SOCCER SKILL ACTIVITIES

Partner Kick

Learning objective
- For students to practice the skill of the soccer kicking and become familiar with the basic aspects of soccer kick including stepping forward with the non-kicking foot and using the inside of the foot to contact the ball whilst kicking.

Equipment needs and activity area required
- 1 x soccer ball between each pair
- Large grass area required so students have space to work with a partner but not in close proximity to other pairs.

Key teaching points
- Kick with inside of foot
- Step forward with non-kicking leg

Activity description
- Students find a partner and work in pairs for this activity
- Students stand opposite their partner 10m apart
- Students practice kicking the ball back and forth with their partner, concentrating on stopping, then gaining control of the ball before kicking it back to their partner.
- This continues for the duration of the activity

Modifications
- Increase distance between students
- Add a defender

Safety points
- All students kicking in the same direction
- Students to be aware of others whilst kicking
- Shoe laces tied up

Students should have a basic understanding of how to kick and stop a soccer ball using their feet. In this activity, students are required to kick the ball to their partner. For this to occur successfully, they need to be able to trap the ball and return the ball to their partner accurately.

Students need to be able communicate and work in a team effectively to be able to participate in this activity.

This activity can be used at the beginning of a soccer unit plan to introduce the skill of kicking and allow plenty of practice opportunities for students. As this is a basic drill, it could be used in various other sport units such as AFL, volleyball, hockey and fundamental motor skills lesson such as throwing and catching.
Kick and Dribble Relay

Learning objective
- For students to practice both the kick and dribble and learn to be able to control and receive the ball whilst moving.

Equipment needs and activity area required
- 2 x cones per group
- 1 x soccer ball per group
- Large grass area required so students have space to work with their group but not in close proximity to other groups.

Key teaching points
- Kick with inside of foot
- Step forward with non-kicking leg

Activity description
- Students are working in groups of 3 for this activity
- Two cones are placed 15m apart
- Two students line up behind one cone, starting with the ball, whilst the other student stands at the opposite cone.
- The first student dribbles the ball then kicks the ball to the second student standing on the opposite cone
- The second student kicks the ball to the third student.
- This continues for the duration of the activity.

Safety points
- Groups are spread out throughout the area with enough room that they will not interfere with each other’s activity
- Students to be aware of others whilst kicking or dribbling
- Shoe laces tied up

Students should have an adequate skill level in kicking and stopping a soccer ball. It would be helpful if students were to have the ability to control a soccer ball when dribbling the ball. To ensure that the activity continues and runs smoothly, students should work at their own pace whilst dribbling the ball so they do not lose control or disruptive other groups by losing control of the ball.

The required concept for students to have knowledge of to an extent prior to participating in the activity to be successful is controlling and receiving the ball on the move. Although this drill will help students better develop this game concept.

This activity can be used at the beginning of a soccer unit plan to introduce the skills of kicking and dribbling to allow plenty of practice opportunities for students. This type of activity could be used in various other sport units such as hockey.
Possession Soccer

Learning objective
- For students to be able to apply the skill of kicking in a modified game situation with an opposing team of defenders involved.

Equipment needs and activity area required
- Cones for boundary
- 1 soccer ball per group
- 2 x set of colour bibs
- Large grass area 20m x 20m for each game

Key teaching points
- Kick with inside of foot
- Move into space

Activity description
- Students are placed in two teams.
- Each team must try to keep possession of the ball by kicking the ball between their team members.
- There is no tackling in this activity and the ball can only be turned over by intercepting a pass.

Modifications
- Add another ball
- Increase/decrease playing area

Safety points
- Reinforce the no tackling rule
- Ensure playing area is safe and free of impediments

Students should feel competent in kicking and dribbling a soccer ball in a game situation. If students are not accurate in kicking a ball and being able to change direction whilst dribbling and being approached by a defender they will not be as successful in this activity.

Students should have an idea about moving into space and where is the best position to move to in receiving possession of the ball. Students should have an adequate level of understanding in regards to controlling and receiving the ball on the move also.

This activity could be used at any stage in a soccer unit plan and can be modified to be made more difficult or easier depending on skill level of the students. A possession game can be used in various other team ball sports such as AFL and hockey.
Four Goal Soccer

Learning objective
- Students to be able to incorporate the skills of the kick and dribble to a modified game situation with a higher chance of scoring a goal compared to that of a typical soccer game.

Equipment needs and activity area required
- Marker cones for boundary per group
- 8 x hat cones for four goals per group
- 1 x soccer ball per group
- 2 x set of colour bibs
- Large grass area 20m x 20m for each game

Key teaching points
- Kick with inside of foot
- Step forward with non-kicking leg
- Move into space

Activity description
- Students are placed in two teams
- Each team must try to score a goal in any of the four goals by dribbling the ball and passing to other team members.
- There is no tackling in this activity and the ball can only be turned over by intercepting a pass.
- Once a goal is scored, the opposition team starts with possession of the ball.

