

# Multi Skills Festival– Football Dribbling

## Learning Outcome:

By the end of the activity, pupils will be able to bowl a ball underarm aiming towards a target.

## Physical Outcomes:

Mobility ☒

Agility ☒

Speed ☐

Strength ☐

Power ☐

## Fundamental

### Movement Skills:

- Walking
- Running
- Kicking
- Striking
- Turning
- Twisting

## Personal Challenge:

Can you complete the dribbling faster than you did the previous time?

## Equipment Needed

- 4-5 Footballs
- 15-20 Cones (Different Colours)

## Safety Points

- Ensure there is sufficient space between each line of cones for the pupils to move around.
- Ensure the balls stay in this activity area.

## Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Explain that the activity is going to focus on dribbling within football.
- Give a clear explanation of activity.
- Provide a visual demonstration.
- Start the activity, supporting and encouraging the pupils throughout.
- Split pupils into small groups (4-5 pupils).
- Pupils stand in a line in their groups behind the start line.
- The first pupil in each of the groups walks and dribbles the ball between each of the cones.
- When they get back, they give the ball to the next pupil who completes the same activity.
- For the second, challenge the pupils to complete the relay faster than they did the previous time.
- Challenge each of the teams to complete the relay as fast as possible.

## REMEMBER- SMILES

**Safe:** Participants feel physically and emotionally safe.

**Maximum Participation:** Participants are fully involved all of the time.

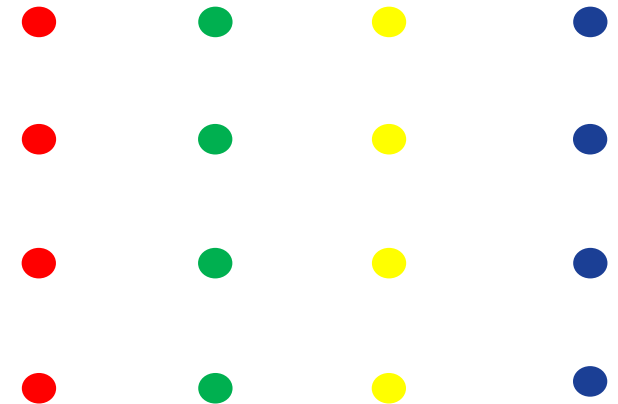
**Inclusive:** All participants can take part.

**Learning:** Participants develop personal, social, creative, thinking and physical skills.

**Enjoyment:** Activities recognise individuals personal needs and interests.

**Success:** Participants feel they are making progress and getting satisfaction.

## Diagram



## Coaching Points

- Keep the ball close to your feet. Only kick it lightly.
- Ensure the ball is kept under control.
- Use the side of your foot to kick and control the ball around the cones.
- Do not kick the ball back to the next person in your group.

## Easier/Harder (STEP Principle)

- Space: Increase or decrease the distance between the cones.
- Task: Change the foot that you dribble the ball with.
- Equipment: Increase or decrease the number of cones.
- Participants: Work in a group to see if you can complete a relay in a specific time.