

SOCCER NATION

Teacher Talk

[Soccer Nation Week 1 Sample Script]

Brain & Body Warm-Ups

Today is the first lesson in our OPEN Soccer Nation physical education module. We're going to practice dribbling a soccer ball with control and balance. Let's start to warm up by playing a game called Teacher Says Soccer. This game is just like Simon Says, except you'll listen for "Teacher Says." If I give you an activity without saying the magic word, just keep doing the activity from the last instruction.

We'll start the game when I say, "Teacher says, tap your toes on the top of the soccer ball." Because I said Teacher Says, you'll follow that direction. Now, listen to my instructions, control your body, and keep control of the soccer ball.

Purposeful Practice

During our Purposeful Practice time, we will learn and practice our dribbling skills. Dribbling is one way that we move the ball up and down the field in a game of soccer. It's important to use controlled and purposeful taps to control the ball. We're going to start at a walking pace and work our way through a field (or room) full of mini volcanos!

On the start signal, we'll begin dribbling in the spaces around the volcanos. If your ball knocks into a volcano, it erupts! Stop and do 10 toe taps on the top of your soccer ball, then restart your dribble. When you hear the stop signal, freeze.

Just for Fun (and health)

We're going to continue teaching our feet to use controlled touches on the soccer ball with a fun game of Soccer Red Light, Green Light!

We'll start the game using right- and left-foot toe taps on the top of the ball. We'll change drills in our next round. The object is to do the toe taps when I say Green Light and then to freeze with one foot on the ball when I say Red Light!

Score 1 point every time you stop and freeze perfectly.

Great job today! Let's recap what we accomplished. First, we practiced self-control and ball-control. We used our feet to make purposeful taps on the ball to control where it went (or where it stayed). Next, we practiced that ball-control and our dribbling skills in the game of Volcanos. And finally, we practiced everything that we learned about self-control and ball-control in a fun game of Red Light, Green Light.

As you work to get 60 minutes of physical activity every day, you can use your OPEN Soccer Nation Choice Board to play these practice drills at home.