

#10598 INTRODUCTION TO SOCCER: GETTING STARTED



TERRA ENTERTAINMENT, 2002
GRADE LEVEL: 3–6
30 MINUTES
1 INSTRUCTIONAL GRAPHIC INCLUDED

DESCRIPTION

Professional soccer players introduce children to soccer basics as they explain and demonstrate dribbling, passing, and trapping the ball. Players practice as the pros share tips and techniques. Gives a few rules, some soccer trivia, and encourages good sportsmanship.

ACADEMIC STANDARDS

Subject Area: Physical Education

- Standard: Uses a variety of basic and advanced movement forms.
 - Benchmark: Uses a variety of basic object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike). (See INSTRUCTIONAL GOALS 2.)
 - Benchmark: Uses simple combinations of fundamental movement skills (e.g., locomotor, nonlocomotor, object control, body control, and rhythmical skills). (See INSTRUCTIONAL GOALS 1 and 2.)
 - Benchmark: Uses basic sport-specific skills for a variety of physical activities (e.g., basketball chest pass, soccer dribble, fielding a softball with a glove). (See INSTRUCTIONAL GOALS 2.)
 - Benchmark: Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances (e.g., combining steps to perform certain dances; combining running, stopping, throwing, shooting, kicking for sideline soccer). (See INSTRUCTIONAL GOALS 2.)

- Standard: Uses movement concepts and principles in the development of motor skills.

C a p t i o n e d M e d i a P r o g r a m

- Benchmark: Understands the critical elements of a variety of basic movement patterns such as throwing (e.g., the ready position, arm preparation, step with leg opposite the throwing arm, follow-through, accuracy of throw). (See INSTRUCTIONAL GOALS 2.)

INSTRUCTIONAL GOALS

1. To demonstrate warm-up techniques.
2. To describe and demonstrate the soccer skills: dribbling, passing, and trapping.
3. To present some interesting facts about soccer.

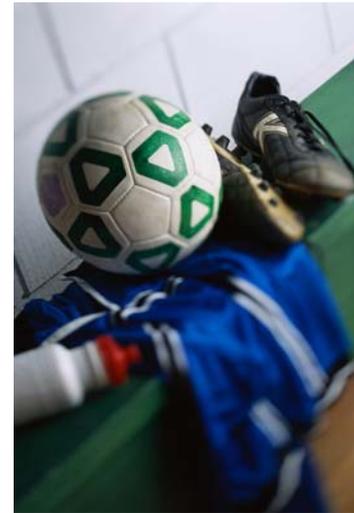
BACKGROUND INFORMATION



The main purpose of this video is to introduce young players to the game of soccer. It is divided into four parts, each focusing on a different skill (warm-up, dribbling, passing, and trapping). We learn with Mayte and her assistants Tony (former All-American and head coach of the World Youth Soccer Academy in Florida), Antonio, and the Soccer Kids. It is also punctuated by "Soccer Kicks," which are short informational segments/fun facts about soccer. Other topics include good sportsmanship and the concept of TEAM, health tips, a few rules and strategies, and the importance of focus, dedication, and working hard in school.

VOCABULARY

- | | |
|--------------------------|---------------------------|
| 1. ankle | 13. laces |
| 2. back and forth | 14. muscles |
| 3. control | 15. outside (of the foot) |
| 4. cushion | 16. passing |
| 5. dedication | 17. plant (verb) |
| 6. dribbling | 18. positive attitude |
| 7. drill | 19. respect |
| 8. focus | 20. soccer |
| 9. forward | 21. stretch |
| 10. impact | 22. strike |
| 11. inside (of the foot) | 23. teammates |
| 12. key (adjective) | 24. trapping |
| | 25. up and down the field |
| | 26. warm-up |



BEFORE SHOWING

1. Introduce the game of soccer. Show equipment and describe how it is used. Discuss general rules (i.e., use of feet and hands). Ask what kind of clothing should be worn. Explain soccer vocabulary.
2. Discuss the concepts sportsmanship, teamwork, and having a positive attitude. Brainstorm why these are important elements of team sports.

