Lesson Learning Objectives:

To be able to demonstrate speed dribbling with control.

To be able to change speed whilst maintaining control.

To be able to change speed and direction to outwit defenders.

Key Stage 2 – Football Skills

Lesson 2: Speed Dribbling & Changing Speed

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** |
| **Warm-up: Recap Gateway Game from lesson 1**  Set out small gates with cones/objects- dribble your ball in and around or through the gates. Close together gates make it harder to turn.   1. **Close Control dribbling through 4 -5 gates** -increasing speed each time you turn out of a gate (2-3 secs burst) . Zig zag through the cones & make the turns sharper, try this a few times. Take lots - of touches to change D 2. **Change Ball** (harder) Game – dribble freely in zone then on STOP & SWAP Call- players must stop ball in a gate or on a spot - then leave it to sprint to another gate that has a free ball waiting. Once you have a new ball continue dribbling through free gates 3. As above but introduce 2 pupils who are ***blockers*** who can move from gate to gate to block dribblers | Ball each or roundish cuddly toy (home learning)    20 x 20m square / grid or if on own 10 x 10m – increase size of square if more players.  Cones or markers as obstacles & small gates | Stay balanced  Quick touches – use lots of different parts of foot / feet  Eyes up & look for free gates & space  Evade others / cones / defenders (later) by changing direction / stopping / turning  Keep ball within 1 M diameter magic hoop so you can stop ball instantly when T calls STOP + SWAP | EASIER :  Larger Ball  Use sole, inside and outside of your foot to make the turns.  Wider Gates  Bigger Zone  Try it walking then jogging  HARDER:  Smaller Ball  Smaller Gates / Zone  R foot only / L foot only  Different colour coded gates  for dribblers to get through  Introduce “*blockers”* who are *passive* gate blocking defenders who can swap gates | ALL- Identify space and goals / gates in relation to themselves and others,  Use close control and all parts of feet to stay within zone    MOST-Identify & exploit space in relation to themselves & others -using a variety of parts of both feet to change direction, dribble thro` gates ,STOP ball on spots / in gates etc    SOME- Identify and exploit space, score through gates successfully at speed.  Change D & Speed as and when blocked by *blockers*  Make own decisions – choosing & applying skills to suit changing situations |
| **Speed dribbling:** Dribbling at pace from one end of grid to other in control   1. Use laces (toe pointing to ground) to knock ball out of your feet and get after it …. attempt **speed dribble across to far side at speed**. T: ASK Q`s on what players need in front of them (Space and no defenders) to be able to speed dribble – where & when to in a game? 2. On the whistle / GO call – pupils must try to speed dribble length of grid at pace but to score 2 pts they must be able to stop ball on the far line or within 2 M over line 3. **Head-to-Head Challenge OR Timed Speed** **Dribble** Challenge: Gold =5 secs Silver :7 secs Bronze: 10 secs | Ball each  Spaced along edge of grid (20 x 20m or at least 10 x 20 min)  2 M between players  Something to demark end line / zone | Look ahead  Use laces of foot  Use 1st touch to knock ball ahead of you to enable you to run at speed  Toe almost points down to ground on contact with ball  Not too hard a touch (or it goes too far ahead)  To soft -causes you to trip over ball under feet | EASIER: 2 – 4 Meters between players (well spread along start line)  Practice 1st touch – getting it out of your feet (slow jog)  Larger end zone to Stop ball in  HARDER:  Pupils only spread 2 M apart on start line  Only 2 M end zone to stop ball within  Head-to-Head Speed Dribble Challenge. Pair with similar ability partner | ALL- Identify space in front of them and use laces to dribble at jogging pace from 1 end to other without over running / tripping over ball (getting it caught under feet)    MOST-Identify space in relation to themselves & others. Dribble in a straightish line at pace across zone – stop ball within 2 m of end line. Little over running of ball    SOME- All of above – but able to use 1st touch to get ball out of feet - accelerate quickly – dribble at pace using both feet avoiding others – able to stop the ball on the line at far side |
| **Changing speed & choosing when & where to Speed Dribble**   1. Individually – dribble in 20 x 20 area at slow speed – on T`s whistle or “**change”** call – accelerate for 3 secs then decelerate. Show a sharp change speed each time BUT stay in control 2. **In pairs: Shadows:** Ball each. Choose Leader. The shadow must try to stay with leader who changes SPEED & DIRECTION to attempt to lose shadow 3. **Skill Application Challenges**   **“Cross the Swamp” or “Space Invaders”** (speed dribble to evade defenders who are limited to crab sideways movements or hopping only )  2 Defenders stand on a line / zone half way across the swamp / grid .  On whistle / 10 sec countdown The Speed Dribblers must choose when & when they try to speed dribble across the zone to stop ball in safe end zone | As above  20 x 20 zone / grid  Ball each or easier = Leader has no ball – follower has  Large wide zone 30 x 20M rectangle [if available)  Bibs for space invader (defenders) | Lots of close touches if space is tight and others are around you  If you see space -get it out of your feet - **accelerate**  Keep ball within 3m – Not too hard a touch  Change speed – change direction. STOP then START / ACCELERATE  **C Look** at where Space Invader /defenders are – make decision on when and where to speed dribble (Tactics) | EASIER:  Larger Zones  Less pupils in Zone  *Shadows :* Both have own ball and change speed & direction  *Space Invaders / Cross Swamp:*  Fewer Defenders / Invaders  Limit Defenders / invaders to moving sideways on a line OR hopping / crab walking  HARDER:  Shadows: Leader doesn`t have a ball – shadow does  Cross Swamp / Space Invaders:  Defenders can skip / jog / run | ALL- Identify space in front of them and use laces to dribble at jogging pace – then change speed with only a few collisions / loss of control (over running / tripping over ball getting it caught under feet).  Follow Leader with some lsuccess    MOST-Identify space in relation to themselves & others. Dribble at pace with moderate success- across zone to stop ball within 2 m of end line. Little over running of ball .  Make some good decisions as to where & when to speed dribble to evade defenders / accelerate past defenders    SOME- All of above & often able to see space - accelerate quickly – dribble at pace to avoid others  Make & good decisions about when & where to Speed Dribble in game like situation - accelerate past / away from & defenders to score in end zones |
| **Home Learning Challenge:**  Design your own dribbling course to test change of speed / direction & use of different parts of feet |  |  |  |  |