

FGSPE LESSON PLAN

Category:	Advanced	Venue:	Field
Topic:	Football Advanced Part 1 Lesson – Kick & Trap		
Skills to be covered:	1. Trap & Kick with a Stationary Partner 2. Continuous Wall Pass		

SKILL #1: TRAP & KICK WITH A STATIONARY PARTNER

Learning Outcome:	Student will be able to trap a ball that is moving towards him and kick it back to the partner
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Suggested Instructions:

1. I will kick the ball to you
2. You will need to trap the ball using the inside on your foot to stop the ball, with your knee slightly bent
3. The inside of your trapping foot is facing the moving ball
4. Slightly withdraw your foot once the ball touches it
5. Kick the ball back to me using the inside of your foot

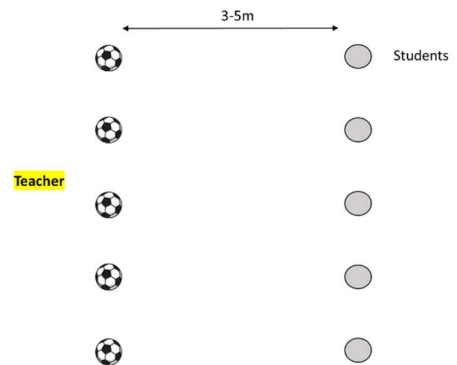


Suggested Activity:

TRAP BALL

1. Set up 5-6 balls in a straight line (as illustrated in the diagram)
2. Students will line up in a row parallel to the balls, 3-5m away
3. Teacher will call a student's name at random and kick the ball to that student
4. The student who is being called will run forward and stop the ball
5. The student will then kick the ball back to the teacher and go back to his original position
6. This drill repeats until every student gets a turn

(Refer to the website for game demonstration)



SKILL #2: CONTINUOUS WALL PASS

Learning Outcome: Student will be able to execute a continuous pass with a teammate

Suggested Instructions:

1. Student A and Student B to stand at a cone, opposite each other. Upon hearing "wall pass" Student A will kick the ball towards Student B, who will then kick the ball to a distance (making sure that the ball is in front of Student A). Student A will then kick the ball.

2. Student A and Student B to stand at a cone, opposite each other. Student C will stand at the centre, acting as a defender. Upon hearing "wall pass" Student A will kick the ball towards Student B, who will then kick the ball to a distance (making sure that the ball is in front of Student A). Student A to run behind the defender to get the ball.

(Refer to the website for skill demonstration)