Futsal
Unit/Lesson Plan

**Goal**
Have most (if not all) of the students know the basic rules and skills needed in Basketball. During the next 3 weeks we will be learning the basic skills that we need for Basketball such as:
1) How to Dribble
2) How to Pass
3) How to Shoot
4) How to Defend on Defense
5) How to Attack on Offense

**Information**
Professor: Bahena  
Location: Gymnasium 1  
Start Time: 10:00

Grade Level: 5  
School Name  
End Time: 10:45

**Teks Requirements Met:**

(1) (A)-(C), (J)-(L)
(2) ALL
(3) ALL
(4) ALL
(5) ALL
(6) ALL
(7) ALL
**Information**

**Professor:** Bahena

**Location:** Gymnasium 1

**Start Time:** 10:00

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**DATE:** DAY 1 OF 15

<table>
<thead>
<tr>
<th>What's the plan?</th>
<th>What will we do?</th>
<th>How long? (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Explain how the class is going to go</td>
<td>5</td>
</tr>
<tr>
<td>Introductory Activity</td>
<td>Freeze Tag</td>
<td>7</td>
</tr>
</tbody>
</table>

**Equipment needed:**

- Futsal balls

**Objective:**

1) Participate in the Freeze Tag Introductory Activity
2) Learn basic Dribbling techniques

**End Time:** 10:45

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**Information**

**Dribbling**

- **Instruction**
  - Show Equipment
  - Show Proper Technique in how to dribble the ball
  - Keep students sitting down and hand them a ball and ask them to not bounce it

- **Focus**
  - Have students stand and move ball from inside left to inside right of the foot
  - Walk around and watch them and give them tips on what and what not to do

- **Fitness**
  - Place Ball in the ball containers Tag

- **Conclusion**
  - Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed

- **Reflection**
  - TBD

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### DATE: DAY 2 OF 15

<table>
<thead>
<tr>
<th>WHATS THE PLAN?</th>
<th>WHAT WILL WE DO?</th>
<th>HOW LONG? (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>Explain how the class is going to go</td>
<td></td>
</tr>
<tr>
<td>Introductory Activity</td>
<td>&quot;Green light, Red light&quot;</td>
<td></td>
</tr>
</tbody>
</table>

**Equipment needed:**
- Futsal ball

**Objective:**
1) Participate in the "Green light, Red light" Introductory Activity
2) Practice basic Dribbling techniques
3) Become more aware of their surroundings due to other students doing activity also

End Time: 10:45

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**Dribbling**

*Show how to dribble the ball while Jogging.*
*(Remember to keep head up)*
*Divide class in groups*

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**Focus**

*Send students dribbling down the court in their groups, and make sure they don't run into each other.*
*Watch...*
*Stop them and show them the correct way if they are not getting it right*

**Fitness**

Spider Tag

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**Conclusion**

Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed

**Reflection**

TBD
### Information

**Professor:** Bahena  
**Location:** Gymnasium 1  
**Start Time:** 10:00

### Equipment needed:
- Futsal balls

### Objective:
1. Participate in the Freeze Tag during the Introductory Activity  
2. Learn basic Dribbling techniques  
3. Challenge themselves by creating their own moves and dribbles using their imagination

### DATE: DAY 3 OF 15

<table>
<thead>
<tr>
<th></th>
<th>Dribbling</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What's the plan?</strong></td>
<td><strong>What will we do?</strong></td>
<td><strong>How long?</strong> (Minutes)</td>
</tr>
<tr>
<td>Introduction</td>
<td>Explain how the class is going to go</td>
<td>5</td>
</tr>
<tr>
<td>Introductory Activity</td>
<td>Freeze Tag</td>
<td>7</td>
</tr>
<tr>
<td>Instruction</td>
<td>Give each student a ball and have them dribble without looking down Explain the game “Sharks and Minnows”</td>
<td>6</td>
</tr>
<tr>
<td>Focus</td>
<td>Dribble without looking down in place Remaining class</td>
<td></td>
</tr>
<tr>
<td>Fitness</td>
<td>Choose one to be the “Shark” and remind students to keep eyes up</td>
<td>17</td>
</tr>
<tr>
<td>Conclusion</td>
<td>Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed</td>
<td>3</td>
</tr>
<tr>
<td>Reflection</td>
<td>TBD</td>
<td>5</td>
</tr>
</tbody>
</table>
**Information**

