

Kick For Distance

9-35
SUPER SPORTS 16

Activity located towards the bottom

UNIT: SOCCER

AGES: 8-14

OBJECTIVES

Sport skill development, kicking for accuracy, distance

EQUIPMENT

1 ball/youth*, 25 hoops, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
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-INDIVIDUAL DAY-

Target Soccer

-Hoops scattered on playing field.

-The object of the game is to score points by kicking your ball into a hoop/target.

-Individuals on a line.

-On "KICK!" kick ball to any hoop.

-For safety, all youth throw and retrieve simultaneously.

-On "GO!" all RUN to retrieve ball and dribble it back.

-De-emphasize points at the end.

-5 points are awarded if entire ball remains inside the hoop.

*Can be played with 1 ball per pair but is not as active.

-2 points are awarded if ball remains partially in the hoop.

-1 point is awarded if the ball touches the hoop without landing on it.

-Keep your own score.

Kick for Distance

-Can be played 2 ways:

-On "KICK!" kick as far as you can and wait for signal to retrieve.

1) Estimate distance from where ball lands.

-On "GO!" RUN after your own ball, and dribble it back.

2) Estimate distance from where ball rolls.

-How far can you can kick it?

*Can be played with 1 ball per pair but is not as active.

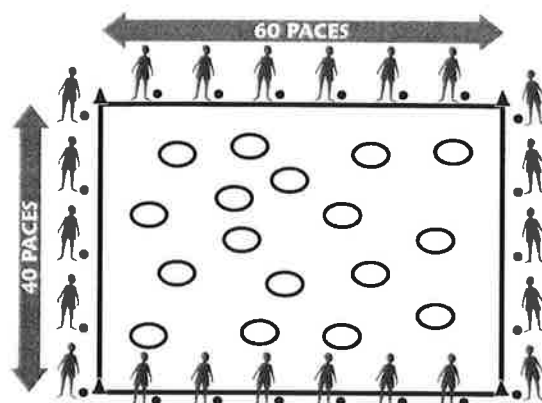
BULL'S-EYE AND LONG SHOT

Ready

- 4 cones (for boundaries)
- 10-20 hoops (for targets)
- 1 ball per player

Set

- Create a large (40X60 paces) activity area.
- Scatter hoops in area.
- Scatter players on perimeter, each with a ball.



GO!

1. Today's activities are *Bull's-Eye* and *Long Shot*. The object of *Bull's-Eye* is to practice kicking for accuracy. The object of *Long Shot* is to practice kicking for distance. Use any shooting or passing technique you know.
2. **Bull's-Eye**
 - Aim at a target hoop in the area. On "Kick!" kick your ball toward it.
 - On "Go!" run to retrieve your own ball, then dribble it to, and around the perimeter clockwise until next signal to kick.
 - Keep kicks low to the ground for more accuracy.
 - **Scoring** - 3 points if ball stops inside your target hoop; 1 point if ball touches in or on your target hoop before stopping.
 - **Challenge** - How many points can you score before the signal?
3. **Long Shot**
 - (Move players all along 1 sideline. Place 5 hoops in a line 20 paces from sideline. Place another 5 hoops 30 paces, and 5 hoops 40 paces to use as guides for scoring.)
 - On "Kick!" kick your ball as far as you can.
 - On "Go!" retrieve your own ball and dribble it back to this sideline.
 - **Scoring** - 3 points if ball stops past the far line of hoops, 2 points if ball stops past the middle line of hoops, and 1 point if ball stops past the nearest line of hoops.
 - **Challenge** - Can you increase your distance with each kick? How many points can you score before the signal?
4. **Skill-it!**
 - When using the inside part of your foot (to pass), lock your ankle with toe pointed up. When using the instep or laces (to shoot or send a long ball), lock your ankle with toe pointed down.
5. **Fitness Focus**
 - How are these 2 activities similar and how are they different? Do you use the same skills or are they different?

Safety First

- Be sure that there are no players in the activity area when you kick.

BULL'S-EYE AND LONG SHOT

GAME RESET

Rewind

- **Distance** – (*Adjust the distance of the targets from the players to meet their skill level.*)

Fast Forward

- **Big Kicks** – In *Long Shot*, score where your ball lands on its first bounce, not where it stops rolling.