 Modifications
- Increase/decrease playing area
- Add additional ball
- Increase/decrease goal size
- Introduce three-touch rule

Safety points
- Reinforce the no tackling rule
- Ensure playing area is safe and free of impediments

Students should feel competent in kicking and dribbling a soccer ball in a game situation. If students are not accurate in kicking a ball and being able to change direction whilst dribbling and being approached by a defender they will not be as successful in this activity.

Students should have an idea about moving into space and where is the best position to move to in receiving possession of the ball. Students should have an adequate level of understanding in regards to controlling and receiving the ball on the move also.

This activity could be used in a soccer unit plan when students have continued to develop their skills and can be modified to be made more difficult or easier depending on skill level of the students. Four goal soccer can be applied to other team sports such as hockey.
Spare Cone Kick

Learning objective
- Students to understand the concept of moving into space to receive possession of the ball.

Equipment needs and activity area required
- 1 x soccer ball per group
- 6 x cones per group
- A large grass area which can allow numerous groups of 5 in a 15m x 15m square

Key teaching points
- Kick with inside of foot
- Step forward with non-kicking leg
- Move into space

Activity description

Modifications
- Increase distance between cones
- Add an additional defender

Safety Points
- Groups are spread out throughout the area with enough room that they will not interfere with each other’s activity
- Students to be aware of others whilst kicking
- Shoe laces tied up

Students should for this activity be able to kick a ball accurately towards a target to be successfully in this activity. When distance between the cones is increased, student should be capable of kicking long distances.

For this activity, students need to be able to communicate effectively with their team members and show teamwork. Moving into space is a concept that is required for students to be successful in this activity and is also worked on throughout the activity.

This activity can be used at any stage throughout a soccer unit to help students develop the concept of moving into space. This same activity can be applied to many other team sports such as hockey and AFL.
Square Kick Drill with Defender

Learning objective
- Students to understand the concept of moving into space to receive possession of the ball.

Equipment needs and activity area required
- 1 x soccer ball per group
- 4 x cones per group
- A large grass area which can allow numerous groups of 4 in a 10m x 10m square

Key teaching points
- Kick with inside of foot
- Step forward with non-kicking leg
- Move into space

Activity description
- Students are working in a group of four for this activity
- Students set up cones in a square formation 10m apart
- One student at a time will move to the free cone and receive a pass then pass the ball off to the next player to move to the free cone.
- One player is in the middle of the square and at first acts as a passive defender to put pressure on the pass.
- This continues for the duration of the activity.

For this activity, students should be able to kick a ball accurately towards a target with the pressure of a defender pressure to be successfully in this activity.

For this activity, students need to be able to communicate effectively with their team members and show teamwork. Moving into space is a concept that is required for students to be successful in this activity and is also worked on throughout the activity.

This activity can be used at any stage throughout a soccer unit to help students develop the concept of moving into space. This same activity can be applied to many other team sports such as hockey, netball and AFL.
Pass and Receive Course

Learning objective
- For students to practice both the kick and dribble and learn to be able to control and receive the ball whilst moving.

Equipment needs and activity area required
- 16 x cones
- 1 x soccer ball for each student completing the course at a time
- A large grass area is required for this activity

Key teaching points
- Kick with inside of foot
- Step forward with non-kicking leg
- Use inside and outside of foot whilst dribbling
- Look up whilst dribbling

Activity description
- 8 students are required to stand one each along the side cones with a ball.
- Each other student forms a line at the starting point each with a soccer ball.
- The student kicks the ball and receives a pass back from each student on the cones along the side.
- The student then dribbles in and out between the four cones at each end.
- This is repeated for the opposite side.
- Once the student reaches the starting point again, they continue to make their way through the course once again.
- Continue and students swap positions.

Modifications
- Increase/decrease distance between cones
- Add/remove cones
- Add a defender
- Add obstacles

Safety points
- Students are spaced out throughout the course
- All students moving the same direction
- Shoe laces are tied up
Students should for this activity be able to kick a ball accurately towards a target and able to dribble, dodging obstacles to be successfully in this activity.

For this activity, students need to be able to communicate effectively with their other students in the activity. Moving into space is a concept that is required for students to be successful in this activity. Students should have an adequate level of understanding in regards to controlling and receiving the ball on the move also.

This activity can be used at any stage throughout a soccer unit whether as a warm up activity or skill development activity to help students develop the concept of moving into space. This same activity can be applied to many other team sports such as hockey.
Two Square Drill

Learning objective
- Students to be able to incorporate the skills of the kick and dribble to a modified game situation with the presence of a defender

Equipment needs and activity area required
- 6 x cones per group
- 1 x soccer ball per group
- Large grass area required so students have space to work with their group but not in close proximity to other groups.

