

Beat the Ball Soccer Style

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This is an adaptation of the PFA lesson Beat the Ball Covey Style by Steve Cox.

Materials: 1-4 partially deflated kick balls
Tub of Disinfecting Wipes
2 medium size cones (for home plate/soccer goal)
5 small cones (relay spots)
10 small cones (for fair foul lines if you want to use them)
2 medium sized cones (for running area for offensive players)

Set Up:

- Set the 2 medium sized cones at the home plate/soccer goal area, approximately 5 feet apart.
- Set up fair/foul lines with small cones, if you are using them, directly off each home plate cone.
- Set up the relay cones every 10 yards in the center of the field in a straight line. The first cone should be placed 10 yards from the soccer goal and directly in the middle of the soccer goal.
- Set up 2 cones 10-12 yards apart off to the side of and parallel to the playing area.

Teams: Divide the class into 2 teams. You can use any method you deem proper for your class/school. Put each team into 2 cohorts for batting. Cohort 1 will "bat" in the odd innings and Cohort 2 will "bat" in even innings.

Rules: Pitching: The pitcher will use an instep soccer style pass to "pitch" the ball toward the home plate area.

Offense: The kicker will run and kick the ball and then quickly head to the running area. The student will run back and forth between the 2 cones in the running area like in Cricket. 1 point is scored for each "up and back" the runner runs before the ball is kicked into the soccer goal by the defense.

Defense: The defense will position itself in the field of play. Making sure that they have 1 player at each relay cone. The other players should spread out in the field and be ready to field the ball with their feet (or other legal soccer touches) and get the ball to the relay area.

-If the ball is kicked in the air, students are permitted to catch the ball. If they catch the ball before it hits the ground, the kicker/runner will score no points for their team. The ball will be brought to the teacher immediately for disinfecting. You can have a que of kickballs ready and switch in a new ball to speed things up.

-If the ball is not caught in the air, the defense will use their body (except their arms) to get the ball to their feet and dribble or pass it over to the start of the relay line. Once the ball arrives at the start of the relay line, that student will FOOT Trap the ball and pass it to the next cone. That player will Foot Trap the ball and pass it to the next player. Repeat this process until it reaches the end of the relay line. That student will turn and kick the ball into the goal.

Penalty: If a player touches the ball with their hand, there is a 10 second penalty. The ball may not be played by the defense until the penalty is over. The kicker/runner may continue to keep running. (you can use the 10 second penalty to clean the ball or go get another ball)

Remind students to socially distance themselves while waiting to bat and playing in the field. The Cohort that is not batting, can take a mask break if applicable.