

Learning Intention: How can you dribble a ball?

- I can begin to move with a ball using my feet
- I can dribble a ball using my feet, keeping the ball near me
- I can dribble a ball using my feet and change direction

### EQUIPMENT:

- 30 (enough for one each) size 3 footballs or medium-sized balls,
- cones, spots

## WARM UP: It's coming home - with a ball

- Place cones in an area (enough for 1 cone per child).
- Children to have a ball each and dribble it around the cones
- When the teacher calls:

- "Red" Children dribble the ball and stop it next to any red cone
- "Yellow" Children dribble the ball and stop it next to any yellow cone
- "Green" Children dribble the ball and stop it next any green cone

**It's coming home:** Children are to find a cone, pick up the ball hold it above their head and jump up and down cheering "it's coming home!"



## ACTIVITY 1: Lights

Children are to dribble the ball around and listen out carefully for the instructions...

**Green (Go)**- Children dribble as fast as they can - imagine they are their favourite super quick race car

**Yellow (Slow)**- Children slow down - small touches, keep ball close to their body

**Red**- Stop as quickly as you can -Sole of foot on top of the ball Children are to call "**Red light, Red light**"

Children to now add their own colours to the game e.g.

**Purple** - Crouch down next to your ball

**Pink**- 10 speed bounces

**Blue**- Swing your arms



## ACTIVITY 2 Shark v Fish

Ensure islands are spread out (this will help with Activity 3)

1. Children stand in pairs, to set up a triangle with their cones
2. One is a **Fish** trying to keep their food (the ball)
3. One is **Shark** trying to **tag** the **Fish (to get their food)**
4. On "Go" they move around, or in the triangle

**Rules** :They have to stay near the triangle  
: They can not leave the ball behind

**Key teaching points:**

- Small touches
- Change direction
- Use both feet

**Swap over Roles.**



**Make it easier:** Make the area bigger  
**Make it harder:** Make the area smaller

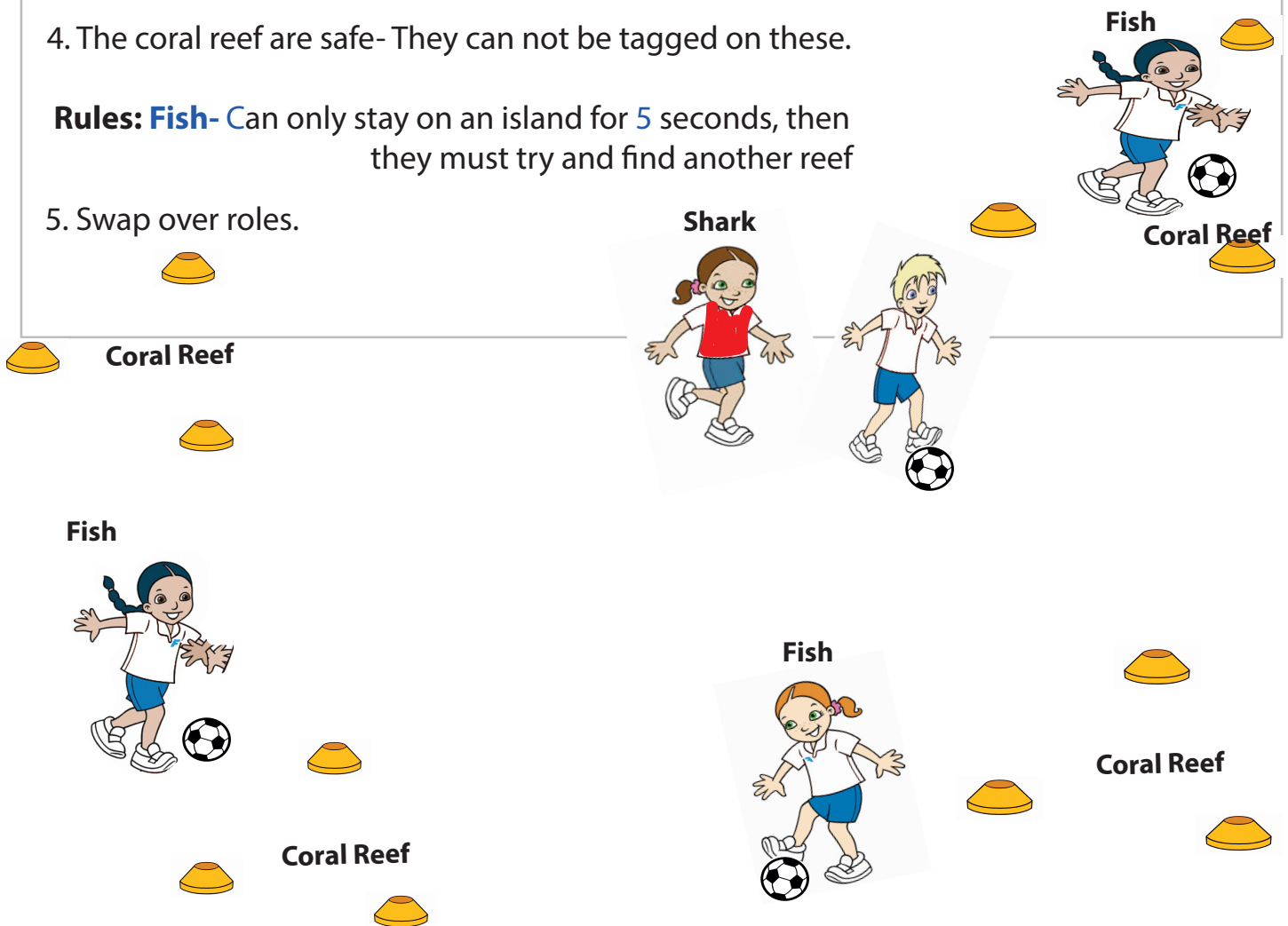


## ACTIVITY 3: Tag

1. One or two children to start in the middle as the **Sharks - No ball**
2. The rest of the class are **Fish** and they have a ball each.  
They are to try and get to the coral reef without being tagged.
3. The **Sharks** are attempting to **tag** the **Fish**.  
If a **Fish** gets tagged they are stuck- They are to stand still with their arms out.  
The only way they can be freed is if another **Fish** runs and ducks under their arm.
4. The coral reef are safe- They can not be tagged on these.

**Rules: Fish-** Can only stay on an island for 5 seconds, then they must try and find another reef

5. Swap over roles.



**Make it easier:** Give the shark's a ball to dribble when trying to catch the fish

**Make it harder:** Add more shark's

## COOL DOWN

Beaver

Children to walk around with the ball - Teacher calls 'freeze' they stop the ball under control

## PLENARY

What did you enjoy about the lesson? What is important when moving with the ball and what is this called?