

Activity Guide

Slow Motion Soccer Ball

Research conducted by David Ratsakatika (2012-2013) University of Chichester, London proved *Slow Motion (Developmental Ball)* to be consistently beneficial for object control and soccer style dribbling for students with disabilities, especially for students with ASD (Autism Spectrum Disorder)



Description: *Slow Motion* is a weighted soccer ball with 10 ounces of medium inserted into the ball which allows the ball to *remain in play*. The *slow motion* of the ball allows repetitive trials, independent skill development for students with disabilities, sensory integration and coordination issues.

Safety first:

- ⊕ Demonstrate the motion of the ball to all students prior to using in class
- ⊕ *Slow Motion* is a weighted soccer ball, should NOT be used for heading, direct goal kicks, especially at peers

Activities:

- ⊕ Use *Slow Motion* as regular soccer ball, remains in play for students, excellent for skill development as it allows for repetitive trials
- ⊕ Dribbling, kicking stations: set up cones designating skills area
- ⊕ Partner passing station: Rotate peers into *Slow Motion* partner passing
- ⊕ Slow Motion Soccer: Substitute regular soccer ball with *Slow Motion* Soccer Ball

Ages: 2 - 12 grades

⊕ **Obstacle skill builder 1:** (6 ounces K-6/ 8 ounces grades 8-12)

Equipment: *Developmental* balls / cones

Object of activity: Engage students in an activity which develops dribbling skills while having fun! This activity creates an inclusive setting in your gym, all students have a *Developmental* ball.

1. Set up an obstacle maze around your gym using cones
2. Have all students warm-up by walk/running in a designated area around the obstacle maze
3. Start the obstacle maze with your special needs students following a regular education student with acquired skills (the general ed student will serve as a role model, modeling dribbling skills)
4. *Change up the obstacle course with variations of cones sizes, arches, targets

*Change the activity to add regular soccer balls for your students without disabilities during the second lesson.

**This activity keeps your students moving, not sitting or standing waiting for turns.*

*Having all your students work initially with the *Developmental* balls will enable them to practice appropriate dribbling skills.

⊕ **Obstacle skill builder 2: Specifically for students with autism**
(10 ounce balls)

1. Use the same activities as in Obstacle skill builder 1
2. Use picture cues as used in TEACCH and a schedule prior to each skill and transition. Picture cues and schedules are essential for students with autism to engage in activities. Cue cards and schedules are their “life line” for communication. www.teacch.com



⊕ **Dribble the soccer ball** (Picture cue card you should have ready for visual communication)

Create a visual cue card and schedule for each lesson:

Example:

Gym Schedule (Post schedule on the door so students can review prior entering the gym-use stick figure drawings or pictures next to each direction)

1. Sit on X
2. Warm-up: run 10 times around the red cones
3. Sit on X
4. Dribble the soccer ball
5. Sit on X
6. Dribble soccer ball around cones
7. Sit on X
8. Kick soccer ball into goal
9. Sit on X
10. Gym is finished, Line up

 **Egg Soccer** (6 ounces K-6/ 8 ounces grades 8-12)

Equipment: *Developmental* ball / jerseys (two colors) / two goals

Object of Game: To include ALL students no matter the ability! This game will develop dribbling, passing skills for soccer along with team interaction and position placement during soccer. The slower moving ball gives students time to focus on where the ball is, where their position on the soccer court should be, where team mates are in relation to the ball.

1. **Orientation:** Discuss safety issues concerning needs of students with disabilities; i.e.: be aware of students who use walkers/crutches for mobility and students who cannot move as fast as the rest of the class
2. **Warm-up:** each student has a *Developmental* ball and dribbles around the gym
3. **Skill:** pair students for a dribble/pass exercise
4. **Game:** divide class into two teams / students with disabilities (special needs) should not ALL be on one team, spread them between the two teams.
5. *Change up your lesson by having two soccer games, the modified game using Slow Motion Soccer balls the other with the regular soccer ball, rotate students between games.

✿ **Skill building stations: (6 ounce balls) (general physical education K-6)**

1. Use this station below as one of your dribbling skill builders for pre-soccer



Use inflatable Slow Motion Balls and/or Slow Motion Soccer Ball

2. Use the station below as one of your dribbling skill builders for your Students with autism (10 ounce balls) A. make sure you have your dribbling/kicking area defined with borders B. when including in the regular class use 6 ounce balls / great inclusion strategy



Use inflatable Slow Motion Balls and/or Slow Motion Soccer Ball

✿ **Skill Stations: (6 ounces K-2 Slow Motion Balls) (3-12 Slow Motion Soccer)**

Equipment: *Developmental* balls / cones / cue cards for each station

Object of activity: Engages students in an activity which develops

Dribbling skills while having fun and creates an inclusive setting in your gym!

