

# Stations

# Soccer

*Lesson Focus: to practice a variety of soccer skills in small groups.*

## What you'll need

- nets or cones for goals.
- foam soccer balls or deck rings.
- bowling pins or sand filled liter bottles.
- Poly spots for distance marking.
- Assorted obstacles to dribble around (milk crates, cones, boxes).
- Music and music player are optional to signal station change.

## Skills to review and demonstrate

Keeping the ball close while dribbling.

Using the inside of your feet to dribble and shoot the ball.

Paying attention to those around you in general space by looking up.

Trapping the ball by placing a foot on top of the ball as it is rolling into the hoop.

## Getting started

Divide students into as many groups as you have stations, (2-3 students per station optimal).

- Kick for accuracy: Place a pin in a goal and a spot marker a distance away. Kick and follow the ball. Pick up the pin, and roll the ball to the next in line.
- Kick past a goalie: Kick for a goal from the spot marker. Follow the ball, roll it to the next player, and replace the goalie.
- Kick for a goal: No goalie. Kick and follow the ball. Roll it to the next in line before getting back in line.
- Dribble around obstacles: Place the obstacles out in front of the dribblers. Dribble and return the ball to the start spot.
- Pass and trap: Pass and trap to those in your group.

Have more than one of each of the above stations to avoid any waiting in lines.

## Student performance objectives

**Psychomotor:** Students will demonstrate dribbling with proper form 80% of the time.  
Students will successfully shoot a ball into the goal 80% of the time.

**Cognitive:** Students can describe the correct form for dribbling, shooting and trapping a soccer ball 80% of the time.



Indoor/outdoor  
activity for grades

2-5

## Begin the action

The music signals the students to start, stop and rotate.

## Helpful hints

Any of the stations can serve as an assessment station.

## Recap

Why do you think it is important to look up while you are dribbling?  
What can happen if you kick a moving ball before you trap it?

\* Challenge! \*

Move the markers farther from the targets. You can also time the dribbling station and have the students see if they can decrease their dribbling times.

## National standards

Standards 1&2: Dribbling; Trapping teamwork.

Standard 3: Fully participates.

Standards 4&5: Participates responsibly and cooperates with peers; Enjoys a challenge.