Professor: Bahena

Location: Gymnasium 1

**Start Time:** 10:00

**DATE:** DAY 4 OF 15

<table>
<thead>
<tr>
<th>What's the plan?</th>
<th>What will we do?</th>
<th>How long? (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introductory Activity</strong></td>
<td>Jump Rope</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Stretching</td>
<td>3</td>
</tr>
<tr>
<td><strong>Introduction</strong></td>
<td>Explain how the class is going to go</td>
<td>5</td>
</tr>
<tr>
<td><strong>Instruction</strong></td>
<td>Dribbling through cones and passing it off</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Show students how to stop the ball</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Introduce Instep, Inside, and Outside of the foot pass</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Set up for Relay lines</td>
<td></td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>Dribble without looking down and have them pass to the next one in line</td>
<td></td>
</tr>
<tr>
<td><strong>Remaining Class</strong></td>
<td>Have music playing and when the music stops, each student with the ball stops and stands in place</td>
<td>12</td>
</tr>
<tr>
<td><strong>Conclusion</strong></td>
<td>Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed</td>
<td>3</td>
</tr>
<tr>
<td><strong>Reflection</strong></td>
<td>TBD</td>
<td>5</td>
</tr>
</tbody>
</table>

**Equipment needed:**
- Jump Ropes (one per student)
- Cones, Futsal balls (one per student)
- Music player (up beat music)

**Objective:**
1) Participate in the Jump Rope during the Introductory Activity
2) Master basic Dribbling techniques
3) Learn basic Instep, Inside, and Outside of the foot pass and how to give one while they are moving

**End Time:** 10:45
## Information

**Professor:** Bahena  

**Location:** Gymnasium 1

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**Equipment needed:**  
Foam Dodge Balls, Futsal ball One for Two student

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**Objective:**  
1) Participate in the Dodge Ball during the Introductory Activity  
2) Review the other 3 Types of passes  
3) Demonstrate proper technique and form for all 3 passes  

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**Start Time:** 10:00  
**End Time:** 10:45

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**DATE:** DAY 5 OF 15

### What's the plan?  
<table>
<thead>
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<th>What's the plan?</th>
<th>What will we do?</th>
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<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>Explain how the class is going to go</td>
<td>5</td>
</tr>
</tbody>
</table>
| **Introductory activity** | “Dodge Ball”  
Stretching | 7  
3 |
| **Instruction** | Choose a Partner  
Have them practice passes | 5 |
| **Focus** | Begin with inside of the foot pass  
After 5 good passes try the other 2 | 7 |
| **Fitness** | **Dodge Ball** | 10 |
| **Conclusion** | Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed | 3 |
| **Reflection** | TBD | 5 |
### Information

**Professor:** Bahena  
**Location:** Gymnasium 1  
**Start Time:** 10:00

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**DATE:** DAY 6 OF 15  
**Passing**

**Equipment needed:**  
Futsal ball for group of four students

### Objective:
1. Participate in the “Sharks and Minnows” during the Introductory Activity  
2. Finish Reviewing all of the basic passes  
3. Demonstrate proper technique and proper form

