

## Kick-It Unit Plan Overview

Session/Focus	Activity	Activity	Activity	Activity
<b>Soccer (dribbling and tackling)</b>	<p><b>Traffic Lights (lead)</b> 1 ball/player. Teacher signals 'green light' = players move around area 'orange light' = players pass to another player or do a trick (ie knee ups, header) 'red light' = players stop/trap the ball under their foot.</p> <p>Progression:</p> <ul style="list-style-type: none"> <li>• different gears/speed (1<sup>st</sup> gear, slow-5<sup>th</sup> gear, sprinting) o</li> <li>• Bumper cars – 2-3 players without a ball try to kick others balls away.</li> </ul>	<p><b>Cops and Robbers</b> Two lines, front line of players are the 'robbers' and have a ball each, back line are the 'cops' with no balls. When teacher calls "go" the robbers have to get to the other side without getting caught/tagged by the cops. If robbers are caught they become the cops.</p> <p>Progression:</p> <ul style="list-style-type: none"> <li>• Cops begin 3m away – 2m away.</li> <li>• Introduce players in middle who try to tackle players.</li> </ul>	<p><b>King of the Park</b> All players have a ball and dribble around a square area. Players must try to keep possession of their own ball whilst trying the tackle and kick away others balls. If a players loses control of their ball or it is tackled off them they must retrieve their ball, move to a designated area outside the square and perform a skill/s (juggles) before returning to the game. The player/s that have not had to exit the area at the end of the time are the 'Kings'.</p>	<p><b>Small Sided Game (3v3)</b> Teams start opposite each other. A game is started with a kick forward to a team mate from middle of ½ line. If ball goes across touchline the ball is kicked/dribbled into play. Goals can only be scored from within oppositions half. No offside rule.</p>
<b>Soccer (passing and dribbling)</b>	<p><b>Tricky Trapping Techniques</b> All players spread on in the area. On teachers signal the players must throw the ball</p>	<p><b>Stuck in the Mud/Terminator (lead)</b> All players (except 2) have a ball and must dribble the ball</p>	<p><b>Nuisance</b> Players are paired up. Each pair has a ball (except the 'nuisance' pair. Players are</p>	<p><b>4 Corner Soccer</b> Set up a field with 4 goals (one in each corner). Divide class into 4 teams and place them in</p>

	<p>in the air and explore how many body parts they can use (other than their hands) to control the ball.</p> <p>Progression: With a partner explore how many ways they can stop a bouncing ball or stop a ball lobbed on the full.</p> <p>Controlling the ball on their knees, head, chest, outter foot etc.</p>	<p>around the area. 2 players are the 'terminators' and must try to tackle the balls off the players. If a player loses control of their ball or it is tackled off them they must retrived their ball and stand with their legs apart and are not allowed to move until another player passes their own ball between their legs.</p>	<p>required to pass the ball to each other in their pairs. The 'nuisance' pair must try to work together and 'steal' the ball off another pair. If they are successful they get ball and continue passing it to each other and the other pair become the 'nuisance' pair.</p>	<p>each corner/sideline. Have them number themselves off 1-7 per team. The ball is placed in the middle of field to start. Players can shoot in any goal except their own. Teacher calls out numbers. The players with that number must enter field through the middle of their goal posts then attack the ball. If the ball goes out of play, an opposition team throws in from the sideline. If a goal is scored all players return to their starting positions.</p>
<p><b>Soccer (Shooting and Advasion)</b></p>	<p><b>Sharks and Islands</b> All players (except 2-4) have a ball ('islanders') and dribble around the area. The 2-4 other players ('sharks') try to tackle the 'islanders' to take their ball from them. An 'islander' who gets tackled becomes a 'shark' and visa versa. An 'islander' who is on an island is safe. Only one 'islander' on an island at a time and can only stay for 3secs.</p>	<p><b>Ghostbuster</b> All players (except 1-2 'ghosts') have a ball and dribble around the area. Teacher calls 'ghostbusters' the players freeze and then 'shoot' the 'ghosts', hitting them below the knees. Progression: teacher calls different part of the foot to dribble with. Player are allowed 20 secs to move and 'shoot' the 'ghost'. Reduce number of balls so</p>	<p><b>Doctor Doctor</b> Playing area has two corners allocated as 'surgeries', one for each team. Players are split into two teams and nominate one player/team to be the doctor. All players (except the doctors) have a ball and try to dribble ball in area whilst kicking away oppositions balls. If players ball is knocked out they go to their 'surgery' and wait until their doctor releases them. The game can be won by</p>	<p><b>Beat the Gatekeeper</b> Ussing cones, set up 4 gates, 5m wide and 10m apart. Split the class into groups of 6 or 7, 3 defenders and the rest attackers. Defenders must defend a gate, attackers must try to get through as many gates as possible. The attackers gets 1 point for each gate they cross. Defenders can only move in line with their gates. Attackers and defenders change after 2 mins.</p>

