

Category of Activity: Invasion Games

Name of Activity: Soccer

Soccer is world's most exciting and popular game. It is played between two teams of eleven players each on a rectangular field of grass or artificial surface having same size goals in the middle of each end line. One player acts as goalkeeper and other ten players act as field players. The goal keeper is generally allowed to touch the ball with hands or arms whereas field player use their feet to kick the ball into specific places, occasionally using their head or torso to intercept the ball in mid air. The main aim of the game is to score maximum number of goals by driving the ball in two opponent's goal.

Soccer is a very emotional game full of joy and despair, triumph and tragedy, often it swings widely between these extremes in the course of a single match, bringing drama and exhilaration in to the lives of million across the globe. What makes soccer to play and watch is the flow of the game and to end play. It's goals, spectacular saves, near misses and other goal mouth incidents.

Rules of the Game

- Soccer field measures 90-120 mts. in length and 45-90 mts. in width.
- Each goal measures 7.32 mts. in length and 2.44 mts. in height.
- Diameter of the centre circle is 18.30 mts.
- Penalty spot is 11 mts. from the middle of the goal perpendicularly.
- Deliberate handling of the ball by field players is not allowed.
- Duration of the game is 90 min., with 15 min. break after 45 minutes.

History of Soccer

The origin of soccer can be found in every part of the globe. Almost every culture has reference to history of soccer. In china the games seems to have been played as far back as 3000 yrs ago. Recorded facts support that Romans and Greeks use to play ball for fun and frolic. It is believed that modern soccer started in England. In the old form of soccer ill practices like kicking, biting and punching were allowed. King Edward III ban soccer in 1365. World's oldest football club 'Sheffield Football Club' was established on 27th Oct. 1857. Football and Rugby association split in 1863, that laid the foundation of soccer in 1869. Soccer popularly spread rapidly in 1800's by British Sailors, Traders and Soldiers in different parts of the world. Despite the ban, soccer became to grow in medieval England and then it was introduced in English public schools in order to keep boys fit. Slowly game started becoming more organised with well defined teams, positions and training masters. Cobb, Morley is considered as the father of modern soccer. The game came to India also through british people. Initially matches were played between army teams. The game is played extensively in the country with a maximum of fan following in Goa, Kerela, West Bengal, Mizoram, Manipur and Sikkim. The oldest tournament of soccer was played in 1898 which was organized in Shimla by the name of 'Durrand Cup'. 1951-1962 was the golden period of Indian Soccer. When India won top honours in 1951 and 1956 Asian Games held in New Delhi and Jakarta and became the first Asian Nation to make it to the Olympic semifinals in 1956 at Melbourne.

Facts about Soccer

- Officially there are 17 laws of the game.
- Game is governed world over by FIFA. Which was constituted in 1906.
- FIFA (Federation De International Football Association) has their headquarters in Switzerland.
- Soccer is commonly known as Football.
- Soccer is a religion for more than a billion soccer lovers.
- Europeans have reached the final of each world cup except in 1930 and 1950.
- Until 1913 goal keepers wore same coloured jerseys as their team mates.
- 8 countries have won the world cup till now.
- Uruguay, Brazil, Argentina, Italy, Germany, France, England and Spain.
- Most Numbers of Goals scored in a match by one player is Ronaldo from Brazil.
- Most famous soccer players in the world are Pele, Beckham, Maradona and Ronaldo.
- Spain is the only country who won the Euro 2008 and World Cup 2010.

Basic Requirements/Equipment

- Football
- Markers
- Cones
- Bibs
- Sports Gear (Shin Guard, Jersey / Shorts, Gloves for the Goal Keeper)
- Marble Powder

Use STEP to modify soccer activities so that all students are included. Try these modifications or devise your own.

- Space**
- Increase or decrease the space between the sender and the receiver; for example, if players are farther it improves the accuracy of the pass; if they are closer, it provides more reaction time.
 - Increase the playing space to encourage more movement; reduce the size of the space to encourage the development of passing skills.

- Task**
- Passing & receiving**
- Find the most appropriate way of kicking the ball for each individual.