HOME PLAY

Fitness Focus

It takes a lot of hip and leg power to kick a ball. Practice with a friend or family member at your local park. After a good warm-up, see how far apart you can get and still reach each other with your kicks.



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Active game choice
3. Initiative; Responsibility

NOTES





THE RIGHT FIT

Group Size

- **Small** – Play with as few as 1 player. Reduce number of target hoops.
- **Large** – Can be played with a large group. If soccer balls are scarce, use a variety of balls. If still not enough, 2 players can share 1 ball and take turns, but both run to retrieve. They dribble and pass the ball back to the line. Provide plenty of space for large groups to spread out and add more hoops for targets.

Limited Space

- Stick with *Bull's-Eye* and use slower-moving balls like foamballs.

Wide Age Range & Skill Level

- Challenge more advanced players to use their non-dominant foot.

Ready

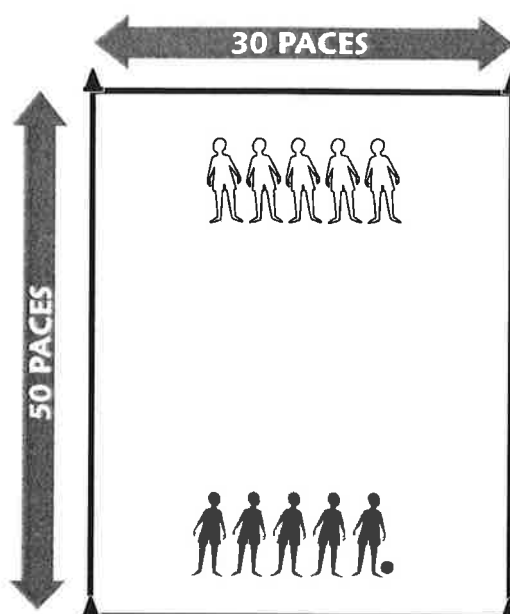
- 4 cones per 6-10 players (for boundaries)
- 1 utility or soccer ball per 6-10 players

Set

- Form groups of 3-5. Each pair of groups will play each other in a large (30X50 paces), open space.

GO!

1. Today you'll play Kickball Roundup. The object is to score runs by running around your own team while the other team fields your kick and does a specific task.
2. On signal, 1 player kicks the ball anywhere in the area. The other team fields the ball, forms a file line behind the player with the ball and passes it overhead, then under legs, over, under till it reaches the end of the line. Last player dribbles it soccer style to the front and calls "Stop!" Meanwhile, kicker runs around their own team who makes a tight cluster. Each time around they call 1 run. Runner continues until fielding team says "Stop!"
3. Player with the ball then becomes the new kicker and kicks it anywhere to begin again with roles reversed.
4. Continue until the signal. Allow each player to be the kicker before anyone kicks a 2nd time.
5. **Skill It!**
 - Fielding team, spread apart to cover more area.
 - Kicking team, kick quickly and cluster tightly.
6. **Challenges**
 - Offense, how many times can you score before the signal?
 - Defense, how few scores can you allow?
7. **Move More**
 - What other equipment could you play this game with? If you had only 4 players total, what might you do to adapt the game?



Safety First

- Kick ball into open space.
- Keep a wide berth while running around your groupmates.

KICKBALL ROUNDUP



Rewind

- **Throw It** – (Need an 8" or smaller foam ball. Throw the ball into open space instead of kicking. All other rules are the same. Simplify the defense's task if needed.)

Fast Forward

- **Flying Disc Roundup** – (Need a flying disc.) Throw the disc into open space instead of kicking. Defense forms a circle around the receiver of the disc. They throw and catch from that player to all other players before calling "Stop!" All other rules are the same.



HOME PLAY

Move More

Come up with a new way to play this game at home with family and friends. How different can you make it and have it still be the same game?



GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Cooperation; Fair Play

NOTES





THE RIGHT FIT

Group Size

- Small – Can be played with as few as 4 players. Get creative with the defensive task as well as the method of scoring.
- Large – If more than 10 players, create 2 games all in the same space.

Limited Space

- Use a beach ball or other slow moving kickable.

