

Soccerama

Lesson Focus: to collect as many soccer balls from hoops as possible in the allotted time and dribble them in proper form to your group's hoop.

What you'll need

- Four hoops.
- One ball for each student.
- Music and music player are optional.

Skills to review and demonstrate

Keeping the ball close while dribbling.

Using the inside of your feet to dribble 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 four groups and place each group in a corner with a hoop.

Place the balls in the hoops.

Student performance objectives



Psychomotor: Students will demonstrate dribbling with proper form 80% of the time.
Students will successfully trap a rolling ball inside the hoop 80% of the time.

Cognitive: Students can describe the correct form for dribbling and trapping the soccer ball 80% of the time.
Students describe why having control of the soccer ball is important 80% of the time.



Indoor/outdoor
activity for grades

2-5

Begin the action

On “go” (or when the music starts) each student collects the soccer balls one at a time from the other group’s hoops, dribbles them back and traps it inside their hoop.

On the “stop” signal return to your own hoop and count how many balls are in your hoop.

Helpful hints

Do not allow students to guard their hoops.

Do not allow long kicks but encourage controlled dribbling.

Do not allow the students to take from the same hoop twice.

If there are a large number of students in the class add additional groups.

Recap

What happens when everyone in your group is working their hardest to collect the balls?

[We have a better chance of collecting the most balls]

What happens when everyone in the class is working their hardest to collect the balls?

[the number of balls in each group’s hoops remains about the same]

What are some ways to waste time during this game, which would result in your group not doing well? [Kicking long instead of dribbling, knocking our own balls out of our hoop etc.]

Why do you think it is important to look up while you are dribbling?

Challenge

Challenge the dribblers to look up instead of “at” the ball.

How many balls can you take from the hoops before the stop signal?

National standards

Standards 1 & 2: Dribbling; Trapping; Teamwork; Strategy.

Standard 3: Fully participates; Cardio fitness.

Standards 4 & 5: Participates responsibly and cooperates with peers; Accepts challenges.