- Dribbling**
- Begin with static dribbling before introducing movement.
 - Some students who have mobility or coordination impairments can move a short distance dribble the ball, drop it or throw it into play, and then continue moving.

- Scoring**
- Increase the size of the goal to make it easier. Increase the distance from a target to make it more difficult.

- Games playing**
- Have one or more unmarked player per side - always 'free and ready for a pass'
 - Some players can act as 'link' players, carrying the ball between attacking and defending zones.
 - Let a player move up and down the sidelines, receiving a pass from inside the playing area and passing it back in to a player inside the area. This might allow a player to feel safe and enable them to join in the game.
 - Create zones with students of similar abilities playing with and against each other in the zones.
 - Set up tackle-free zones.

- Equipment**
- Provide students with a range of balls that can be used for kicking; players can initially practise with the size of ball which they find they can control best.
 - A brightly-coloured ball may help the participation of students who have vision impairment.
 - Provide a range of different sized and weight football. Students should use one that which suits their age group.

- People**
- Team numbers can be varied; for example, in order to balance a game, it may be best to play 4 v 2, where four players who are developing their skills play against two more competent players.
 - Have one or more unmarked players per side who are always ready to receive a pass
 - Have different games playing at the same time, some involving large groups of students, some involving small numbers of students.
 - Set up games in which all players have the opportunity of participating. For example do not always use a goalkeeper.

Links to continuous and comprehensive assessment frame work for classes IX and X

- An appreciation and understanding of the physical fitness requirements of games playing
- An involvement in sports/physical education programmes
- Team work
- A knowledge of different games and rules of the games
- Skills of agility, balance and coordination & Speed
- Motivation and commitment to take part in the game
- Ability to lead others as a team captain, coach or referee
- An awareness of rules of safety
- An evidence of being self disciplined

- Physical & Health Education /Games**
- Life Skills**
- Listen actively
 - Takes criticism positively
 - Communicate using appropriate words, intonation and body language
 - Identifies one's own strengths and weaknesses





Purpose of the activity

To cooperate with others to use individual and team skills and strategies to invade the space of the opposition to score goals and win the game.

Outcome of the activities

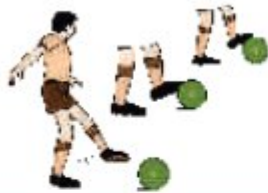
The outcome of participating in these activities will be:

- team spirit
- cooperation
- communication
- focus on winning

Skills

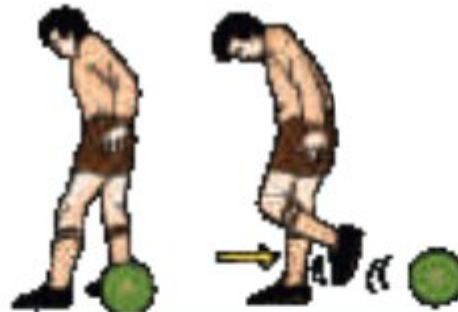
The push pass

- Place non kicking foot near the ball.
- Keep your eyes on the ball.
- Turn kicking leg out from hip.
- Back swing of the kicking foot.
- Non kicking foot right angle to the target.
- Aim to kick with the inside of the foot.
- Position yourself over the ball and strike in the middle.
- Follow through towards target.



Back heal pass

- Placement of non kicking foot 6-8 inches away from the ball.
- Place your support foot close to the ball.
- Lower your head and watch the ball.
- Hit the centre of the ball with the back of your heel.
- Keep your body balanced.



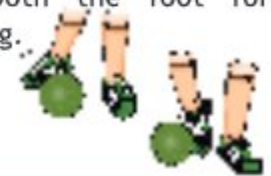
Lofted kick

- Approach the ball diagonally at an angle.
- Placement of non kicking foot 6-8 inches away from the ball.
- Lean back and aim at your target.
- Lift your kicking leg with high back swing.
- Keep your ankle firm and kick at the bottom of the ball with your instep.



Dribbling

- Alternately use both inside and outside of your foot.
- Push the ball at a short distance in front of view with the instep of your toe.
- Straighten the ball with the outside of the same foot.
- Repeat sequence to form rhythm.
- Can be done with both feet also one variation is using inside & outside of the same foot & other is using left and right both the foot for dribbling.



