

**Subject Area:** Physical Education  
**Unit Title:** Getting Started with Football Techniques and Basic Skills Training  
**Grade Level:** 9  
**Lesson Number:** 1 of 10

**Duration:** 60 minutes  
**Date:** March 12, 2023  
**Teacher:** John Doe  
**Room:** Gymnasium

## Curriculum Standards Alignment

### Content Standards:

- PE.9.1: Demonstrate an understanding of the fundamental techniques and basic skills required to play football
- PE.9.2: Apply the principles of teamwork, communication, and sportsmanship in a football game

### Skills Standards:

- PE.9.3: Demonstrate the ability to dribble, pass, and shoot the ball with accuracy and control
- PE.9.4: Apply the principles of strategy and tactics in a football game

### Cross-Curricular Links:

- Health and Wellness: Understand the importance of physical activity and healthy lifestyles
- Mathematics: Apply mathematical concepts to understand the game of football

## Essential Questions & Big Ideas

### Essential Questions:

- What are the fundamental techniques and basic skills required to play football?
- How can I apply the principles of teamwork, communication, and sportsmanship in a football game?

### Enduring Understandings:

- Football is a team sport that requires communication, strategy, and physical skill
- Practicing fundamental techniques and basic skills is essential to improve performance in football

## Student Context Analysis

**Class Profile:**

- Total Students: 25
- ELL Students: 5
- IEP/504 Plans: 3
- Gifted: 2

**Learning Styles Distribution:**

- Visual: 40%
- Auditory: 30%
- Kinesthetic: 30%

## Introduction and Warm-Up (10 minutes)

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### Objectives:

- Introduce students to the fundamental techniques and basic skills required to play football
- Develop students' understanding of the game and its rules

### Materials:

- Footballs
- Cones

### Procedure:

1. Welcome students and introduce the topic of football techniques and basic skills training
2. Explain the importance of warming up before playing any sport and lead the students in a series of stretching exercises to prepare them for the lesson
3. Encourage students to share their prior experience with football and what they hope to achieve from the lesson

## Foundation Level:

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### Support Strategies:

- Provide a simple warm-up routine, such as jogging or stretching, and offer one-to-one support for students who require additional assistance

## Core Level:

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### Support Strategies:

- Emphasize the importance of proper warm-up techniques, such as dynamic stretching and cardio exercises, and provide feedback on technique

## Extension Level:

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### Support Strategies:

- Incorporate advanced warm-up routines, such as plyometrics and agility drills, and challenge students to create their own warm-up routines

## Dribbling Techniques (20 minutes)

### Objectives:

- Introduce the fundamental techniques of dribbling, including the inside cut, outside cut, and step-over
- Develop students' ability to dribble the ball with accuracy and control

### Materials:

- Footballs
- Cones

### Procedure:

1. Demonstrate each technique and provide students with the opportunity to practice
2. Encourage students to experiment with different dribbling moves and provide feedback on their technique

## Foundation Level:

### Support Strategies:

- Focus on basic dribbling techniques, such as using the inside and outside of the foot, and provide additional support for students who require it

## Core Level:

### Support Strategies:

- Emphasize proper dribbling technique, including ball control and movement, and provide feedback on technique

## Extension Level:

### Support Strategies:

- Incorporate advanced dribbling moves, such as the Cruyff turn and flip flap, and challenge students to create their own dribbling combinations

## Passing Techniques (20 minutes)

### Objectives:

- Introduce the fundamental techniques of passing, including the short pass, long pass, and through ball
- Develop students' ability to pass the ball with accuracy and control

### Materials:

- Footballs
- Cones

### Procedure:

1. Demonstrate each technique and provide students with the opportunity to practice
2. Encourage students to work in pairs and practice passing the ball to each other

## Foundation Level:

### Support Strategies:

- Focus on basic passing techniques, such as using the inside and outside of the foot, and provide additional support for students who require it

## Core Level:

### Support Strategies:

- Emphasize proper passing technique, including accuracy and timing, and provide feedback on technique

## Extension Level:

### Support Strategies:

- Incorporate advanced passing techniques, such as the driven pass and chipped pass, and challenge students to create their own passing combinations