**End Time:** 10:45

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<table>
<thead>
<tr>
<th>What's the plan?</th>
<th>What will we do?</th>
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<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>Explain how the class is going to go</td>
<td>5</td>
</tr>
<tr>
<td><strong>Introductory activity</strong></td>
<td>“Sharks and Minnows”</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Check Heart Rate</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>(Have them find pulse, tell them when to start and after 6 seconds have them stop and add a zero at the end of their final number)</td>
<td></td>
</tr>
<tr>
<td><strong>Instruction/Focus</strong></td>
<td>Have students pair up and go to different stations and tell them what kind of passes they should do in those stations and have them switch feet</td>
<td>10</td>
</tr>
<tr>
<td><strong>Fitness</strong></td>
<td>Sharks and Minnows first half without the ball and second half with the ball</td>
<td>12</td>
</tr>
<tr>
<td><strong>Conclusion</strong></td>
<td>Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed</td>
<td>3</td>
</tr>
<tr>
<td><strong>Reflection</strong></td>
<td>TBD</td>
<td>5</td>
</tr>
</tbody>
</table>
Subject: Physical Education  Grade Level: 5

Information

Professor: Bahena

Location: Gymnasium 1

Start Time: 10:00

DATE: DAY 7 OF 15

Equipment needed:
Futsal ball for each student

Objective:
1) Participate in the Freeze Tag during the Introductory Activity
2) Learn correct posture for kicking each type of shot
3) Demonstrate proper form and technique and explain when each shot is useful

End Time: 10:45

Whats the plan?  What will we do?  How long? (Minutes)

Introduction  Explain how the class is going to go  5

Introductory activity  “Freeze Tag”  Stretching  7  3

Focus  Show correct form when shooting  Remaining class

Instruction  Explain what shot does what.  10

Shooting

Instep (laces) gives the shot more power.
inside foot gives it placement, and helps place and gives it a curve as well as the outside of the foot gives it a curve but does not have as much placement as instep of the foot.

Place students around the walls of the gym and tell them to shoot the ball with each part of the foot

Fitness  “Get the VEGGIE Bacon”  12

Conclusion  Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed  3

Reflection  TBD  5
Date: Day 8 of 15

What's the plan? What will we do? How long? (Minutes)

Introduction
- Explain how the class is going to go 5

Introductory activity
- Jump rope to the rhythm of the music 7
- Stretching 3

Instruction
- Review correct form for each shot 8
- Explain game-like situations when this type of shot should be used

Focus
- Inside foot Shooting
- 1-2 lines

Fitness
- Make sure the shoot with the inside of the foot but have them try to place the ball in the corners of the goal 14

Conclusion
- Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed 3

Reflection
- TBD 5
Information

Professor: Bahena

Location: Gymnasium 1

Start Time: 10:00

DATE: DAY 9 OF 15

<table>
<thead>
<tr>
<th>What's the plan?</th>
<th>What will we do?</th>
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</tr>
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<tbody>
<tr>
<td>Introduction</td>
<td>Explain how the class is going to go</td>
<td>5</td>
</tr>
<tr>
<td>Introductory activity</td>
<td>Dodgeball, Stretching</td>
<td>7</td>
</tr>
<tr>
<td>Instruction/Focus</td>
<td>Shooting</td>
<td>7</td>
</tr>
<tr>
<td>Fitness</td>
<td>Have students on the half court line and have them line up horizontally towards the goal with a ball on the free throw line and with every blow of the whistle one goes once he is halfway between the ball and the half court line blow the whistle so the next student can run and take a one time shot towards the goal</td>
<td>15</td>
</tr>
<tr>
<td>Conclusion</td>
<td>Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed</td>
<td>3</td>
</tr>
<tr>
<td>Reflection</td>
<td>TBD</td>
<td>5</td>
</tr>
</tbody>
</table>
Information

Professor: Bahena

Location: Gymnasium 1

Start Time: 10:00

Date: Day 10 of 15

Goalkeeping

Equipment needed:
- Futsal ball per 2 students
- Floor hockey or big bouncy ball per 2 students

Objective:
1) Participate in the “Green light Red light” during the Introductory Activity
2) Learn basic Goal keeping techniques
3) Participate in the fitness activity consisting in putting their reflexes’ to the test

End Time: 10:45

What’s the plan?  What will we do?  How long? (Minutes)

