

Resources:

Footballs (1 each), cones,

Objectives: I can

Develop my dribbling skills through using different parts of my feet to improve my balance, control and touch with the ball

Year 3 & 4

Lesson 2

Activities	Coaching Points
<p>Warm Up: Active</p> <ul style="list-style-type: none"> Domes and dishes – half team with dishes, half team with domes swapping roles after 1 minutes 	<p>Pulse raiser Keep on balls of feet Head up</p>
<p>Activity 1: Change of direction, dribbling control</p> <ul style="list-style-type: none"> Dribbling fundamentals – Split players up into six small groups working on three different dribbling courses (change length and spacing of each course). Players dribble through a course and practice different dribbling movements and move onto next course. Ext – using right/left foot, inside/outside foot 	<p>Dribbling fundamentals Balance, control and touch Control before speed Keep hand up Keep a tight line Push the ball past the cone</p>
<p>Activity 2: Control and touch while moving</p> <ul style="list-style-type: none"> Dribbling progression – In pairs with a ball between two players advance across pitch performing a roll back at the end of each line. Progress through following: <ul style="list-style-type: none"> ❖ Touch every step ❖ Left/right foot ❖ Ball rolls - inside and outside of foot ❖ Three steps per touch ❖ Double touches – touch ball twice 	<p>Dribbling progression Not a race – <i>control before speed</i> Develop a rhythm Stay together – <i>players in line</i> Enjoy the scenery – <i>head up</i></p>
<p>Game: Dribbling with slight pressure</p> <ul style="list-style-type: none"> Freeze tag – split team up into two groups in an area each, everybody with a ball. In each area one player is on. They try to tag any and all players by touching them. If tagged, a player must kneel down next to the ball until they are touched by another dribbling player. 	<p>Dribbling with pressure Keep the ball with you Move to the open space Don't get trapped Keep moving</p>
<p>Cool Up: Developing a 'feel' and 'touch' with the ball</p> <ul style="list-style-type: none"> 500 touches – in pairs follow my leader game swapping after leader has performed 100 touches or 1 minute. Progress through the following: <ul style="list-style-type: none"> ❖ Up on tops – alternative feet ❖ In-betweens - knock ball back and forth between feet. ❖ Ball drags – in-betweens but knock forwards every 1/3 time ❖ 90 degree ball drags – as above but turn 90' 	<p>Touch and feel Get up on your toes Make solid contact with the ball Feel the ball</p>