

Year 3/Football/Dribbling & Turning/Lesson 2

Learning Intentions:

1. Learn to move with the ball in a variety of ways with some control
2. Demonstrate use of both left and right feet in isolation when dribbling a football
3. Learn a drag back turn to change direction

Success Criteria:

1. I can move the ball in a variety of ways with some control
2. I can use both feet in isolation when dribbling a football
3. I can use dribbling skills in a game situation

Suggested warm-up activities:

1. All aboard
2. Beans
3. Relay

Equipment: Cones, footballs, hula-hoops

Teaching Points:

- Keep close control of the ball
- Use both feet and all surfaces of the feet/foot
- Relax your body, upper body over the ball
- Eyes on the ball, head up when possible
- Soft touches

Health & Safety:

- 1) Highlight the need to stay in the area and watch out for other pupils to avoid collisions
- 2) Make sure that all pupils or groups are working in their own space away from other people
- 3) If the ball goes out of the area pupils must retrieve before continuing

Activity 1: Shadow

Set-Up:

In pairs with one ball per pair. Mark an area large enough for all pupils to run around in.

Play: In this game children will learn to move the ball in a variety of ways with some control.

Number the children alternate 1's and 2's.

Number 1 in each pair starts with the ball and is instructed to dribble around the area keeping control.

Number 2 must follow behind them without a ball.

Can 1 lose 2?

When STOP is heard from the teacher if 2 is in arm's length of 1 they can be awarded a point.

Change places and repeat.

Teaching Points:

1. Keep close control of the ball
2. Use both feet and all surfaces of the feet/foot
3. Soft touches
4. Relax your body, upper body over the ball
5. Eyes on the ball, head up when possible

Activity 2: Bases

Set-Up:

Each pupil needs their own football. Use the area from the previous activity and add several hula-hoops (red, yellow, Blue, green)

Play: In this game children will demonstrate use of both left and right feet in isolation when dribbling a football.

Pupils begin dribbling around using both feet, the teacher then calls out an instruction and a colour:

1. Left foot only, Blue
2. Right foot only, Red
3. Both feet, Yellow

Pupils must dribble as instructed e.g. left foot only and find a hula-hoop of the correct colour to stop their ball in.

Play several rounds, ensure you call left only, right only and both a few times.

Teaching Points:

1. Keep close control of the ball
2. Use both feet and all surfaces of the feet/foot
3. Soft touches
4. Relax your body, upper body over the ball
5. Eyes on the ball, head up when possible

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Final Activity: Dribbling/Turning

Set-Up: Using a line on the playground or cones to mark one out (the start) have 1/3 of the children spaced a meter apart along the line. Place two children behind each already placed child, forming lines of three. A second line or markers to create one is placed 10 meters away from the start.

Compete: Each pupil will race against others demonstrating dribbling and turning skills.

Remind pupils of the drag back turn – one foot on top of the ball, drag the ball behind you and turn.

In this activity the first pupil in each line of three will have a ball and go first:

1. Race to the opposite cone by dribbling the ball as fast as you can under control.
2. Reach the cone and do a drag back turn.
3. Race back by dribbling as fast as you can.

Now pass the ball to player two and repeat.

Once all three have been once stop the race.

Tips:

1. Demonstrate or ask a pupil to demonstrate the dribble and turn
2. Remind pupils to use the dribbling and turning techniques learnt in the lesson
3. Highlight the need to stay in your groups space and not interfere with others

Key Questions:

1. Can I dribble fast under control?
2. Can I do a drag back turn?

Social Me:

I can work well with others

Thinking Me:

I can think for myself and for my team

Sporting Me:

I enjoy learning new sports

Tactical Me:

I can identify which skill to use and when