<table>
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<tr>
<th>Introduction</th>
<th>Explain how the class is going to go</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introductory activity</td>
<td>“Green light, Red Light”  Stretching</td>
<td>7</td>
</tr>
<tr>
<td>Focus</td>
<td>Goal keeping</td>
<td>3</td>
</tr>
<tr>
<td>Instruction</td>
<td>Explain correct form of how keepers should stand and be prepared for a shot  Demonstrate how they should receive the ball when its going between their legs and on the ground and also how to dive correctly</td>
<td>7</td>
</tr>
<tr>
<td>Fitness</td>
<td>Students pare up and and get in front of a wall and have the student in the back throw the ball towards the wall and have the students in the front pretend to be the keeper and prevent it from passing them</td>
<td>15</td>
</tr>
<tr>
<td>Conclusion</td>
<td>Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed</td>
<td>3</td>
</tr>
<tr>
<td>Reflection</td>
<td>TBD</td>
<td>5</td>
</tr>
</tbody>
</table>
**Information**

Professor: Bahena

Location: Gymnasium 1

**Equipment needed:**
- Futsal ball 1 per 2 students

**Objective:**
1) Participate in the "Sharks and Minnows" during the Introductory Activity
2) Learn basic Defending techniques
3) Demonstrate proper form marking a player coming towards the goal

**Start Time: 10:00**

**End Time: 10:45**

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**DATE: DAY 11 OF 15**

<table>
<thead>
<tr>
<th>What will we do?</th>
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<tbody>
<tr>
<td>Introduction</td>
<td>Explain how the class is going to go</td>
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<tr>
<td>Introductory activity</td>
<td>Sharks and Minnows</td>
</tr>
<tr>
<td></td>
<td>Stretching</td>
</tr>
<tr>
<td>Instruction/Focus</td>
<td>Defense</td>
</tr>
<tr>
<td></td>
<td>Show correct posture of how someone should go against a player have one foot in front of the other depending on which side of the court they are running down on</td>
</tr>
<tr>
<td>Fitness</td>
<td>Have on player go down the court while his partner shadows him defending without touching the ball just to demonstrate proper form</td>
</tr>
<tr>
<td></td>
<td>Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed</td>
</tr>
<tr>
<td>Reflection</td>
<td>TBD</td>
</tr>
</tbody>
</table>
**Information**

Professor: Bahena

Location: Gymnasium 1

**Equipment needed:**
- 5 Futsal balls

**Objective:**
1) Participate in the Tag during the Introductory Activity
2) Explain what the role of the mid-field player is and explain that they might not have a midfielder depending on the style and/or formation that the team plays

**Start Time:** 10:00

**End Time:** 10:45

**DATE: DAY 12 OF 15**

<table>
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<tr>
<th>What's the plan?</th>
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</tr>
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<tbody>
<tr>
<td>Introduction</td>
<td>Explain how the class is going to go</td>
<td>5</td>
</tr>
<tr>
<td>Introductory activity</td>
<td>Tag</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Stretching</td>
<td>3</td>
</tr>
<tr>
<td>Instruction</td>
<td>Explain that depending on the team they might not have a midfielder player, however explain their role when they are on the field</td>
<td>8</td>
</tr>
<tr>
<td>Focus</td>
<td>Midfield</td>
<td></td>
</tr>
<tr>
<td>Fitness</td>
<td>Have 1 defender line 1 striker that rotates and a midfielder line that gives a pass to the striker who gives it back for a through ball the midfielder player gives for the striker to score against the defender</td>
<td>15</td>
</tr>
<tr>
<td>Conclusion</td>
<td>Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed</td>
<td>3</td>
</tr>
<tr>
<td>Reflection</td>
<td>TBD</td>
<td>5</td>
</tr>
</tbody>
</table>

