

Name/Title: Soccer Passing Challenge (with pedometers)

Purpose of Event: To practice soccer dribbling and passing skills.

Activity cues: [Inside of the foot passing cues on PE Central](#)

Prerequisites: Prior instruction and practice with foot dribbling and passing using the inside of the foot.

Suggested Grade Level: 3-5

Materials Needed: Pedometers, recording sheet, indoor soccer balls, cones with openings on the top, 1" foam rods, broken hoops.

Description of Idea

Formation:

Set up targets using the foam rods and hoops by placing one end of the hoop in the top of a cone and the other end in another cone. Scatter the targets throughout the playing area.

Each pair of students are given one soccer ball and one pedometer. The dribbler puts on the pedometer and resets it to zero. On signal, the dribbler starts and the partner jogs throughout the challenge course. To earn a point they must pass the ball through a target to their partner and their partner must return the pass through the same target. If the ball hits the target no points are earned. If either partner knocks over a target they have to take away one point from their total score and set it back up. The dribbling partner stays the same for each round. After two minutes, signal the students to stop. Have the student with the pedometer record his/her steps on the [Step Recorder Sheet](#). Then the jogging partner becomes the dribbler. Alternate every round.

Variations:

As an added challenge, award more points for specific goals that are smaller. The foam rods are smaller and two points are given for passing and return passing through those targets.

Change the skill by having students pass only with their left foot or only with their right.

Teaching Suggestions:

Encourage students to keep their feet moving when passing and receiving a pass.

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