## Shooting Techniques (20 minutes)

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### Objectives:

- Introduce the fundamental techniques of shooting, including the instep drive, side-foot pass, and volley
- Develop students' ability to shoot the ball with accuracy and control

### Materials:

- Footballs
- Cones
- Goalposts

### Procedure:

1. Demonstrate each technique and provide students with the opportunity to practice
2. Encourage students to work in pairs and practice shooting the ball into a goal

## Foundation Level:

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### Support Strategies:

- Focus on basic shooting techniques, such as using the instep and side-foot, and provide additional support for students who require it

## Core Level:

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### Support Strategies:

- Emphasize proper shooting technique, including ball striking and follow-through, and provide feedback on technique

## Extension Level:

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### Support Strategies:

- Incorporate advanced shooting techniques, such as the half-volley and full-volley, and challenge students to create their own shooting combinations

## Teamwork and Game Play (30 minutes)

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### Objectives:

- Introduce the concept of teamwork and game play, including communication, movement, and strategy
- Develop students' ability to work together, communicate effectively, and demonstrate good sportsmanship

### Materials:

- Footballs
- Cones
- Goalposts

### Procedure:

1. Divide the students into teams and have them play a simplified game of football, focusing on applying the techniques learned during the lesson
2. Encourage students to work together, communicate effectively, and demonstrate good sportsmanship

## Foundation Level:

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### Support Strategies:

- Focus on basic teamwork skills, such as working together and communicating effectively, and provide additional support for students who require it

## Core Level:

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### Support Strategies:

- Emphasize proper teamwork strategies, including movement and positioning, and provide feedback on technique

## Extension Level:

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### Support Strategies:

- Incorporate advanced teamwork strategies, such as using different formations and tactics, and challenge students to create their own game plans

## Conclusion and Cool-Down (10 minutes)

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**Objectives:**

- Conclude the lesson by reviewing the key techniques and skills covered
- Develop students' ability to reflect on their learning and set goals for future development

**Materials:**

- None

**Procedure:**

1. Lead the students in a series of cool-down stretches to help prevent injury and promote flexibility
2. Encourage students to reflect on what they learned and provide feedback on the lesson

## Foundation Level:

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**Support Strategies:**

- Provide a simple cool-down routine, such as stretching or foam rolling, and offer one-to-one support for students who require additional assistance

## Core Level:

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**Support Strategies:**

- Emphasize the importance of proper cool-down techniques, such as static stretching and foam rolling, and provide feedback on technique

## Extension Level:

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**Support Strategies:**

- Incorporate advanced cool-down routines, such as self-myofascial release and dynamic stretching, and challenge students to create their own cool-down routines



## Assessment and Evaluation

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**Objectives:**

- Assess student understanding and skills through observation, feedback, and self-assessment
- Evaluate the effectiveness of the lesson and identify areas for improvement

**Materials:**

- None

**Procedure:**

1. Observe students during the lesson and provide feedback on their technique
2. Have students complete a self-assessment rubric to evaluate their own understanding and skills
3. Evaluate the effectiveness of the lesson and identify areas for improvement

## Foundation Level:

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**Support Strategies:**

- Focus on basic assessment and evaluation techniques, such as observation and feedback, and provide additional support for students who require it

## Core Level:

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**Support Strategies:**

- Emphasize proper assessment and evaluation techniques, including self-assessment and peer assessment, and provide feedback on technique

## Extension Level:

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**Support Strategies:**

- Incorporate advanced assessment and evaluation techniques, such as video analysis and data tracking, and challenge students to create their own assessment and evaluation plans

## Additional Resources

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### Resources:

- Footballs
- Cones
- Goalposts
- Whiteboard and markers
- Video analysis software
- Football coaching apps

## Conclusion

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**Conclusion:**

In conclusion, getting started with football techniques and basic skills training is an exciting and rewarding experience for 14-year-old students. By following the lesson plan outlined in this document, teachers can provide a fun and engaging learning experience for students, while also promoting teamwork, communication, and sportsmanship. Remember to provide opportunities for mixed ability differentiation, including foundation, core, and extension levels, to cater to the diverse needs of the students.