


FGSPE LESSON PLAN

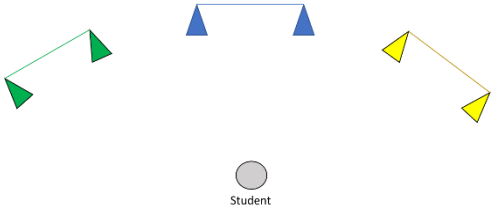
Category:	Fundamentals	Venue:	Field
Topic:	Football Fundamentals Part 1 Lesson – Kick & Trap		
Skills to be covered:	1. Kick a stationary ball in a general direction 2. Trap a Rolling Ball		

SKILL #1: KICK A STATIONARY BALL IN A GENERAL DIRECTION	
Learning Outcome:	Student will be able to kick a stationary ball towards a general direction

Suggested Instructions:

<p><u>BODY AND LEG POSITIONING</u></p> <ol style="list-style-type: none"> Stand behind the ball. Take 2 steps backwards Do a run up to the ball Make sure your non-dominant foot is beside the ball before kicking the ball with your dominant foot 	
<p><u>KICKING THE BALL</u></p> <ol style="list-style-type: none"> When kicking, the inside of your dominant foot should establish contact with the ball Aim the ball at a general direction (left or right) After contact with the ball, the foot follows through while maintaining body balance 	

Suggested Activity:

<p><u>KICK TO COLORED CONES</u></p> <ol style="list-style-type: none"> Set up cones of different colors as illustrated in the diagram Student to kick the ball towards the correct colored cones when instructed by the teacher <p>(Refer to the website for game demonstration)</p>	
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SKILL #2: TRAP A ROLLING BALL

Learning Outcome:	Student will be able to trap a rolling ball using the sole of the foot
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Suggested Instructions:

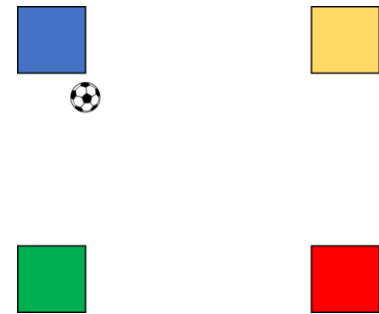
1. I will roll the ball towards you
2. Look at the rolling ball
3. Place the sole of your foot on the ball to stop it
4. Trap the ball using the sole of your foot
5. Once the ball stops, place your foot back down on the ground



Suggested Activity:

KICK WITH FRIENDS

1. Set up 4 ground markers as illustrated in the diagram (you may want to use 4 different colors)
2. There will be a student standing at each ground marker
3. 1 student will kick the ball to another student, who will trap the incoming ball by placing the sole of his foot on the ball to stop it
4. Once the ball stops, pass the ball to the next person
5. Encourage students to call out his/her friend's name before passing the ball to him/her
6. Students may also want to call out the different colors according to the different ground markers before passing to the student standing on it
7. Teachers may also facilitate by calling out the colors or students' name



(Refer to the website for game demonstration)

Skill Assessment

The assessment is to determine student’s skill proficiency. Use the pointers below as guide and assess student’s skill proficiency using observation. A gentle reminder to key in the assessment results online.

Developmental Phases for:	KICK A STATIONARY BALL IN A GENERAL DIRECTION			
<p>INITIAL PHASE:</p> <ol style="list-style-type: none"> 1. Body is upright and stationary, with arms either at sides or in front of the body for balance 2. Kicking leg swings backward during the preparatory phase 3. Forward swing is short and stops once the ball is kicked 4. Tends to kick with the toes (toe-kicking) or with the front of the foot <p>TRANSITION PHASE:</p> <ol style="list-style-type: none"> 1. Body is upright, with arms either at the sides or in front of the body for balance 2. Kicking leg swings backward during the preparatory phase. Leg remains bent during the forward swing and straightens to contact with the ball 3. Tends to kick with toes or front of foot <p>MATURE PHASE:</p> <ol style="list-style-type: none"> 1. Non-kicking foot is placed next to ball 2. Kicking leg swings back with high knee-bend before swinging forward to kick the ball 3. As the foot contacts ball, the arms swing in opposition to the legs to maintain balance 4. After the kick, the trunk bends forward slightly (follow-through) <p><i>NOTE: Tick one developmental phase of the skill below based on your observation.</i></p>				
NO.	NAME	INITIAL PHASE	TRANSITION PHASE	MATURE PHASE

Skill Assessment

The assessment is to determine student’s skill proficiency. Use the pointers below as guide and assess student’s skill proficiency using observation. A gentle reminder to key in the assessment results online.

Developmental Phases for:	TRAP A ROLLING BALL			
<p>TRAP A ROLLING BALL CRITERIA:</p> <ol style="list-style-type: none"> 1. Body is in ready position 2. Eyes are focused on the ball 3. Lift dominant leg slightly to stop the ball under the foot 4. Push down on the ball to control a stop under the foot <p>ASSESSMENT CRITERIA:</p> <ul style="list-style-type: none"> • INITIAL PHASE: Student is unable to execute the skill even with provided prompts • TRANSITION PHASE: Student is able to execute the skill with prompt(s) • MATURE PHASE: Student is able to execute the skill independently <p><i>NOTE: Tick one developmental phase of the skill below based on your observation.</i></p>				
NO.	NAME	INITIAL PHASE	TRANSITION PHASE	MATURE PHASE