



PE/Health Virtual Learning

7th/8th PE

Soccer Shots on Goal

May 5, 2020



Grade/Course
Lesson: May 5, 2020

Objective/Learning Target:

Varies the speed, force and trajectory of the shot based on location of the object in relation to the target.

NASPE Standard (S2.M9.8)

Lesson Objective/Essential Question

EQ: Why is it important to strike a ball at an object with accuracy?

Objective: Students will be able to kick a ball at a goal, wall, or flat/upright surface using a variety of 3 different skill shots.

Warm-Up Activity

Warm-up by doing a light jog for 1 minute. After one minute of jogging, walk 1 minute. Repeat this 2 more times. Extend the jogging or walking time as needed

10 [Burpees](#)

10 [Jumping Jacks](#)

Practice

Shooting a soccer ball-

- Main ideas
 - Put your non-kicking foot alongside the ball with your plant foot facing your target.
 - Keep your head down and your eyes on the ball when striking.
 - Keep your body over the ball.
 - Make contact with the middle to top half of the ball.

Watch this video on the basics of the [Power Shot](#).

Practice

Find a wall and practice each of these different shots:

[Powershot](#)- Hit the wall, in a designated spot, 10 times

[Lob/Chip Shot](#)- Hit the wall, in a designated spot, 10 times

[Rolling Shot](#)- Hit the wall, in a designated spot, 10 times

As you practice these different types of shots, change the distance you're kicking from as well to make it easier and more difficult.

Practice

Choose one of the 3 types of shots you practiced and incorporate a higher level of difficulty:

Use the shot of choice (Powershot, Lob/Chip Shot, Rolling Shot) and try to hit a moving ball:

- Scoot back from your target, about 20-30 yards, roll the ball forward towards the goal and execute your shot. Do this 10 times

Self-Reflection

What were the key elements to shooting a Soccer Ball?

Which one of the shots was the hardest? Which was easiest?

Critical Thinking

- Why is it important to have different types of shots in my arsenal and when would each shot be best? Why?

Additional Resources/Ideas

[Shots on Goal](#)

[Shooting Drills](#)