Here are some practices

Dribbling

Practice dribbling individually: while stationary, while moving in open spaces and confined spaces, forwards, backwards and swerving around obstacles and/or other players.



Passing and receiving a ball

In pairs and/or threes send & receive a ball using push passes and hitting the ball while stationary, while moving from one end of a playing area to another and along different shaped pathways. For example pass in a triangle formation so that the player must receive the ball and turn to make the pass.

- combining dribbling, passing and receiving.





Scoring

Teach students how to score by kicking the ball into the goal.

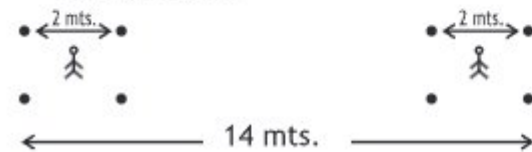
Begin close to the goal and after every score take a step back. After every miss move closer to the goal. Do this without and with opposition. Add cones and markers. Dribble around the cones and shoot at goal.

Try these mini games and activities

Dribbling and Defence

Key points to remember while dribbling

- Ball close to the body
- Head-up
- Change of direction
- Change of pace



Procedure:

This is a 1 v/s 1 game. In this game attackers (player with ball) try to beat the opponent and stop the ball inside the grid of the opponent. If a player successfully stops the ball inside the opponents grid then the player will get 1 point. Continue the game for 2 to 3 minutes.

Support play in triangular formation:

Key Points to Remember:

- Creating space
- Awareness
- How & When to pass
- Wider formation

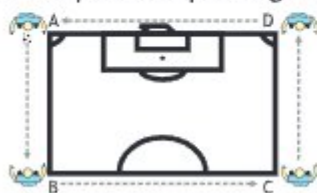


In this 3 v/s 3 game. Defender passes the ball to attackers. Any attacker who receives the ball and tries to play pass in between but they have to be careful about creating space that they will get in triangular formation. Defender can score in opposite goal.

Passing:

Key Points on passing

- Use inside of the foot
- Use of non kicking foot
- Appropriate power/pace of pass/direction of pass
- Head-up before passing the ball



Four stations A,B,C,D are marked on the football field. Four players stand one behind another at each station. The drill starts from station A: Player at station A passes the ball to player standing at the station B and then runs over to station B. Player at station B receives the ball and passes the ball to player at station C and then runs over to station C. Player at station C receives the ball and passes the ball to player at station D and then runs over to station D. The drill continues till each player at each station has got a minimum of 5 chances.

Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you start the game? How long will your game last? How will you make sure that everyone is involved in the game? Who will officiate your game, time it and keep score?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History of the game • Rules • Facts
Skills (6)	<ul style="list-style-type: none"> • Dribbling • Passing and receiving • Shooting • Dodging/marking
Application of skills (10)	<ul style="list-style-type: none"> • Use of dribbling to dodge and move • Ability to mark and defend • Ability to pass and receive accurately and on the move • Ability to create space and use space

Links to NCERT syllabus

Theme: Knowledge and Proficiency in Sports and Motor Skills Acquisition-Football

Links to other subjects

Science: Experiences of the process and skills of the activity may be used to explain the concept of friction, how friction depends on the roughness and smoothness of different surfaces. These may also be utilized while transacting with some other Topics, such as Types of Motion/force can also be explained.

Language: After playing football under the supervision of physical education teacher, students may be asked to write crisp notes on rules of the game, or instructions given before they began playing, or the way both the teams applied themselves and/or did not observe the rules.



Purpose of the activity

To cooperate with others to use individual and team skills and strategies to invade the space of the opposition to score goals and win the game.

Outcome of the activities

The outcome of participating in these activities will be:

- team spirit
- cooperation
- communication
- focus on winning

Skills

Trapping with the sole of the foot

- Lift your foot not too high with toe pointing upwards.
- Allow the ball to wedge itself under your shoe.
- Develop soft touch.
- Trap the ball dead.



Controlling the ball with inside of the foot

- Have good balance position.
- Raise your foot to receive the ball.
- Move your foot backward to absorb the shock.
- Longer your foot stays in contact with the ball.
- More control you will have.