Warm-up: a. run two laps

b. gallop 2 laps

c. run two laps

d. sit on circle for directions

*designate an inside circle/area for slower kids and kids with special needs

Skill Stations: a. dribble around cones

b. kick into a designated goal

c. pass with a partner

d. dribble on a designated line: tape an area with gym tape

creating

maze to follow while dribbling

e. multiple goals: set up 3 to 5 goals students rotate through

f. obstacle dribbling: create a mini-obstacle course for dribbling
example: over/under/around/through obstacles

*Make cue card taped to a large cone with directions for each station

⊕ Assign a student or peer tutor to partner with students with special needs/make sure your stations if needed have adaptations: example, if the obstacles in f above require students to dribble under a half hoop which is suspended with two cones, the height needs to enable students using walkers/crutches/wheelchairs to maneuver through or have two obstacles one designated for students with special needs.

⊕ Try Slow Motion with your entire class, your students will love the uniqueness of the ball, supports students with coordination issues to keep up with their peers

Assessment Matrix / Slow Motion Soccer Ball

K-12

Dribbling, Kicking, Passing K-12	Motor Development *Dribbles for a distance under control *Kicks ball at a designated target	Cognitive Development *Demonstrates knowledge of kicking at a designated target *Demonstrates knowledge of controlled dribbling	Motor Development *Passes to a partner 3X *Receives a pass from a partner 3X	Cognitive Development *Demonstrates knowledge of passing to a partner *Demonstrates knowledge of skills/preparation to receive a passed ball	Affective/ Social *shares with partners & groups
Student / Grade	Date: Baseline	Date: Baseline	Date: Baseline	Date: Baseline	Date: Baseline
	Date:	Date:	Date:	Date:	Date:
	Date:	Date:	Date:	Date:	Date:
Modified Games 3 - 12	Using Slow motion participates with assist for 3 minutes	Using Slow Motion participates with a peer for 3 minutes	Participates in regular soccer game with peer	Participates in regular soccer game without assist	
Student/Grade	Date: Baseline	Date: Baseline	Date: Baseline	Date: Baseline	
Weekly Data	Date:	Date:	Date:	Date:	
Weekly Data	Date:	Date:	Date:	Date:	
Weekly Data	Date:	Date:	Date:	Date:	

3-12 grade levels: increase number of reps/distances

Scale:

3 Demonstrates mastery of skill
2 Demonstrates knowledge of skill
1 Attempts to demonstrate the skill 1 time
0 Does not demonstrate the skill

Sensory Soccer Ball



“Sensory Soccer Ball with its nice balance of auditory feedback, resistance and speed (slow!) providing the blind and visually impaired person with an opportunity to experience the same excitement with a ball sport that their sighted peers enjoy.” John Claire, BVI (Blind, Vision Impaired) Specialist KPBSD

Description: *Sensory Soccer Ball* is a weighted soccer ball with 10 ounces of steel shot inserted into the ball which allows the ball to *remain in play*. The sound of the steel shot allows students with Vision Impairment to track the ball as the ball remains in close proximity.

Safety first:

- ⊕ Demonstrate the motion of the ball to all students prior to using in class
- ⊕ *Sensory Soccer Ball* should not be used for throwing, especially at peers

Ages: 2 - 12 grades

Activities:

- ⊕ **Refer to** Slow Motion Soccer Ball Activities replacing Sensory Soccer Ball for Slow Motion

Assessment Matrix / *Sensory Soccer Ball* K-12

Dribbling, Kicking, Passing K-12	Motor Development *Dribbles for a distance under control *Kicks ball at a designated target	Cognitive Development *Demonstrates knowledge of kicking at a designated target *Demonstrates knowledge of controlled dribbling	Motor Development *Passes to a partner 3X *Receives a pass from a partner 3X	Cognitive Development *Demonstrates knowledge of passing to a partner *Demonstrates knowledge of skills/preparation to receive a passed ball	Affective/Social *shares with partners & groups
Student / Grade	Date: Baseline	Date: Baseline	Date: Baseline	Date: Baseline	Date: Baseline
	Date:	Date:	Date:	Date:	Date:
	Date:	Date:	Date:	Date:	Date:
Modified Games 3 - 12	Using <i>Sensory Soccer</i> participates with assist for 3 minutes	Using <i>Sensory Soccer</i> participates with a peer for 3 minutes	Participates in regular soccer game with peer	Participates in regular soccer game without assist	
Student/Grade	Date: Baseline	Date: Baseline	Date: Baseline	Date: Baseline	
Weekly Data	Date:	Date:	Date:	Date:	
Weekly Data	Date:	Date:	Date:	Date:	
Weekly Data	Date:	Date:	Date:	Date:	

3-12 grade levels: increase number of reps/distances

Scale: **3 Demonstrates mastery of skill**
3 Demonstrates knowledge of skill
2 Attempts to demonstrate the skill 1 time
0 Does not demonstrate the skill