



## **Middle School Athletics**

### **VB Girls Soccer**

#### **Program Goals and Objectives**

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This course is designed to introduce the student knowledge in the areas of Soccer. It includes skills, team dynamics, and strategies related to the sport. Students will learn to interact, make suggestions, work with others and address dynamic situations that occur during competitive situations.

Upon completion of this course, the student will be able to:

- Knowledge of game rules and sport skills
- An increased physical fitness level
- Improvement in personal habits of exercise, as well as improvement of sportsmanship

#### **Skills To Be Addressed**

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- Passing
- Trapping
- Shooting
- Dribbling
- Positioning – Attacking and Defensive
- Strategies and Rules of Game

#### **Soccer Team Function**

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Students will play in competitive situations using the acquired skills from practice. They will practice on days they do not have games and use proper sportsmanship and teamwork necessary to build a team.

#### **Sample Daily Lesson Plan**

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- 5 minutes – warm-up and stretching, dynamic warm-ups
- 10 minutes – individual and partner skills, vitamins
- 15 minutes – group drills
- 15 minutes – team concept, attack or defense
- 15 minutes – team scrimmage work
- 5 minutes – conditioning