

# Technology-enhanced Learning - Activity Plan

**Name:** *Joana Lamy*

**Grade / Course:** *Course 9*

**Length of Activity:** *50 minutes*

## Lesson Summary:

Students will be able to play football, by using the different skills and techniques.

## Lesson Objective:

- To provide students with knowledge about using different techniques for passing
- To execute a *Push pass* with the right technique
- To execute a *Back heel pass* with the right technique.

## Resources/Technology – Teacher

(a) **Technology required:** laptop, projector, screen, speakers.

(b) **Resources:** Youtube video or DVD on passes, demonstration set by professional soccer player.

(b) **Equipment:** 14 footballs, a whistle.

(c) **Working space:** Audio visual room, Football ground

## Resources/Technology – Students

- Football ground and balls

## Intended Curriculum Learning Outcomes

Students will get:

Accuracy of passing the ball when playing using *push pass or back heel pass*

## Instructional Activities

### Procedures:

#### Step 1: Introduction:

- Welcome the students,
- Take attendance

#### Step 2: Recapitulation of previous class

- Look for questions and answer any questions.
- Explain about how the class will be run

**Teaching and learning strategies:** Viewing video and demonstration by the teacher

**Learning strategy:**

- The students will try to reproduce what they have seen on the video when they will be outside.
- Students' organisation: work in pair, and in group of 7
- Teacher will provide individual feedback to each student while working

**Short description of lesson:**

During this lesson the students will view 3 short videos of 5 minutes each on passing techniques and part of a soccer match where players make use of the two types of passes. I want them to get a clear image of what they will learn and will have to do. As we get into class activity the students will apply or try to imitate what they have seen on the screen. They will work 3 to 5 minutes on their own with their friends and I'll be observing if they could redo the same exercise. Next I will introduce the different steps, phases which will bring them to be able to execute a *push* or *back heel* pass with the proper technique.

### **Step 3: Warming up + stretching**

#### ***Exercise 1***

- Introduction to *Push pass*
- Static position, working in pairs – the class is divided into small groups
- While executing the push pass, a large area of your boot comes into contact with the ball
- The non-kicking foot is placed near the ball
- Turn the kicking leg outwards from your hip. The foot should be at right angles to your
- You should position yourself over the ball and strike it in the middle. At the same time you should direct your follow-through towards your target
- The follow-through controls the speed of the ball and also, to some extent, the accuracy of the pass
- Emphasis will also be on the ball control done previously in class which will be very helpful here.

#### ***Exercise 2***

- Game in groups consisting of 7 students, where one student will be in the middle and the other will be in a circle and will have to circulate the ball all round.
- If the one in the middle stops the ball, the one who kicked it comes to take his place.

### **Exercise 3**

- Introduce *Back heel pass*
- The ball is hit with the back of the heel, using a short, sharp action, little more than a tap.
- Keep your foot in a horizontal position so that your heel forms a solid base
- Strike through the centre of the ball
- No need of the follow-through. But keep the body balanced so you can move quickly as you execute the pass

### **Learner Assessment**

Students will demonstrate

#### **Evaluation 1 Practical:**

- Execute a push pass/back heel pass with the proper technique;
- Correct stand, body position
- Foot position
- The kick

#### **Evaluation 2 Theory:**

Each student will have to produce a word process document where they will be explaining how to execute the different passes they learned and the different steps and phases. They can also include pictures related to the work and write in 2 or 3 lines their appreciation about the videos they had seen. (To be submitted the next day)

#### **Outcomes of the written work:**

- The students will demonstrate their competence in using office word, to explain and illustrate the different steps for the passes.
- The capacity to reproduce in word what the teachers said and what they have retained about the different steps and phases of passing including the key terms and words.