourage extra practice sessions at home. If the students were unable to strike the ball on target, then there target for the next class will be to hit the target. I will also encourage students to practice a technique they saw from the professionals on the footage and see if they can copy this at the next session.

**Assessment:** This will be a practical assessment. I will watch each student thoroughly on how they approach each shot. Goals scored will not be a factor of assessment. Technique is the priority. Understanding which part of the foot is used at different distance is important.

The student was able to demonstrate the required techniques at the most appropriate situations. He showed confidence in his approach and his body shape was always correct. He went beyond the instructions, by trying the chipping technique which was executed brilliantly. Even with a defender running at him he remained calm and focused on his execution.

**End:** The standards are basic and easy to understand. They are designed for novice soccer players to those with more experience. Formative and summative assessment is used in this plan, with a practical assessment being the more significant one. For future lessons in this sport this lesson plan and be tied in with short and long passing. Students will receive their feedback on the next day of class. I will be looking at their understanding of the theory behind the techniques and also how they demonstrated the technique to me.

**Teacher Reflection:** This is an extremely fun lesson to teach and participate in. The Power and Finesse game at the end is extremely popular throughout the soccer world. In this game students had the chance to repeat the techniques over and over again. This is a great way for them to try and perfect their technique. As everyone is at different levels, the power shot from distance was adequate for some students but maybe a bit too far out for others. Some students who used the correct technique to execute the power shot struggled to reach the goal so my main adjustment would be to decrease the distance of the long shot. As this is a very fun yet beneficial game, the students forgot about the learning aspect and enjoyed themselves. That does not mean they weren’t learning but they had a chance to relax and find out independently how each technique suited a certain situation. The repetitive nature of this exercise allows them to adjust their body shape and practice over and over again.