

**Resources:** Balls (1 between 2), cones, large cones for goals, bibs

**Objectives:** I can:  
 Dribble with a ball keeping it close to my feet  
 Pass a ball with the side of my foot to a target 5m away

KS1

Lesson 1

Activities	Coaching Points
<p><b>Warm Up</b> - Agility</p> <ul style="list-style-type: none"> <li>• Bean Soup – Using coned area give pupils three starting beans; runner bean – running, jumping bean – jumping and board bean – stop command. Introduce more beans to increase heart rate.</li> </ul>	<p>Importance of increasing heart rate and blood flow</p>
<p><b>Activity 1</b> – Ball Control, dribbling</p> <ul style="list-style-type: none"> <li>• Follow my leader – leader keeping control of ball, use different parts of feet, inside, outside, sole. Change over on whistle.</li> <li>• Ext. Introduce body parts that must touch the ball in pairs.</li> </ul>	<p>Dribbling            Part of foot controlling ball            Head up            Short taps in front</p>
<p><b>Activity 2</b> – Passing and moving</p> <ul style="list-style-type: none"> <li>• Zig-zag pass - Using a zig-zag relay set up begin by passing the ball across to the next person until it reaches the back player. Back player then does three step ups and passes the ball back to waiting player and back to start through the zig-zag.</li> <li>• Ext – Zig-zag pass and move - with back player dribbling down to bottom cone and everybody moving up one place.</li> <li>• Ext. pass and follow the ball – once ball has been passed follow to the next cone, back player dribbles the ball back to the beginning</li> </ul>	<p>Passing            Contact with inside of foot in direction required            Head up looking at who you are passing too.            Move into a space once passed</p>
<p><b>Game</b> - Combination of dribbling and passing</p> <ul style="list-style-type: none"> <li>• Small sided limited games - Depending of sports leaders available, split in small 4 side teams. Play simple game within a restricted with no goal keepers, team must pass the ball to everybody on their team before shooting.</li> </ul>	<p>Restriction            Limited defence – not allowed to tackle whilst passing only intercept.            Stationary defence – not allowed to intercept whilst passing in restricted area.</p>
<p><b>Cool down:</b> Footwork            Face to face – follow your partner backwards, forwards and sideways</p>	