

# Soccer Football

## Summary

This activity is a variation of football using a soccer type set-up.

## Time Frame

1 class periods of 30 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning, Communication

## Materials

Pinnies to mark teams, and up to one dozen footballs will be all the equipment you will need.

## Student Prior Knowledge

Demonstrate a mature/proficient throwing and catching ability.

## Intended Learning Outcomes

Students will enhance the skills of passing and catching a football while following the rules of this activity.

## Instructional Procedures

Mark a field with a center line and a goalie box at each end.

Divide the students into teams of six to eight players; one goalie, two or three defensive players and three to four forwards.

Give each team a set of pinnies and have them stand in their own half of the field.

The team that wins the toss will start at the center line and starts play by passing to a teammate, after which players may pass the football until a pass can be made to the goalie to score a touchdown.

A player with the ball may only hold it for three seconds and cannot take more than three steps while in possession of the football.

If a player steps out of bounds, the other team takes possession of the football where the violation occurred.

Only the goalie may be inside the goalie box.

Defensive players may guard an opponent "man-to-man" only.

Defense may intercept a ball or block a pass, after which play continues.

After a team has scored, the other team restarts the game by a pass at the center line.

After an unsuccessful shot on goal, the defending team throws the ball back into play from the goalie area, but not inside the goalie box.

The non-offending team gains possession when the following violations occur:

- taking more than three steps with the ball

- holding the ball for more than three seconds

- an offensive/defensive player steps into the goalie box

- stepping out of bounds with the ball

an incomplete pass or the ball is knocked down  
double teaming an offensive player

### Strategies for Diverse Learners

Use softer footballs, make the goalie box bigger or smaller or use less players to vary the degree of difficulty in this activity.

### Authors

[TIMOTHY BEST](#)