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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** | **Resources** | **Teaching Points** | **Differentiation** | **Assessment** |
| **Instep (Ball each)**  Balanced stance – tip tap ball back & forth between L & R feet using instep only1. 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 & forthWhen moving – keep ball in front but within your imaginary “magic hoop” | Easier:Go slow with touches Larger space / squareBigger gates (cone gates)Harder:Fast touchesStart moving forward quickerHead up all time-look forwardSmaller 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 ballSOME-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 footLight 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 directionKeep ball movingArms out for balanceFor **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 instepSlowly move F wardsBigger space – wider gates / less conesHarder: Start moving F wards earlierSmaller 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 ballSOME-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 onlyLarge gates & spaceLight ball Harder:Different colour coded gatesT calls:Turn Change DSTOP  | ALL- Can use sole of both feet to drag ball back & forth on the spot & travel forwards slowly with the ball under controlMOST- 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 classSmall gates / goals 1m apart or less | Stay balancedQuick touches Quick stop of ball on spots Eyes up …. look for free gates /spaceEvade others / cones / defenders (later) by changing direction / stopping / turning  | Easier:As above Walking onlyHarder:Different colour coded gatesfor dribblers to get throughIn pairs – follow leaderIntroduce 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 |