

Lead Up Skills for Triple Pin Soccer

Summary

These activities will enable the students to learn and practice the skills necessary to experience success in Triple Pin Soccer.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Materials

One soccer ball per student, gym or outdoor playing field.

Intended Learning Outcomes

The students will demonstrate competency in controlling a soccer ball in place, dribbling the ball under control and applying the basic skills of soccer while participating in a group activity.

Instructional Procedures

Organization

: Distribute one soccer ball to each student and have them find an open space on the playing area. Have them start with the ball between their feet with their knees bent.

Activities:

"Back and Forth": On the "go" signal, each player taps the ball between his/her feet. Each tap is "one." Remind them to keep their knees bent and tap the ball with the inside of the front of the foot (this gives better control than the back of the foot) and to keep the ball from moving forward or backward. Assign a certain number of taps to perform according to their skill level.

"Stair Steps": As soon as they reach the designated number of taps, have them switch to "stair steps." This is where they touch the top of the ball with the ball of the foot and alternate right, left, right, left. Start slowly and as they become more proficient, have them speed up the repetitions.

"Soccer Frenzy": Have the students place their soccer ball on the floor and stand next to it. On the "go" signal, each student will dribble their soccer ball two times, leave it, move to another one and dribble it two times. The object is for the class to keep all of the soccer balls moving under control and within the boundaries until the stop signal is given. To add a challenge, the teacher can point to a stationary soccer ball and start counting out loud. If he/she counts to three before a student dribbles the ball, the teacher gets a point. If the teacher scores three points by the end of the time period, the teacher wins that round.

Teaching tip:

Tell the students that to dribble the soccer ball under control, each tap of the ball should go no further than the end of the fingertips with the arm extended in front of the body.

Authors

[ROBBIE WHITE](#)