Wide Age Range & Skill Levels

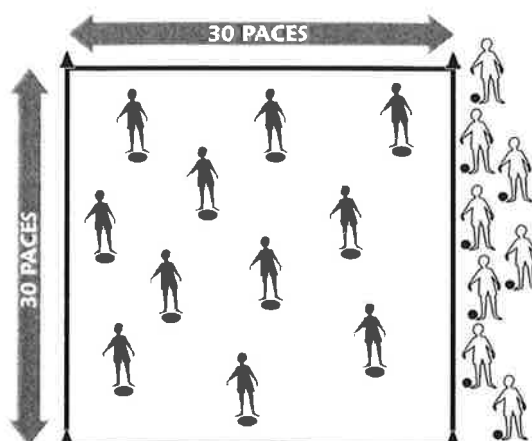
- Works well with mixed skill levels.

Ready

- 4 cones (for boundaries)
- 1 7" foamball per 2 players
- Music and player (optional)

Set

- Create a large (30X30 paces) activity area.
- Send half the group to scatter within the area, standing with legs straddled to create a tunnel.
- Distribute balls to remaining players who stand along 1 sideline.



Go

1. In *Tunnel Drizzle* the object is to score points by dribbling a soccer ball through the Tunnels made by others' legs.
2. On signal, dribble your ball (soccer-style) and pass it through as many Tunnels as you can in 1 minute. Do not pass through a Tunnel twice until you have dribbled through all Tunnels once.
3. (*Switch roles every minute.*)
4. **Skill-it!**
 - Control your dribble so the ball is always 1-3 feet from you.
 - Keep your head up and avoid others.
 - Can you keep your ball from touching Tunnel legs?
5. **Challenges**
 - How many Tunnels can you dribble through before the stop signal?
 - How many Tunnels can you dribble through without letting the ball touch their legs?
6. **Fitness Focus**
 - When you are dribbling quickly, what type of health-related fitness are you improving?

Safety First

- Keep your dribble on the ground.
- Watch where you are moving. Be careful not to crash into Tunnels.

TUNNEL DRIBBLE

GAME RESET

Rewind

- **High-Five Dribble** – (Allow lower-skilled players to give high-fives to players standing on spots instead of dribbling through the Tunnels.)

Fast Forward

- **Open/Close** – Tunnels: Straddle your legs and count to 3; then jump them closed and count to 3. Keep it going. Dribblers try to time your pass so it rolls through the open Tunnel. How many successful passes can you make in 1 minute? We'll switch roles and try again.



HOME PLAY

Fitness Focus

Sometimes "tunnel vision" is a good thing. When you are focused on reaching a goal, your chance of success is a lot higher. When you try to do too many things at once, sometimes you don't do any of them well. So, start with just 1 realistic goal, then go for it!



GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Cooperation; Responsibility

NOTES





THE RIGHT FIT

Group Size

- Small – Can be played with as few as 2 players.
- Large – Can be played with a large group. If soccer balls are scarce, use a variety of balls. Provide a lot of space for large groups to spread out.

Limited Space

- Divide group in half. While ½ play *Tunnel Dribble*, the rest do another activity.

Wide Age Range & Skill Level

- Works fine with a mix of age and skill.

DRIBBLE KEEP AWAY

Ready

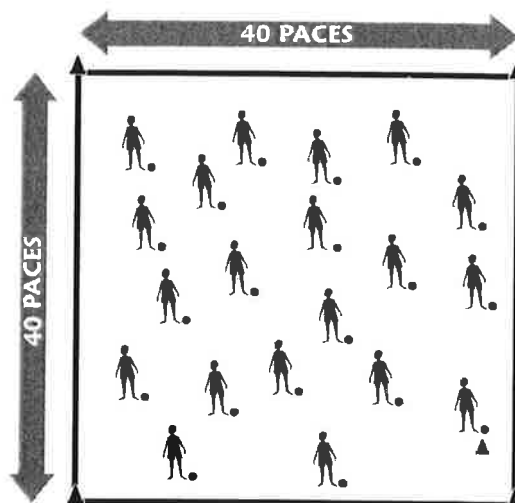
- 4 cones (for boundaries)
- 1 ball per player

Set

- Create a large (40X40 paces) activity area.
- Scatter players in area; each with a ball.

GO!