DURING SHOWING

1. View the media more than once, with one showing uninterrupted.
2. Stop the media and participate in the stretches (stretches not described but shown by Mayte and Tony).
3. Stop the media to inform students which skills they will practice.

AFTER SHOWING

Discussion Items and Questions

1. What is "warm-up"?
2. Why is warming up important?
3. What are the critical elements of a good dribble?
4. Besides physical skills, what are other important aspects of soccer (and all team sports)?
5. What does a dedicated player do?
6. What are the critical elements of good passing?
7. Where do you "plant" your foot?
8. List the three parts of your foot that kick the ball.
9. Why should your toe point out?
10. Why must you drink lots of water?
11. When you don't have the ball, what should you do?
12. What are the critical elements of a good trap?
 - a. Lace trap.
 - b. Thigh trap.
 - c. Chest trap.



Applications and Activities

1. Participate in drills and practice the skills in the media. (See INSTRUCTIONAL GRAPHIC.) Use the graphic to self assess or assess the skills of a teammate.
 - a. Dribbling.
 - b. Passing.
 - c. Trapping.
2. Play lead-up games to practice skills.
3. Research and write a report about a famous soccer player mentioned in the film.
4. Design a poster showing proper techniques of different skills.

C a p t i o n e d M e d i a P r o g r a m

5. Write to FIFA (Federation Internationale de Football Association) to get information about soccer.
6. Measure a soccer field. How long is the field? How wide? What is the perimeter of the field?
7. Learn how to spell "soccer" in different languages. Research to find different signs for "soccer."
8. Keep a soccer journal. Write about your skills, your improvements, your successes and challenges. Express your feelings about this game and your interactions with your teammates.

INSTRUCTIONAL GRAPHIC

- SOCCER TASK CARD

RELATED RESOURCES

Captioned Media Program

- [*Soccer for Girls: Getting Started #10603*](#)
- [*Soccer for Girls: Intermediate Soccer #10602*](#)
- [*The Fundamentals of Soccer #10403*](#)

World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **PE CENTRAL**

<http://www.pecentral.org/>

PE Central's database of health and physical education lesson and assessment ideas! The database contains over 1300 ideas submitted by over 850 teachers!



- **AND-AGAIN**

<http://www.and-again.com>

SOCCER DRILLS AND GAMES

Many soccer drills and games searchable by age and/or objective with reviews from fellow coaches.

and-again



- **KIDS FIRST SOCCER**

<http://www.kidsfirstsoccer.com>

A "kids first soccer site" dedicated to a child-centered approach to the organization and instruction of youth soccer.

- **LOOK SMART–DIRECTORY–SOCCER FOR KIDS**

<http://search.looksmart.com/p/browse/us1/us317837/us317922/us161146/us525534/>

Keep up with international and American soccer, as well as kids and youth leagues.

- **SOCCER COACHING**



<http://www.soccerhelp.com>

Effective, easy-to-use soccer drills, skills, formations, rules and tips. Everything a youth soccer coach needs for practices and games.

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SOCCER TASK CARD

Directions: Indicate your assessment of each skill by circling the appropriate number (1 = needs help, 5 = great).

Name _____

Dribbling						signed
Control ball on a line	1	2	3	4	5	<input type="text"/>
Control ball through four cones	1	2	3	4	5	<input type="text"/>
Good speed	1	2	3	4	5	<input type="text"/>

Passing						
10x to a partner	1	2	3	4	5	<input type="text"/>
10x through cones	1	2	3	4	5	<input type="text"/>
Remember to trap the ball	1	2	3	4	5	<input type="text"/>

Trapping						
10x foot trap	1	2	3	4	5	<input type="text"/>
10x thigh trap	1	2	3	4	5	<input type="text"/>
10x chest trap	1	2	3	4	5	<input type="text"/>



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