

Year 2/Football/Dribbling/Turning/Lesson 2

Learning Intentions:

1. Learn to kick a ball whilst moving
2. Demonstrate kicking skills in a game
3. Demonstrate dribbling skills in a game

Success Criteria:

1. I can kick a moving ball
2. I can kick in a game
3. I can dribble in a game

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

Challenges:

Can you dribble a football?

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: Ball Skills

Organisation: In an area large enough for the whole class to run around in with one ball each.

Play: In this game children will practice dribbling and kicking a ball whilst moving.

1. Dribble around taking small touches and using both feet, remember to stop the ball if it moves too fast.
2. Dribble the ball with your strongest foot only.
3. Try to dribble your ball faster and stop the ball if it runs away from you.

Place cones scattered around the area.

Ask children to carefully dribble and not touch the cones, can you go around a cone?

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: Corners

Organisation: Use the area from before and add a large cone or marker in each corner, different colours.

Play: In this game children will continue to work on dribbling.

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

1. Blue
2. Red
3. Yellow
4. Green

Pupils must dribble and find a corner of the correct colour to stop their ball in.

Play several rounds, ensure you call all colours 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
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Final Activity: Matches (no goals)

Organisation: Have pupils split into teams of 5 each. Mark out pitches 30x20 yards (class divided by 10 = amount of pitches).

Compete: Each pupil will demonstrate kicking and dribbling skills in these games.

Remind pupils of the inside foot pass and the trap stop (sole of foot).

In teams can you play football against another team?

To score in this game you must dribble past your oppositions line (narrow line). Once a team scores they give the ball back to the other team and play resumes.

Tips:

1. Demonstrate or ask a pupil to demonstrate the dribble to score
2. Remind pupils to use the dribbling and kicking technique 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 in a game?
2. Can I pass to a teammate in the game?

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