**High School Course II Pacing Guide**

**Resources**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **/ High School PE / Soccer**

***SOCCER:***

***Focus Points:***

1. Students will know why and how to deny opponents an easy goal.
2. Students will know how violations and fouls can occur with a defense in place.
3. Students will know why it is important to set up a screen and how to do it.
4. Students will know why it is important to steal the ball from the other team and how to do it.
5. Students will know why it is important to move to open space and how to do it.
6. Students will know how to work as a team unit.
7. Students will know what it means to be evasive and why this is important.
8. Students will know that jobs differ on the field and know the duties for each position.

***Skills:***

1. Traps (inside of foot, outside of foot, sole of foot, knee and chest, leg)
2. Heading
3. Pass (inside of foot, outside of foot, chip)
4. Dribble (close control, speed)
5. Shooting
6. Goal Keeping
7. Inbound Play
8. Begin Game
9. Stance (offensive and defensive)
10. Tackle (safely)
11. Give and go
12. Dodging and feinting

***History:***

It's hard to say who invented soccer and there are several opinions regarding this subject. Sure, the country that invented modern soccer as it is known today is England, but historical references attest that diverse forms of soccer were around for ages.

For example, a military document found in China attested a game called Cuju, played around the second century B.C. It wasn't soccer per se, but it did involve kicking a leather ball through a small hole in a piece of silk cloth strung between two high poles. It definitely wasn't an easy game to play! Just consider how many of todays strikers have problems missing a 7 meter wide goal, let alone put a rugged leather ball through a small hole.

Other Asian countries show us that the history of the game of soccer was probably born in this area. But the pleasure of kicking a ball with some sort of purpose wasn't necessarily solely Asian.

Mesoamerican civilizations also devised a game played with rubber balls, which resembled a combination between soccer, basketball and volleyball. The game involved two teams, playing in a sort of basin dug below ground level, with baskets strapped in several locations on the side walls. The teams would then have to kick the ball towards these baskets, and score a goal.
Obviously, kicking a ball through a ring somewhere up on the wall is hard enough as it is, but considering the fact that they were playing with a rubber ball, which is harder to control, gives us a perspective on why central and south Americans are so skilled at modern day soccer.

Ancient Greeks and Romans also had their own versions of the game, or they imported the ones coming from Asia. One game, called Pheninda was a combination between soccer and rugby, which was popular amongst the ranks of the Imperial armies.

 ***Strategies:***

1. Passing accuracy against a defense using a set play.
2. Man-on-man defense- player takes responsibility for covering one opponent
3. Zone defense- player takes responsibility for covering an area
4. Move to open space to receive a pass.
5. Optimal placement of players based on skill set.

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music".