1. Today's activity is *Dribble Keep Away*. The object is to steal the ball from others while keeping control of your own dribble.
2. On signal, dribble under control inside our area. On, "Dribble Keep Away!" tap other players' balls away, while keeping control of your own.
3. If your ball gets tapped away, retrieve it and continue.
4. You may tap balls away only when you have control of your own ball.
5. **Skill-it!**
 - Tap balls lightly.
 - Look ahead while you dribble.
6. **Challenges**
 - How many balls can you tap away?
 - How few times can you have your ball tapped away?
7. **Food Facts**
 - What types of food fats should you keep away from? (*Saturated and Trans fats*)
 - Are there any healthful fats? (*Mono and polyunsaturated fats.*)



Safety First

- Be sure to keep balls on the ground when you tap them away!

DRIBBLE KEEP AWAY

GAME RESET

Rewind

- (Limit the defensive players. Have 1 out of 3 players wear pinnies.) Only players with pinnies may tap balls away.

Fast Forward

- (Scatter a dozen or so spot markers throughout area.) The spot markers are “holes” in the field. Watch out for holes as well as other players who are trying to kick your ball away. If your ball rolls over a hole, stop and do 10 toe taps with the ball.



HOME PLAY

Food Facts

We all need fat to absorb nutrients from the foods we eat, to keep us warm, to build cells, and for many other functions. However, too much fat isn't good for our bodies. Also, some fats, the monounsaturated and polyunsaturated fats, are healthier than saturated and trans fats. You can find healthy, “good fats” in foods like nuts, fish, avocados and grains. Don't pass on “good fats.”



GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Fair Play

NOTES





THE RIGHT FIT

Group Size

- Small – Can be played with as few as 2 players.
- Large – Can be played with large group. If soccer balls are scarce, use a variety of balls. Provide plenty of space for large groups to spread out.

Limited Space

- Use slower-moving balls like foamballs. Instead of tapping balls away, defenders need just touch the ball with their foot to score a point.

Wide Age Range & Skill Level

- Challenge higher-skilled players to tap balls of other higher-skilled players. Teach players to go after others at their own level and above, not below.

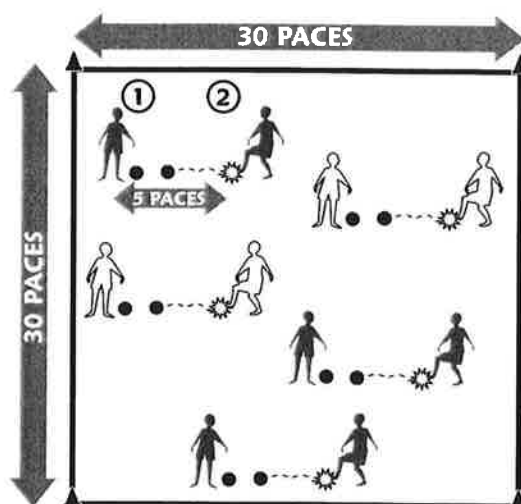
Ready

- 4 cones (for boundaries)
- 1 ball per player
- Music and player (optional)

Set

- Create a large (30X30 paces) activity area.
- Pair players and scatter pairs throughout area.
- Each pair with 2 balls.

GO!



1. In *Soccer Marbles* the focus is on passing accuracy. The object is to kick your ball so it hits your partner's ball.
2. On signal, Player 1 kicks their ball to open space about 10 paces away (not a big kick, just a pass). Then, using a pass with the inside of the foot, Player 2 attempts to hit Player 1's ball. Score 1 point for each hit. After a hit, repeat beginning with a new kick to open space.
3. Switch roles after 3 hits.
4. **Skill-it!**
 - Turn toe out, use inside of foot.
 - Point non-kicking foot at target.
5. **Challenges**
 - How many times can you hit your partner's ball in 30 seconds?
 - Can you alternate feet, R and L with each pass?
6. **Move More**
 - When you are physically active, do you prefer to be alone or with others?
 - Does that change depending on the type of activity?

Safety First

- Keep passes on the ground.
- Spread out so there is enough space between pairs.

SOCCER MARBLES



Rewind

- **Bigger Target** – Instead of using a ball as a target, 1 partner makes a tunnel with their legs. You score 2 points for passing the ball through the tunnel and 1 point for hitting your partner's leg. Switch roles every 5 points.