		player must pass before 'shooting'.	a team if they can hit the oppositions doctor.	
<b>Touch Rugby</b> (sessions may be a combination of the three Rugby lessons)	<b>Circle Ball (lead)</b> Groups of 6-8. Have the group form a circle and nominate one person to be the 'runner'. The person on the 'runners' right side will have the ball. On 'go' the first person with the ball will pass ball it to the next person in the circle who passes to the following person, this will continue until it is back to the starting 'passer'. While the ball is being passed around the 'runner' will try and sprint around the circle and get back to their starting position before the ball is returned.	<b>Grubber Kick Passes</b> In pairs, players practice kicking to each other (2 lines, approx 3m apart). They must try to kick it hard enough that it stops just in front of their partner. Technique points: <ul style="list-style-type: none"> <li>• Aim for ball to travel along the ground</li> <li>• Toes point towards the ground</li> <li>• Hold ball sideways or up/down</li> <li>• Lean over</li> <li>• Hold ball at belly button height</li> <li>• Keep arms out and down</li> </ul> Progression: Increase kicking distance	<b>Punt Kick Passes</b> In pairs, players practice kicking to each other (2 lines, approx 4m apart). They must try to kick it so that partner can catch it. Technique points: <ul style="list-style-type: none"> <li>• Aim for distance and height</li> <li>• Point toe to where it has to go</li> <li>• Kick with the laces</li> <li>• Hold ball point down to ground and at belly button height</li> </ul> Progression: Increase kicking distance (10-15m apart)  In pairs, one kicks the other tries to catch on the 'full' and gain points.	<b>Kick it Softball</b> Divide class into two teams. One team is the 'fielding team' and spread out in the field. The other team is the 'kicking team'. The kicking team lines up behind the first kicker. The First kicker kicks the ball into the field then attempt to run as many times as possible around designated cones (approx 5m apart). The fielding team try to stop kicker from scoring by chasing the ball then all putting a hand on the ball before yelling 'stop'. The kicker then stops and adds up their successful cone laps. Fielding team can catch balls on the full. If players ball is caught on the full, the whole team is 'out' and must swap sides. If the team is not caught 'out' they swap after everyone in the team has had a go.
<b>Touch Rugby</b>	<b>Pop n Dump (lead)</b> In teams of 2-5 players. The	<b>Kick n Chase</b> Divide class into pairs. One	<b>Force Back</b> Divide class into pairs (similar	<b>Modified Touch Rugby</b> Divide class 6 teams (5-8 per

	<p>team lines up behind each other (like a snake) and runs around area. Teacher blows the whistle.</p> <p>One whistle = Pop Pop is when the front person gentle throws it over their shoulder to the next person in the line. After throwing it they must run backwards to the back of the line and continue running with the group.</p> <p>Two whistles = Dump Dump is when the front person places the ball firmly on the ground and steps overtop of it before running backwards to the end of the line. The next person in line then picks it up and is the leader.</p>	<p>partner kicks the ball (using a selected type of kick), the other partner must then chase it and return the ball as quickly as possible. They then become the kicker.</p> <p>Progression:</p> <ul style="list-style-type: none"> <li>Teacher selects different types of kick</li> </ul> <p>Player must aim for height or distance or targets.</p>	<p>abilities). Have the partners stand opposite each other (approx 10m apart). The aim of the game is for player to kick the ball back and forth to each other but at the same time try to force their partner all the way back to their base line. Players are only allowed to kick from where the ball lands. If they catch their partners ball on the 'full' they are allowed 2 bonus steps forward before they kick.</p>	<p>team). Allocate one player per team to be the 'scorer'. The 'scorer' must stand in a designated square at the ends of field. They are the only player that is allowed in this area and the other player that can score but catching the ball and placing it on the ground. Teams start of opposite side of the field. The game can start with a kick. Players can then kick or pass the ball in any direction. A team can only receive 6 'touches' before then must hand over the ball ('turnover'.) If player is touch, all player must retreat back 5m. If goal is scored, losing team takes the kick from the middle.</p>
	<p><b>Dragon Tail</b> Divide class into groups of 8. Two groups play against each other. One group forms a circle and have a ball, the</p>	<p><b>Place Kick (with Kick n Chase)</b> Technique Points:</p> <ul style="list-style-type: none"> <li>Place ball on a cone (tee)</li> <li>Move diagonally backwards</li> </ul>	<p><b>Drop Kick (with Kick n Chase)</b> Technique Points:</p> <ul style="list-style-type: none"> <li>Drop ball down</li> <li>Have the ball touch the ground first then perform a</li> </ul>	<p><b>5v5 or 6v6 Touch Rugby</b> Teams start on opposite sides (10m apart). Game starts with a 'tap' and run. All players must pass backwards and any</p>

	<p>other team forms a line (holding each others waists like a 'dragon') and are placed inside the circle. The circle players must pass ball to players in their team and try to touch the 'tail' of the 'dragon'. The 'dragon' team must move quickly in directions within the circle and avoid being tagged on their 'tail'. After 2 mins swap over or after the dragons tail has been tagged.</p>	<ul style="list-style-type: none"> <li>• Approach ball and put non kicking foot beside ball</li> <li>• Look at the ball</li> <li>• Kick with inside top of foot</li> <li>• Follow-through towards the sky</li> </ul>	<p>quick kick</p> <ul style="list-style-type: none"> <li>• Keep eyes on the ground</li> <li>• Lean over the ball</li> <li>• Follow-through towards the sky</li> <li>• Connect the ball with the 'laces'</li> </ul>	<p>player can score in the '<b>trie</b> zone' at the end of the field. A team can receive 6 'touches' before handing over to the other team. If a 'touch' occurs all players must retreat 5m and the player with the ball must pass to someone in their team.</p> <p>Progression: Normal touch rugby rules, with 'dummy halves' and 'dumping of the ball' instead of passing off about a touch.</p>
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**KEY: (\*) Activity you may be required to lead during the session.**