

Subject- Year 8 Physical Education

Term 2 Week 1

Lesson

Content Passing a soccer ball

1

Week 1

Task 1- Passing a Soccer ball.

For this task you will need the following equipment:

- Round ball (soccer ball or any large round ball found at home)
- Large area (driveway or outside area)
- A wall or someone else

Task 1.1- use the following steps to practise the push pass with the soccer ball, first standing still then moving.

1. **Use a push pass for a short, direct pass.** The push pass is the easiest one to kick, so start by learning this one. The push pass is also the easiest to intercept. Make sure that your teammate doesn't have someone hovering nearby ready to steal the ball.^[1]

- The push pass is also known as the direct pass or the forward pass.



2. **Place your plant foot even with the ball.** Position your plant foot so it faces your target. The plant foot is the one that will not be kicking and helps keep you steady. Eventually you can practice kicking with each foot to become a balanced player, but for the first time, use whichever foot you are more comfortable with.^[2]



3. **Keep your kicking ankle firm and your body over the ball.** Keep your ankle firm, not floppy, during the kicking and follow-through to protect yourself from injury. Hold the toes of your kicking foot slightly higher than the heels. Position your body so it's facing the person you are kicking toward.^[3]

- It may help to imagine a line going from your belly button to your target.



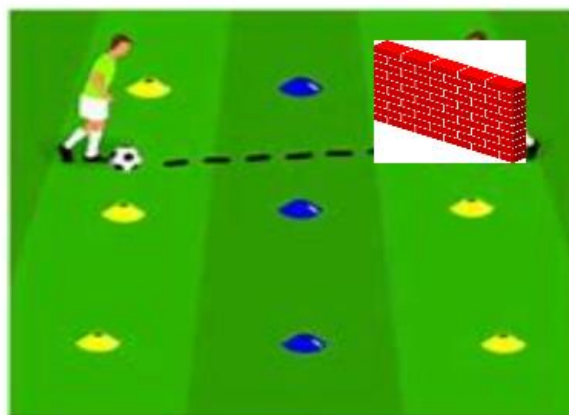
4. **Kick using the inside of your foot.** Don't kick using the laces, heel, or outside of the foot when you are first learning. Kick at right angles to the ball at the midline of the ball. Kicking at the middle of the ball helps keep it on the ground.^[4]

- It can be hard to stay balanced when you are standing on one foot, so try putting your arms out.



Task 1.1- passing between people or wall

Pass the ball between you and someone or pass it to the wall and back.



Task 1.2- moving while passing the ball

Start away from the wall or person helping you with the drill.

Push the ball just in front of you, run after it push with your other leg. Repeat all the way until you get close to the wall or person and pass the ball. Receive the ball back and turn around using control of the ball and push it in front of you and run it back to the beginning. Repeat until you have control of the ball the whole way.