Fast Forward

- **Moving Marbles** – A moving ball adds a unique challenge. While 1 partner dribbles within boundaries the other is kicking their own ball attempting to hit their partner's moving ball. Switch roles after each hit.



HOME PLAY

Move More

Make physical activity a social event. Moving with friends and/or family is a lot of fun! Play *Soccer Marbles* or invent a new game with someone you love (or at least like very much).



GUIDELINES ADDRESSED

1. Greater than 50% MVPA
2. Active game choice
3. Responsibility; Fair Play

NOTES





THE RIGHT FIT

Group Size

- Small – Play with as few as 2 players.
- Large – Can be played with large groups. If soccer balls are scarce, the target “ball” can be anything, including a sweatshirt, shoe, beanbag, etc. Provide lots of space for large groups to spread out.

Limited Space

- One partner tosses a beanbag to use as the target. Other partner tries to kick their ball to touch the beanbag.
- Divide group in half. While ½ play *Soccer Marbles*, the rest do another activity.

Wide Age Range & Skill Level

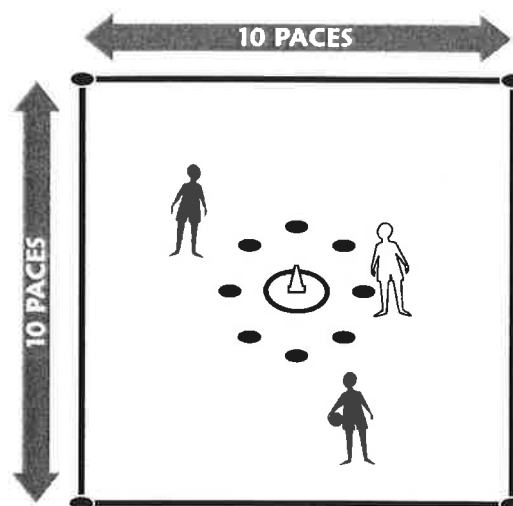
- Works fine if each pair is a mix of age and skill.

Ready

- 4 spot markers per 3 players (for boundaries)
- 1 6" foamball per 3 players
- 1 hoop per 3 players
- 1 large cone per 3 players

Set

- Create medium (10X10 paces) grids per group of 3.
- Create a circle with 8 spot markers in the center of each grid and place a large cone inside.
- Form groups of 3; place 1 group and 1 ball in each grid.



GO!

1. Today you'll play *2-on-1 Just for Fun*. The object is for 1 player to defend the cone while the other 2 work together to hit the cone using an underhand throw.
2. **The Rules**
 - Offense begins with ball on outer edge of grid.
 - Defender must stand outside the hoop and may not touch the cone.
 - Offense may move and pass around the Defender, but may not enter the hoop or touch the cone or the Defender.
 - If the cone is hit, reset it in the center of the hoop and continue.
 - Offense scores 1 point each time the cone is hit.
3. Continue until the signal. Switch roles. (*Play 1-2 minutes before switching.*)
4. **Skill It!**
 - Offense, spread apart to make it harder for the Defender to cover your throws.
 - Defense, move quickly. Watch the thrower's core to avoid getting faked.
5. **Challenges**
 - Offense, how many times can you score before the signal?
 - Defense, how few scores can you allow?
6. **Move More**
 - What strategies did you use in this game that could be used in other games you play at home?

Safety First

- Use underhand throws only.
- Aim only for the cone.

2-ON-1 JUST FOR FUN



Rewind

- **3-on-1 For More Offense Fun** – (Allow 3 players on Offense.)

Fast Forward

- **Tricky Target** – (Use a small cone or water bottle as a target.)



HOME PLAY

Move More

People do a lot of crazy things just for fun like rock climbing, surfing big waves, barefoot waterskiing, tobogganing, SCUBA diving, etc. Whatever you choose to do for fun, be sure you do it safely. Start with the basics and learn proper technique. Use the correct equipment, follow safety rules and instructions, and stick with a buddy. Have fun, but please stay in one piece!



GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Cooperation; Fair Play

NOTES





THE RIGHT FIT

Group Size

- Small – Can be done with as few as 3 players.
- Large – Play 3-on-2 at each cone.

Limited Space

- Use beanbags to throw and water bottles as targets. Keep area small.

Wide Age Range & Skill Levels

- Works best with groups of similar skill levels.