

teaching SKILLS FOR Ball games

Helping students to master the techniques needed to play Australian sport.



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SAMPLE

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teacher notes:

HOW TO USE THE LESSON PLANS

Each lesson is clearly set out with a sequence of activities. It is a good idea to follow activities in order.

The warm-up gives the children a chance to feel the ball in their hands and satisfy their urge to throw and kick the ball before the listening part of the lesson begins. Using the warm-up ideas helps the children focus on the skills demonstration section afterwards. Make sure no child is touching a ball during the demonstration part of the lesson.

I have personally used all these lesson plans from pre-primary to Year 7 as a PE Teacher in a primary school.

Adapting lessons to suit different age groups:

1. *Make distances smaller and expect a lower standard of skill from younger children.*
2. *Allow more time for each activity for younger children and take more time to explain drills.*
3. *When playing games with younger children always have a practice run, to allow children to see what is expected.*

Putting children in teams effectively:

1. *Choose children to be leaders and give them a number.*
 2. *Number all children in the class the same numbers as the leaders and instruct them to line up behind the leaders.*
 3. *Identify those with good skills and make sure that they are evenly distributed between all teams.*
 4. *Try to avoid friends being in the same groups and move groups around after they are all lined up if you think the mix is not good one.*
- Note. Children often deliberately go into the wrong line to be with friends or avoid low skilled players.*

In some instances, tell children to get into two even teams and allow them to sort themselves out. This is a good chance for students to develop sports personlike behaviour and it encourages independent thinking and leadership skills from those with aptitude. Emphasise that the teams should be of even ability. If the teams are not suitable, change them yourself before playing the game.

Catching

Equipment:

- Tennis ball for each child.
- Bucket.
- Bases or cones.

Warm-up:

- Each child takes a tennis ball.
- Bounce ball and catch.
- Bounce ball as high as possible.
- Tap ball on open hand, count how many times they can tap it without dropping it.
- Throw ball a few centimetres in air and catch it.
- Throw ball from hand to hand.
- Throw ball as high as they can.

ACTIVITY 2

Skill Demonstration

1. Collect balls. Get children into group and seat.
2. Get one child who has shown good catching skills to stand up. Throw a ball to this child.
3. Ask children what techniques are used when catching a ball.

Teacher Points

Catching

- Always look at the ball.
- Get ready to catch ball, ie: don't have hands by sides.



Catching

ACTIVITY B

1. Instruct children to get into pairs. One child in each pair is to get a ball.
2. Children stand a metre apart and throw the ball to each other. After five successful catches each, one child takes one step back. Continue until teacher blows whistle.

ACTIVITY C

1. During Activity A, set up cones opposite each other. Make gap further or shorter according to the age of children.
2. Children stand opposite their partner, using cones as guides.
3. Children to throw ball to each other. Count how many successful catches they make in a row. Observe children's catching ability in class if necessary. Praise frequently.
4. At the end of the lesson ask, Who caught the most balls? Who got fifteen? More than fifteen? etc ...

ACTIVITY D

1. Get children to line up in one long line. Teacher stands in front.
2. Teacher throws to each child in turn. This is a chance to evaluate progress and give individual instruction where necessary.

game

Preparation

Place three balls in a bucket.

Position a cone or base about three metres away from the bucket.

Divide class into two teams.

One team will throw, the other team will field.

Throwing team line up outside marked playing area.

Fielders arrange themselves as backstop and catchers.

Tip: Teams swap and so two games can be played at once. Divide the class into four teams.

Playing the game

1. Throwers have turns at stepping up to the bucket and throwing three balls and getting as many runs between cone and bucket as possible before fielders get all three balls back in bucket. Each person has a turn at throwing, then teams swap.
2. Fielders are not allowed to run with the ball but must throw the ball among themselves. This requires moving around the field and calling for the ball.
3. Game ends when all children have had a turn at throwing. The winning team is the one with the most runs.

REMEMBER TO WARM-DOWN

See pages 55-56 for ideas.

Kicking and Dribbling for Soccer

Equipment:

- Soccer ball for each player if possible.
- Goals and cones.

Warm-up:

- Each child to take a ball and tap it in air with foot.
- Repeat with knee.



ACTIVITY A Skill Demonstration

1. Gather children and balls together and seat. Make sure all balls are collected.
2. Get one child to demonstrate kicking.
3. Demonstrate correct technique.

Teaching Points

Kicking Technique for Soccer

- Work out correct foot by running towards and kicking a ball.
 - Place ball on ground about one metre in front.
 - Sight ball and step forward so that correct foot is used to kick.
 - Before connecting with ball, body should be leaning forward, kicking leg bent behind, and opposite arm bent at elbow in front of body. The other arm is held behind the body.
 - Arm and leg come forward together and body straightens.
- Foot should connect with ball just below centre of ball.
- When this is developed repeat with run up.

ACTIVITY B

1. Place four cones in a horizontal row, about two metres apart and about three metres from goal mouth.
2. Divide children into as many teams as cones.
3. Teams line up about two metres away from cones.
4. First child puts his/her ball beside cone then stands back at front of line.
5. In turn children run and kick their ball, retrieve it and line up for next turn.
6. When each child has kicked, rotate teams so they practise from each cone in turn.

Kicking and Dribbling for Soccer

ACTIVITY C

Skill Demonstration

1. Stop activity and get children to sit down behind cones, in their groups.
2. Add four cones to the other four making a line of eight cones to dribble ball around.
3. Get two or three children to demonstrate dribbling, ensuring correct technique is shown.
4. In turn, children dribble balls around the cones and carry them back.

Teaching Points

Dribbling for Soccer

- The ball is controlled by the arch of the foot and the top of the foot, just above the toes.
- The foot moves from one side of the ball to the other controlling the movement of the ball.
- Small frequent movements of the foot are the key to good control.

game

Preparation

- Take away all but one ball from groups.
N.B. Ensure groups are of even ability at this point.

Playing the game

1. At whistle, each team member takes turns to dribble the ball through cones and then kick it back to next person in line. Children receiving ball can stop the ball with hands or feet.
2. When all children have had their turn, team sits down. First team seated is the winning team.

REMEMBER TO WARM-DOWN

See pages 55-56 for ideas.