**Remaining Class**
### Information

**Professor:** Bahena  

**Location:** Gymnasium 1

**Start Time:** 10:00  
**End Time:** 10:45

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<table>
<thead>
<tr>
<th>Equipment needed:</th>
<th>5 Futsal balls</th>
</tr>
</thead>
</table>

| Objective: | 1) Participate in the Warm-up exercises during the Introductory Activity  
2) Learn basic Forward techniques  
3) Demonstrate skills to get passed a defender and vision to shoot or pass if you can’t pass the defender alone and keeping calm when in front of goal |

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**DATE: DAY 13 OF 15**

### What's the plan?

<table>
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<tr>
<th>What will we do?</th>
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<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>Explain how the class is going to go</td>
</tr>
<tr>
<td><strong>Introductory activity</strong></td>
<td>Jumping Jacks, Grapevine, Power skips, Galloping Stretching</td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>Forwards/Strikers</td>
</tr>
<tr>
<td><strong>Instruction</strong></td>
<td>Explain that the role of the forward is to score and that just because they are a forward they can still pass if they see another team mate with a better chance to score</td>
</tr>
</tbody>
</table>
| **Fitness** | 2 vs 1 + Goal keeper to forward lines and 2 defending lines one that is for the keeper and have them rotate counter-clock wise after each turn  
1 vs 1 striker vs goal keeper each student gets 6 seconds and the next one should be ready because this drill goes by quick | 15 |
| **Conclusion** | Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed | 3 |
| **Reflection** | TBD | 5 |

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### Information

**Professor:** Bahena  
**Location:** Gymnasium 1  
**Start Time:** 10:00  
**End Time:** 10:45

**DATE:** DAY 14 OF 15

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>Explain how the class is going to go</td>
<td>5</td>
</tr>
<tr>
<td><strong>Introductory activity</strong></td>
<td>Simon Says, Stretching</td>
<td>7</td>
</tr>
<tr>
<td><strong>Instruction</strong></td>
<td>Explain how a team is given a set piece (Free kicks, corner kicks, and even playing the ball in from the sideline)</td>
<td>10</td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>Set pieces</td>
<td></td>
</tr>
<tr>
<td><strong>Fitness</strong></td>
<td>Practice corners and indirect free kicks and explain that the players should know how to open up and look for spaces to run in for the pass or the rebound</td>
<td>12</td>
</tr>
<tr>
<td><strong>Conclusion</strong></td>
<td>Have students place equipment where it belongs and have them take their assigned seat while waiting for class to be dismissed</td>
<td>3</td>
</tr>
<tr>
<td><strong>Reflection</strong></td>
<td>TBD</td>
<td>5</td>
</tr>
</tbody>
</table>

**Equipment needed:** Basketball for each student

**Objective:**
1) Participate in the “Simon Says” during the Introductory Activity  
2) Explain set pieces and their importance
**Information**

Professor: Bahena

Location: Gymnasium 1

**Start Time: 10:00**

**DATE: DAY 15 OF 15**

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<td>Introduction</td>
<td>Explain how the class is going to go</td>
<td>3</td>
</tr>
<tr>
<td>Introductory activity</td>
<td>Freeze tag</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Stretching</td>
<td>3</td>
</tr>
<tr>
<td>Instruction</td>
<td>Split up into teams</td>
<td>5</td>
</tr>
<tr>
<td>Focus</td>
<td>What was learned in previous days and put into practice in game situations</td>
<td>Remaining Class</td>
</tr>
<tr>
<td>Fitness</td>
<td>Have the teams that are waiting cheer while the others play</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>Be the Referee to monitor things from up close and give them tips while they are playing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Switch teams depending on how many players there are.</td>
<td></td>
</tr>
<tr>
<td>Conclusion</td>
<td>Have students go back to their spots and be ready for reflection</td>
<td>7</td>
</tr>
</tbody>
</table>

**Equipment needed:**
- 1 Futsal ball

**Objective:**
1) Participate in the Freeze Tag during the Introductory Activity
2) Participate in a Scrimmage
3) Demonstrate all the skills shown during prior days and put it into use

**End Time: 10:45**