**FOOTBALL – Day 2**

**Skill(s):** Placekicking

**Introduction:** Placekicking is a skill necessary in the game of football that is commonly overlooked. The distance and accuracy of a proper kickoff is essential in establishing field position in the opponent’s territory as deep as possible.

**Individual Practice:** Practice proper footwork without the ball on the tee. When comfortable with footwork, students can place the football on a tee and then kick the ball into a net.

**Activity:** Placekicking

**Equipment:** Footballs - different shapes, sizes, firmness

Football tees

Playground Ball (Kickball)

Cones

**Set-up/Formation:** Set up cones along both sides of the basketball court. Be sure to leave plenty of room between each cone. Put 3-4 students at each cone. Place a kickball, football, and football tee at each cone on one side of the court.

x x x x

x x x x

o o o o

o o o o

x, o Students

Cone

Students pass

Return pass

**Description:** Students will be in lines of 3-4 on both sides of the court.If possible, use the same color cone on one side and a different color on the other side to assist in lining up. The students in the lines with the equipment will begin by kicking the kickball across the court to their partner. After practicing with a stationary kickball, 2-3 times, the students can attempt to kick a football that is placed on a tee. When the ball is kicked, students in the lines across from the equipment will catch and throw the ball back. After everyone in the line has kicked, the equipment should be moved to the opposite side of the court for the other lines to practice kicking. Soft, foam footballs should be used for students who are afraid of hard, rubber or leather footballs. Allow students with visual impairments to kick and catch from a shorter distance and with a paraeducator, if needed.

**Modifications:**

**Step Up:**

* Move the cones farther apart.
* Use a larger football.
* Encourage student to use the proper “approach” footwork before kicking.

**Step Down:**

* Move the cones closer.
* Use a smaller, softer football.
* Allow student to throw the ball instead of kicking.
* Use a playground ball (kickball).

**Wheelchair Modifications:**

* Have a paraprofessional place the football on the tee or hold it up for the student to kick.
* If a student cannot kick then allow him/her to throw the ball instead.
* If needed, shorten the distance between cones.
* Allow the student to push the ball off of the tee with his/her chair.

**Tips:**

\*Encourage students to increase difficulty at their own pace. If they are successful at kicking accurately from 15 feet, allow them to move further apart.

\*If possible, teach football unit outside.

\*If you do not have football tees, use the heel of your shoe to make a divot in the ground (outside) and lean the ball against it.

**North Carolina Standard Course of Study Competency Goals and Objectives:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **6th Grade** | | **7th Grade** | | **8th Grade** | | **High School** | |
| **Competency Goal(s)** | **6** | **10** | **6** | **10** | **6** | **10** | **6** | **10** |
| **Objective(s)** | **6.04** | **10.01** | **6.05** | **10.01** | **6.04** | **10.02** | **6.02** | **10.03** |

**Adaptation Checklist**

1. \_\_\_Is the adaptation safe?
2. \_\_\_Does the modification maintain the concept of the game?
3. \_\_\_Was the child included in the adaptation and does he or she embrace the

concept?

1. \_\_\_Is the game still age-appropriate?
2. \_\_\_Is the child still included successfully?
3. \_\_\_Is the adaptation holding the child back and not affording a challenge?
4. \_\_\_Does the adaptation still allow the child with the disability to work on

either class goals or IEP goals?

1. \_\_\_Does the adaptation alienate the child from the rest of the class?
2. \_\_\_Could the adaptation be minimized or eliminated?
3. \_\_\_Other?

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