Lesson Learning Objectives:

To be able to use different parts of the foot to travel with a ball under close control.

To be able to change direction when using close control dribbling.

To be able to make decisions and use appropriate dribbling techniques.

Key Stage 2 – Football Skills

Lesson 1: Close Control Dribbling.

Overall Learning Outcome:

To learn & improve all technical components linked to individual possession – dribbling, passing, receiving, shooting etc

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| **Activity** | **Resources** | **Teaching Points** | **Differentiation** | **Assessment** |
| **Instep (Ball each)**  Balanced stance – tip tap ball back & forth between L & R feet using instep only   1. On spot 2. Moving forwards 3. In & out of cones, obstacles, players 4. How many tip tap touches can you make when travelling from 1 side of 10m grid to other | Ball each or similar (round cuddly toy or similar at home)  Cones or markers as obstacles | Ready – balanced stance  On balls of feet  Soft knees  Tip tap touches of ball back & forth  When moving – keep ball in front but within your imaginary “magic hoop” | Easier:  Go slow with touches  Larger space / square  Bigger gates (cone gates)  Harder:  Fast touches  Start moving forward quicker  Head up all time-look forward  Smaller ball | ALL- Can travel forwards slowly with the ball under control (using both feet & insteps)  MOST- Travel forwards without stopping, with control, using different insteps & both feet to change direction of ball  SOME-Travel with the ball under control - with rhythm - using Insteps of both feet (AT SPEED) |
| **Outside of foot:**  Dribble forwards using laces / outside of foot.   1. Walk - Jog 2. Turning to R with R foot then L with L foot – always using outside of foot 3. Dribble in zone use outside of foot to turn round cones or up & back dribble with turn at top round cone 4. Inside – Outside drill: Dribble across square any direction – how many in a row without messing up | Ball each or similar (a round cuddly toy or similar at home)  Cones or any markers as obstacles or gates | ID outside of foot  Light touches –keep ball within “magic hoop”  Get around the ball with quick feet so you can tap / guide it with outside of foot in desired direction  Keep ball moving  Arms out for balance  For **D** light alternate instep / outside touches - move ball forwards.  Head up avoid others / cones etc | Easier:  Practice slowly – standing but transferring weight slightly as you tip tap from out to instep  Slowly move F wards  Bigger space – wider gates / less cones  Harder:  Start moving F wards earlier  Smaller gates / zone  More obstacles / Small Ball  Dummy then change direction quickly!  Follow & copy a partner | ALL- Can travel forwards slowly with the ball under control (using outside of predominant foot foot)  MOST- Travel forwards without stopping, with control, using outside of both feet to change direction of ball  SOME-Travel and change direction with the ball under control - with rhythm - using Insteps of both feet (AT SPEED) |
| **Sole of foot-**   1. Standing well balanced ...on Spot – roll ball heel to toe with sole of foot L /R 2. Hop & swap L/ R 3. Hop & swap travel back / F wards 4. Travel with ball – on whistle / call... change using sole of foot 5. Add sole then instep tap to change D away from others | Ball each or roundish cuddly toy home learning)  10 x 10m square zone / grid if on own – increase size of square if more players.  Cones or markers as obstacles | Stay well balanced:  keep head over hips – over knees – over ball  Alternate touching L & R sole of foot on ball – to a 1-2 count Rythm  Small Drag back or rolls forward with sole.  Look up – Can you go F wards – backwards  ***D & E.*** *On change* call - drag ball back – tap it away from you & accelerate after it!  Keep it in zone | Easier:  As above  Walking only  Large gates & space  Light ball  Harder:  Different colour coded gates  T calls:  Turn  Change D  STOP | ALL- Can use sole of both feet to drag ball back & forth on the spot & travel forwards slowly with the ball under control  MOST- Use sole of both feet to move forwards & backwards without hesitation - in control, using outside of both feet to change direction of ball    SOME-Travel backwards & forwards and use sole of both feet – to change direction – with the ball under control - (across grid without error) Identify and exploit space successfully avoiding other cones & players |
| **Application Games:**   * Easy: 10 M travel – how many touches * Harder: **Gateway Game** (1 min challenge)   How many points can you score ?   1. Players begin with 5 points. earn more pts by dribbling thro` cone gates without hitting them or others 2. This time win 2 pts for stopping their ball on top of a spot in between a gate for 2 secs then accelerate away   -Pts: Lose a point if ball goes outside area, hits somebody else or a player uses his or her hands to stop ball. | Area as above  10 x 10 for small no`s  20 x 20 for class  Small gates / goals 1m apart or less | Stay balanced  Quick touches  Quick stop of ball on spots  Eyes up …. look for free gates /space  Evade others / cones / defenders (later) by changing direction / stopping / turning | Easier:  As above  Walking only  Harder:  Different colour coded gates  for dribblers to get through  In pairs – follow leader  Introduce gate blocking defenders who can swap gate | ALL- Identify space and goals / gates in relation to themselves and others,  Use close control to stay within zone    MOST-Identify & exploit space in relation to themselves & others -using a variety of parts of both feet to change direction, stop, start to score pts    SOME- Identify and exploit space, score through gates successfully in a 1v1 situation against a defenders / blocker |