

**March 2014**

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**&**

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# **NEWS FROM THE GYM: PHYSICAL EDUCATION**

**Soccer**

**Reminder:  
Appropriate shoes  
are always  
needed**



## **K-2 AGENDA**

## **3-4 AGENDA**

During the month of March your child will be learning different skills needed to be successful in soccer. They will learn dribbling, passing, and trapping while having stationary obstacles and also moving obstacles (defenders). This will improve their cardiovascular endurance by participating in a lot of up tempo activities that will help them improve their knowledge and skill level with soccer. We will also be teaching the difference between offense and defense. We encourage them to work as a team and have good sportsmanship throughout.

During the month of March your child will be learning different skills and strategies needed to be successful in soccer. A lot of the same strategies are being carried over by other invasion sports but have different skills that need to be addressed. They will be taught how to dribble, pass, trap, play defense, punt, strike, and throw-ins. The strategies will be maintaining possession, creating space, defending, and scoring. We encourage them to work as a team and have good sportsmanship throughout.

