**inside foot passing. use the inside of your foot to pass the ball. pass the ball using the inside of your foot**

**使用第一個球場，上課前，要先擺好六個角錐。**

**一、準備活動**

**Hi gays, good to see you. 朔承 who is absent? everybody is here. good.**

**Is anyone sick or comfortable? no~ okay**

**let’s do warm up.**

**In the beginning,who can tell me, last class, what we learned? 做動作,Any volunteers answer the questions?**

**子晴、沛影、勁允、昱翔 :toe taps skills. good.use your toe taps control the ball.forward, backward, sight side and left side.都要帶動作**

**Today we will learn how to use the inside foot to pass. okay. so, today we are focusing on the inside of your foot.**

**Everyone stand up and go to your cone. Like the last class, 4 students in a group.**

**Our first activity is dribble drill. (control the ball. Let's do it. (a dribble drill.)**

**Use the inside pass from one foot to the other. 示範 sometimes we call it “penguin foot”.Do you know penguin?做動作**

**在示範一次。**

**1.Do it/penguin foot for 20 times. (Put the ball between your feet.)**

**2.Do it/penguin foot forward 10 times and backward.**

**3.Do it/penguin foot right side 10 times and left side. When your group finished, come here and sit down.**

**做完的同學到這裡時，把角錐拉平。AB在白色邊線排球場;CD中間擺cone。**

**二、發展活動How to pass the football, I will give you some tips.**

**1.lock your ankle . 示範 (when you lock your ankle, you can't move your ankle anymore.) Don’t move your ankle.(示範)**

**2.point your toe up.**

**3.Move forward with your left foot, pass the ball with your right foot.**

**4.we hit the middle of the ball.(this.it is not the other side)指出來**

**中文補充說明：**

**1.足球本來就不符合人體工學，例如轉寬、轉膝蓋，或者腳踝等，所以練習時會有些不習慣那是正常的。**

**2.當我們用右腳在傳球，其實我們左腳的腳尖，必須朝向你的目標，像這樣，球才會傳到你的目標。**

**三、動作練習活動**

**Now, we will practice using the inside foot to pass the ball.**

**Activity 1: this group, please stand up.指出誰是ABCD，AC in here BD over there.示範活動 A pass to B, B pass to C,C pass to D.**

**Do it 30 times. We are start from the right foot. Your group need to count.(speak loud)**

**Activity 2: whistle, we will do the left foot. Do it 30 times. Your group need to count.(speak loud)**

**Activity 3: move on next activity /increase the distance. (Use your foot power.)**

**Let's start from the right foot. Do it 30 times. Your group need to count.(speak loud)**

**Activity 4: whistle , okay,we will do the left foot. When you're finished, you can drink some water.**

**Break time, you can drink some water. 擺球門**

**四、綜合活動**

**come here, now we will play a game.**

**Girls in a group, boys in a group.**

**Everyone has one chance to hit the goal.（中文解釋hit the goal.射門得分的意思）**

**There are 13 girls, there are 11 boys. you and you have 2 chance**

**If your team hits the goal,speak loud. one two three four five…let me know. 我要站在球門中間，幫他們算數二比一就是 two to one**

**如果還有時間Round 2.輸的要jamp jacks 10下。**

**feedback:**

**上課內容重點複習tips， 下次上課會延續今日的足內側傳球，兩人行進間傳球的變化及小組競賽，在家也能多練習傳球的腳步，沒有球也可以練習的。**