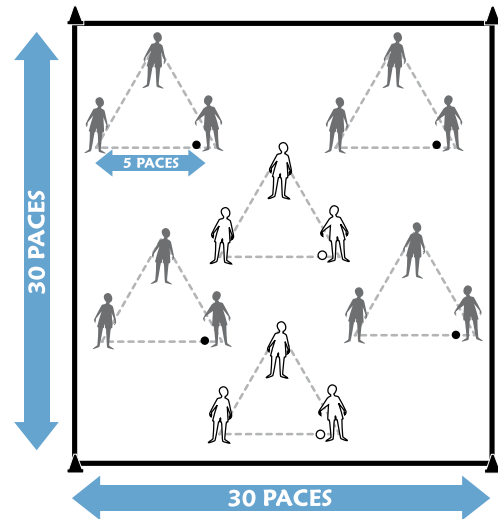


Ready

- 4 cones (for boundaries)
- 1 7" foamball per 3 students
- 1 whistle
- Stopwatch (optional)

Set

- Create large (30X30 paces) activity area.
- Form groups of 3; then distribute 1 ball to each group.
- Scatter groups within area.
- Direct them to stand in triangles with 5-10 paces separating each group member.



**KICKING AND
TRAPPING**

GO!

1. Triangle Passing

- Today we are going to practice kicking and trapping skills in small groups.
- Don't pass to anyone in your group twice until everyone has been passed to once.
- Trap and stop the ball **before** you pass.
- **Challenges**
 - How quickly can your group pass the ball **around** the triangle using the instep pass?
 - When you hear, "Switch!" change the direction of your passes.
 - (After trials.) Using any pass and trap you like, how quickly can your group pass the ball around your triangle 3X? March in place when you're finished.
 - How many times can you pass the ball around your group in 1 minute? Count out loud.

2. 3-Player Kick and Score

- (Have 2 students in each group move to face each other 10 paces apart, and the 3rd move between them standing with legs straddled.)
- The object of 3-Player Kick and Score is to practice passing accurately.
- The 2 on the outside softly pass the ball so it **rolls** through the middle person's legs. Accuracy and control are the key.
- Middle people, turn and face whoever has the ball, and stand with your legs wide and hands up.
- Block the ball to protect yourself if needed, but don't stop it from rolling between your legs.

TRIANGLE PASSING AND 3-PLAYER KICK AND SCORE

GO! (continued)

- Before kicking, ask the middle person if they are ready. If they say, “Yes,” it is safe to try a “shot on goal.”
- When you hear “Switch!” change your middle person. Everyone will have a turn in the middle.
- **Challenges**
 - How many goals can you and your partner score in 1 minute?
 - Can you score without touching the legs of your goal?
 - If the middle person brings their feet closer together, can you still score?

3. Wrap It Up

- Did you earn the middle person’s trust? If so, how?

*SPARK™ IT UP!

* Keep Away (2 on 1)

The object of *Keep Away* is for the 2 outside people to pass the ball without the person in the middle stealing it. Use all the passes, traps, and dribbling techniques we’ve learned. When you hear “Switch!” show how quickly you can change places and start again. (*Call “switch” every 30 seconds or so.*)

* 3-Player Kickball

(*Create groups of 3, and scatter them within the area. The kicker, pitcher, and fielder are in a straight-line formation spaced equal distance apart.*) Pitchers, roll the ball to your Kicker. Kickers, kick the ball, and follow it out in the field. Stay out there and become the next Fielder. Fielders, retrieve the ball, and run it in to the Pitcher’s position. The original Pitcher is the new Kicker. Rotate quickly so everyone has a lot of turns to kick.

TRIANGLE PASSING AND 3-PLAYER KICK AND SCORE

STANDARDS ADDRESSED

● **NASPE**

#1, 2 Spatial awareness, kicking, trapping

#3, 4 Participates in enjoyable, challenging activities, sustains continuous movement for extended periods

#5, 6 Participates, appreciates, enjoys movement, cooperates with a partner

Your State (Write in here)



ACADEMIC

Math

(Before class, discuss the characteristics of triangles. Show pictures of different types of triangles, and have students identify some of those triangles within the school environment.)

If we added another person (or point) to a triangle, what different shapes could it form? (e.g., square, rectangle, diamond)

TONY'S TIPS

Triangle Passing Tips

- After practice, increase the difficulty of the challenges.
- Emphasize control; remind students to trap the ball before they pass.

3-Person Kick and Score Pointers

- Use different groups of 3 to demonstrate each activity.
- Use a stopwatch to switch the middle people consistently. Students will know if some have had more time in the middle than others.
- Respond immediately if a student is kicking the ball too hard and/or not waiting until the middle person is ready.