Key teaching points
- Kick with inside of foot
- Step forward with non-kicking leg
- Move into space
- Triangles

Activity description
- Students work in the same groups of four from the previous activity but join with another group to make a group of eight.
- The cones are set up to make two squares of the same size.
- There are four students in each square.
- One team will start with the ball and will pass the ball between each other, trying to keep possession of the ball for as long as possible.
- Two students from the opposing team will come into the square to try and intercept the ball.
- Once this occurs, the two defenders take the ball back into their square and two of the attacking student move into the opposing square as defenders to attempt to intercept the ball.
- This continues for the duration of the activity.

Modifications
- Increase/decrease playing area
- Add another ball
- Increase/decrease defenders and attackers

Safety points
- Groups are spread out throughout the area with enough room that they will not interfere with each other’s activity
- Students to be aware of others whilst kicking or dribbling
- Shoe laces tied up
Students should for this activity be able to kick a ball accurately towards a target and have the basic knowledge of being able to apply a tackle.

For this activity, students need to be able to communicate effectively with the other students in their group of four. Moving into space is a concept that is required for students to be successful in this activity. Students should have an adequate level of understanding in regards to controlling and receiving the ball on the move also.

This activity can be used at the later stages in a soccer unit when students have an improved skill level of kicking to a target and an understanding of the concept of moving into space. This same activity can be applied to many other team sports such as hockey or AFL.
Assorted Relays

Learning objective
- For students to practice the kick, dribble and changing direction and to be able to control and receive the ball whilst moving and dodging obstacles.

Equipment needs and activity area required
- 4 x cone per group
- 1 x soccer per group
- Large grass area required so students have space to work with their group but not in close proximity to other groups.

Key teaching points
- Kick with inside of foot
- Step forward with non-kicking leg

Activity description
- Students are working in groups of 3 for this activity
- Two cones are placed 15m apart
- Two students line up behind one cone, starting with the ball, whilst the other student stands at the opposite cone.
- The first student dribbles the ball then kicks the ball to the second student standing on the opposite cone
- The second student kicks the ball to the third student.
- This continues for the duration of the activity.

XX  ___________  X

- For the next relay, the first student dribbles up to the cones positioned in the middle, switches the ball in the opposite direction then kicks the ball to the student standing on the opposite cone.
- This continues for the duration of the activity.

XX  ___________  ▲

KEY
X  Student
- - -  Direction of dribble
\_____  Direction of kick
▲  Cone

XX  ___________  X

- For the final relay, the first student dribbles to the cone in the middle and around it, before kicking the the student on the opposite cone.
- This continues for the duration of the activity.

XX  ___________  ▲

Modifications
- Increase distance between cones
- Add another play
- Add an obstacle

Safety points
- Groups are spread out throughout the area with enough room that they will not interfere with each other’s activity
- Students to be aware of others whilst kicking or dribbling
Students need to be able to kick a ball to a target, dribble around an obstacle and changing direction whilst dribbling to be successful at the relay activities.

For this activity, students need to be able to communicate effectively with the other students in their group. Students should have an adequate level of understanding in regards to controlling and receiving the ball on the move.

This activity can be used at the later stages of a soccer unit when students have an improved skill level of kicking to a target and controlling the ball whilst dribbling. This same activity can be applied to many other team sports such as hockey.
In The Middle

**Learning objective**
- For students to practice previously learnt skills and be able to control and receive the ball whilst moving.

**Equipment needs and activity area required**
- 2 x cones per group
- 2 x soccer ball per group
- Large grass area required so students have space to work with their group but not in close proximity to other groups.

**Key teaching points**
- Kick with inside of foot
- Step forward with non-kicking leg

**Activity description**
- Students work in groups of three for this activity
- Two students stand on a cone each 15m apart
- The student in the middle receives a small pass close to the student on the cone and passes back.
- This student then turns around and receives a small pass close to the student on the opposite cone and passes back.
- This continues and students rotate positions
- Repeat activity with the middle student attempting to control the ball using various body parts and kick the ball back to the student on the cone.

**Modifications**
- Increase/decrease distance between cones
- Add a defender

**Safety points**
- Groups spaced apart so they do not interfere with other group’s activity
- All groups kicking in the same direction
- Shoe laces tied up

Students need to be able to kick a ball to a target and be able to control the ball using the body to be successful in these activities.

For this activity, students need to be able to communicate effectively with the other students in their group. Students should have an adequate level of understanding in regards to controlling and receiving the ball on the move.

This activity can be used at the later stages of a soccer unit when students have an improved skill level of kicking to a target and controlling the ball with the body. This same activity can be applied to many other team sports such as hockey and AFL.