

Lesson Plan Overview
for
RollerSoccer Youth Programs (RSYP)
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OVERVIEW

RollerSoccer is exactly what the name suggests, soccer played while wearing skates. The rules are very similar to those of soccer, the world's most popular sport. Besides the footwear, the most significant differences between this new version of soccer and the traditional version are as follows: there are five players per team rather than eleven; it is played in a roller hockey-type rink rather than a grassy field; contact between players is restricted more in RollerSoccer. The RollerSoccer International Federation (RSIF) encourages co-ed participation and has designed the sport to reward skill and quickness, rather than size and strength,

RollerSoccer can be a useful tool in the development of skating skills. The benefit provided by RollerSoccer and other similar activities is that students progress more rapidly through the skill development curve because some of their focus is directed toward the ball. As a result, students are less likely to "over think" skating maneuvers and more likely to execute changes in direction and speed by reflex.

EQUIPMENT REQUIREMENTS

RollerSoccer requires only a standard "Size 5" soccer ball and two goals (1 meter high by 3 meters wide). It is recommended that players wear protective gear (helmets, wrist guards, elbow and knee pads).

BASIC SKILLS

Basic skill elements of RollerSoccer include: Body Control/Position, Kicking, Ball Control, and Defending. These elements are described in detail in the RSYP manual.

Body Control/Position

Drill I (body position and weight shifting)

Drill II (one-foot balance with momentum)

Drill III (one-foot balance without momentum)

Kicking

Kicking the ball consists of two elements, body position and contact with the ball.

The three most common techniques for kicking the ball are: **inside of the foot, top of the foot, and outside of the foot.**

Drills (kicking)

Ball Control

Ball control can be split into three categories: passing, dribbling and trapping.

Drills (dribbling)

Drills (passing and trapping)

The three best configurations for static passing drills are: **one-on-one, triangle, and circle.**

Defending

The primary objectives of defending are to take possession of the ball from the opponent and prevent the opponent from scoring a goal.

Drills (defending)

Drills (defending the goal)

Note: There are many drills that have not been included in this lesson plan overview.