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### Shooting a Soccer Ball

Points	Category	Description	Points Awarded
-	Name of Activity	Slow-Mo Goal	
1	Learning Goals/Objectives	The student will be able to demonstrate the steps required to correctly and accurately shoot a soccer ball into a goal.	
-	Grade level & SOLs	<p><b>7<sup>rd</sup> Grade</b></p> <p>7.1 The student will demonstrate competence and apply movement concepts in modified versions of various game/sport, rhythmic, and recreational activities.</p> <p><b>A)</b> Demonstrate and apply mature movement forms and skill combinations competently in a variety of cooperative and tactical activities that include dynamic and unpredictable situations.</p> <p><b>B)</b> Demonstrate offensive strategies and tactics to include creating open space, skilled movement, speed, accuracy, and selection of appropriate skill/tactic to gain offensive advantage.</p>	
1	Organization/ Equipment + Technology	<p>Students will be placed into groups of 3 or 4.</p> <p>Each group will spread out throughout the given space.</p> <p>Students will be provided with a guide with pictures detailing the cues of shooting.</p> <p>Each group will then be given a slow-motion camera, which will be turned back in at the end of class.</p>	
4	Detailed Description of Activity	<p>Procedures will be as follows:</p> <ol style="list-style-type: none"> <li>1. <i>Instant Activity.</i> Students will start immediately with 1 or 2 rounds (based on time) of PacMan Soccer.</li> <li>2. <i>Review.</i> The teacher will review the cues for shooting the soccer ball</li> <li>3. <i>Set Induction.</i> The teacher will explain how to create a slow motion video of them using the shooting cues, how it is done, and why it is important. The cues for kicking are Step, Tick, Tock.</li> </ol> <div style="text-align: center;">  </div>	

		<p>4. <i>Organization.</i> The class will be divided into groups of 3 or 4 students. Within the group, the oldest will sign out a slow motion camera. The second oldest will kick first. The youngest will record first. If there is a group of four, the third oldest will retrieve the ball after it is shot.</p> <p>5. <i>Content.</i> In their groups, the students will record videos of each student demonstrating the cues of kicking a soccer ball in slow motion. After each video, the group will discuss the pros and cons during each student's recording.</p> <p>6. <i>Variations.</i> Higher skilled students will challenge themselves to take a video of them shooting while the ball is in the air, rather than on the ground.</p> <p>7. <i>Discussion.</i> When the groups finish, the whole class will gather and talk about how technology can affect the way students and athletes improve.</p> <p>8. <i>Homework.</i> For homework students will make a PowerPoint with a video one group member shooting the ball, followed by slides detailing common trouble areas the group may have experienced reviewing each of their recordings.</p>	
4	Integration of Technology	The students will use video cameras with slow-motion capability to help students be able to visualize the cues as well as pinpoint their trouble areas within the kick.	
-	Assessment	The students will be assessed through psychomotor domain. The teacher will view the slow motion recordings to see if the students preformed the cues correctly.	