Controlling your thigh

- To be used when the ball comes to you on an awkward height.
- Lean slightly backward to receive the ball.
- Bend your supporting leg.
- Balance yourself.



Controlling on chest

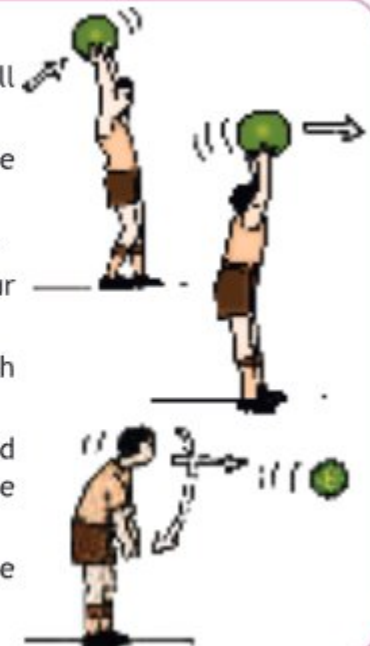
- Square your body towards the flight of the ball.
- Extend your arms and meet the ball with your chest pushed outwards.
- Balance your self.
- Avoid the ball hitting or your arms or hands.
- Arch your back and push your chest.
- Don't tense your muscles.
- Move back to absorb the shock.
- Move your shoulder down as you bring the ball down to your feet.
- Make sure your knees are bent and your feet are wide apart to maintain balance.



Throw in

is awarded when opposing team kicks the ball outside the touch line/side line.

- Throw must be taken from the place where ball has crossed line.
- Stand or run-up to line before you throw.
- Take ball over your head, spread your fingers around the ball.
- Take the ball back behind your head, arch your back.
- Bring your weight on your front leg and whip your body forward as you throw the ball.
- Use body weight to add power to the throw.





Fetching the Ball

- 12 players, numbered from 1 to 4, sit in a circle, in the centre of which there are 4 balls. A number from 1 to 4 is called out i.e. 2. All players with the number 2 run clock wise around the circle and back into the circle through their former space. They grab a ball, which they take back to their place via the same route as before. The first one to arrive is awarded 2 points.



Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you keep your game safe? How will you start the game? How long will your game last? How will you make sure that everyone is involved in the game? Who will umpire your game?

Destroying the Wall

- The field is divided into 2 halves separated by a narrow strip. The teams are balanced out. Each has a player from the opposite team amongst them. The players have to try to kick the ball to their own man on the opposite side. A feat which requires him to break free cleverly while his own side passes him the ball at just the right moment.

If he succeeds, the player who passed him the ball then joins him on the other side, so that there are now 2 teammates among the opponents.



Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History of the game • Rules • Facts
Skills (6)	<ul style="list-style-type: none"> • Dribbling • Controlling the ball • Trapping • Throw in
Application of skills (10)	<ul style="list-style-type: none"> Use of dribbling to dodge and move Ability to pass and receive accurately and on the move Ability to make space and use space Ability to mark and defend Use of more advanced techniques and strategies

Football Tennis

- The game involved applying the acquired techniques in playing from under competition conditions. The rules are adopted at the technical level:
- The ball bounces once per player.
- Once on the pitch the second player plays directly.
- 4 against 4 the ball can only one bounce on the field, otherwise it has to be played directly.
- Just like volleyball, football-tennis only allows contact with the ball on three occasions.
- The ball may not bounce.



Links to NCERT syllabus

Theme: Knowledge and Proficiency in Sports and Motor Skills Acquisition-Football

Links to other subjects

Mathematics: This activity can be used in a number of ways for transaction of Mathematics. For example, by observing football field, the concept of symmetry, or concept of area and perimeter of the rectangular field can be explained; Or The experiences can also be used for teaching of surface area & volume and mid-point theorem.

Language: This activity can be utilized for developing various language abilities, such as use of Articles and Prepositions, identification of Subject and Predicate correctly, and write a sequence in active and passive voice.

Social Science: Teachers of Social Sciences can use the experiences in a number of ways while teaching the concepts like seasonal winds or ocean currents.