



# Other Sports: Soccer

*Sports and Fitness – Elective Step 4*

## Purpose

In the "Other Sports" Elective, Trailmen gain a more detailed understanding of a particular sport. The Trail Guide may choose any sport to accomplish this Elective. The sport described here is only a sample.

1. What is the purpose of this game/sport?
2. What are the rules? How is it scored?
3. What are the different positions?
4. What types of exercises help someone get better at this sport?
5. What are the benefits to this sport?

## Notes to the Trail Guide

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1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

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## Skills Progression

	<ol style="list-style-type: none"><li>1. Kick the ball</li><li>2. learn not to use your hands</li></ol>
	<ol style="list-style-type: none"><li>1. Practice trapping and passing</li><li>2. Understand basic rules</li><li>3. Play a game</li></ol>
	<ol style="list-style-type: none"><li>1. Kick and pass with accuracy</li><li>2. Understand positions, roles, and basic strategy.</li><li>3. Play a game</li></ol>

# Helps

1. What is the purpose of this game?
  - a. **Goal:** To learn generally how the game is played.
  - b. **Lesson:** Soccer is a team sport where individuals work together to score goals and defend their own goal.
  - c. **Examples:**
    - i. Team game played with 11 players
    - ii. Kicking (or putting) the ball into the **opponent's** goal scores one goal worth one point
  
2. What are the rules?
  - a. **Goal:** To learn some of the rules of soccer.
  - b. **Lesson:** Soccer has a few key rules.
  - c. **Examples:**
    - i. Played on a field (often called a pitch) normally 110-120 yards long by 70-80 yards wide. Smaller fields can be used by younger players.
    - ii. Up to 11 players on each team including a goalkeeper.
    - iii. Use of hands/arms is illegal except for the goalkeeper when he is in his box.
    - iv. If the ball goes out of bounds on the side of the field, it must be thrown in by the team who did not touch it last.
    - v. If the ball goes out of bounds on the end of the field, it results in a goal kick if the attacking team kicks it out; or a corner kick if the defending team kicks it out.
    - vi. Offsides
    - vii. Search online or books for more rules.
  
3. What are the different positions?
  - a. **Goal:** To learn the different positions in soccer.
  - b. **Lesson:** Soccer has 4 main positions.
  - c. **Example:**
    - i. Soccer has 4 main positions, but there are specialties within these groups.
    - ii. Forward/striker - attacks the opponent's goal, tries to score
    - iii. Midfielder - supports both the forwards and the defenders
    - iv. Defender - protects his own goal, supports the goalkeeper
    - v. Goalkeeper - protects his own goal, can use his hands, gives direction to his team
  
4. What types of exercises help someone get better at this sport?
  - a. **Goal:** To learn different exercises to improve strength and skill.
  - b. **Lesson:** To become a better player exercise and training are required.
  - c. **Examples:**
    - i. Running
      1. long distances for endurance
      2. sprints for speed

3. Shuttle run for quickness
  - ii. Dribbling - passing the ball to oneself while moving down the field
  - iii. Passing - practice trapping and passing the ball to one or more teammates
  - iv. Kicking - practice kicking on goal
  - v. Ball handling - use different parts of the foot to kick or control the ball
    1. Long kicks - use the laces of your cleats
    2. Passes - use the inside or outside of your foot
5. What are the benefits to this sport?
- a. **Goal:** To learn how soccer can be a benefit to the Trailman.
  - b. **Lesson:** Soccer is an aerobic sport which helps the heart, lungs, and muscles. It teaches teamwork.
  - c. **Examples:**
    - i. The teamwork learned on the field can be transferred to other areas of our life. Helping your teammate defend a goal may help you defend him against a bully. Passing your teammate the ball can be like helping your buddy build a monkey bridge with ropes and lashes.
    - ii. A soccer team can be like your patrol. Your patrol should be there to help each other when in need. It can be used for positive peer pressure.

## Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed above in the Helps section.

## Game ideas

- Check the games section online for game ideas.
- Or, create a game that works for your patrol.
- Several ideas are listed below.
  - **Soccer**
    - Play a game of soccer.
  - **Monkey in the Middle**
    - Form a circle of boys with one boy (the monkey) in the middle
    - Pass the ball trying to keep the monkey from getting the ball
    - If the monkey gets the ball then the last boy to touch the ball is the new monkey
  - **Cone Soccer**

- Use two short/wide cones and balance a soccer ball on each. There should be some distance between them (like 30 feet) depending on the number and ages of the boys playing.
- One team defends one ball and tries to use a third soccer ball to dislodge the opponent's ball from their cone.

## Scripture

See Other Sports Steps and Electives for verses or search "Bible verses for athletes" or a similar search.

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