

Dribbling Lesson Ideas

Warm Up

The Body Parts Game - 10 minutes

Main Activities

Skiers and Yeti Monsters - 15 minutes

Robin Hood - 15 minutes

Crabs – 15 minutes

Game

Mini-matches – 20 minutes

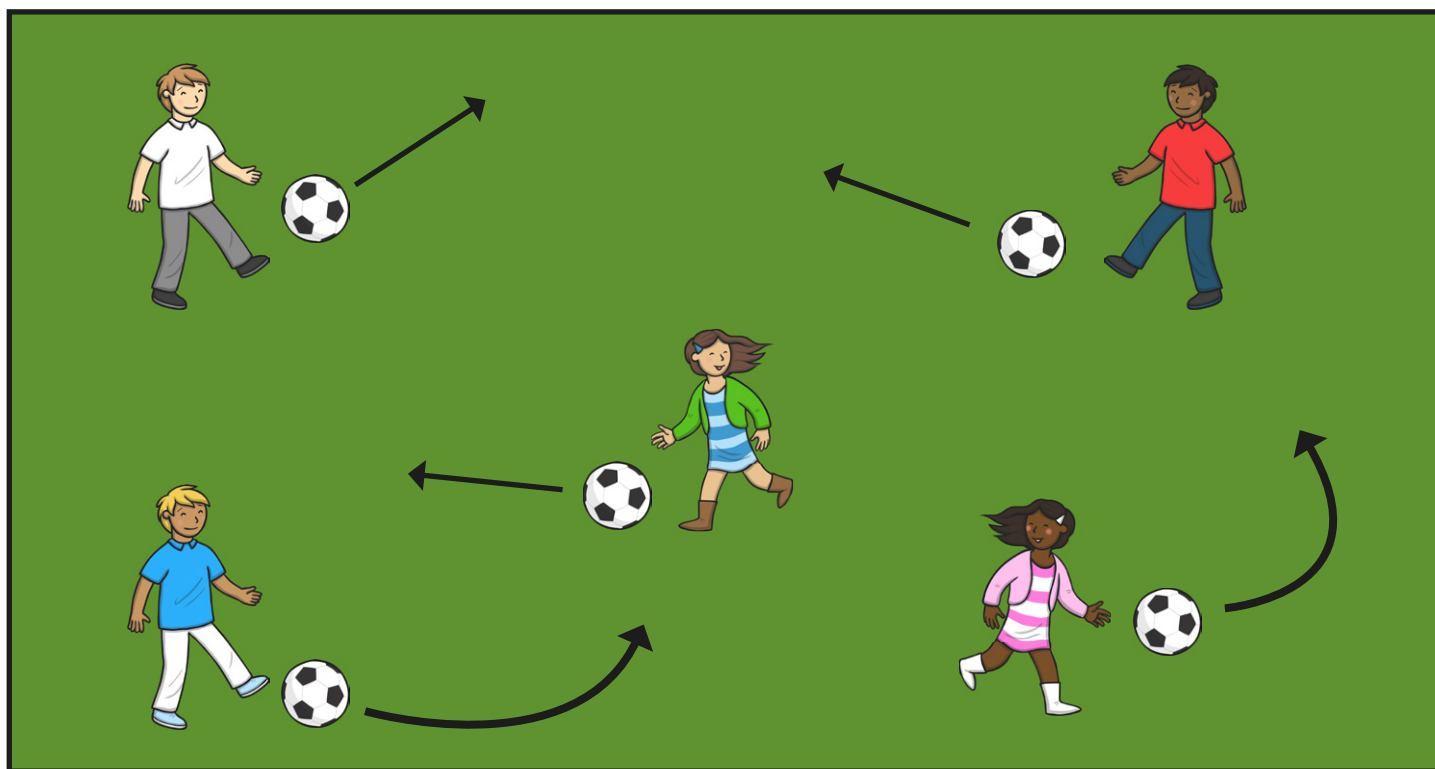
Split the class into teams and finish with 5-a-side mini-matches by setting up a goal at each end of the space. Depending on the size of the space and the number of teams more than one match could be played at once. Alternatively, rotate teams.

To practise their dribbling skills, children should be encouraged to try to take on defenders and dribble with the ball.

Skills to Teach

- **Keeping control:** Explain to children that they should make lots of little touches on the ball. This keeps the ball close to them and stops other players from taking it.
- **Finding a space:** Encourage the children to dribble into a space. This will give them time to look around and there will be less players around them who could take the ball.
- **Keep moving:** Show children that if they are moving it is harder for somebody else to take the ball. It will be easier for others to take the ball if children are standing still.

The Body Parts Game



Set Up

- Each child has their own ball.

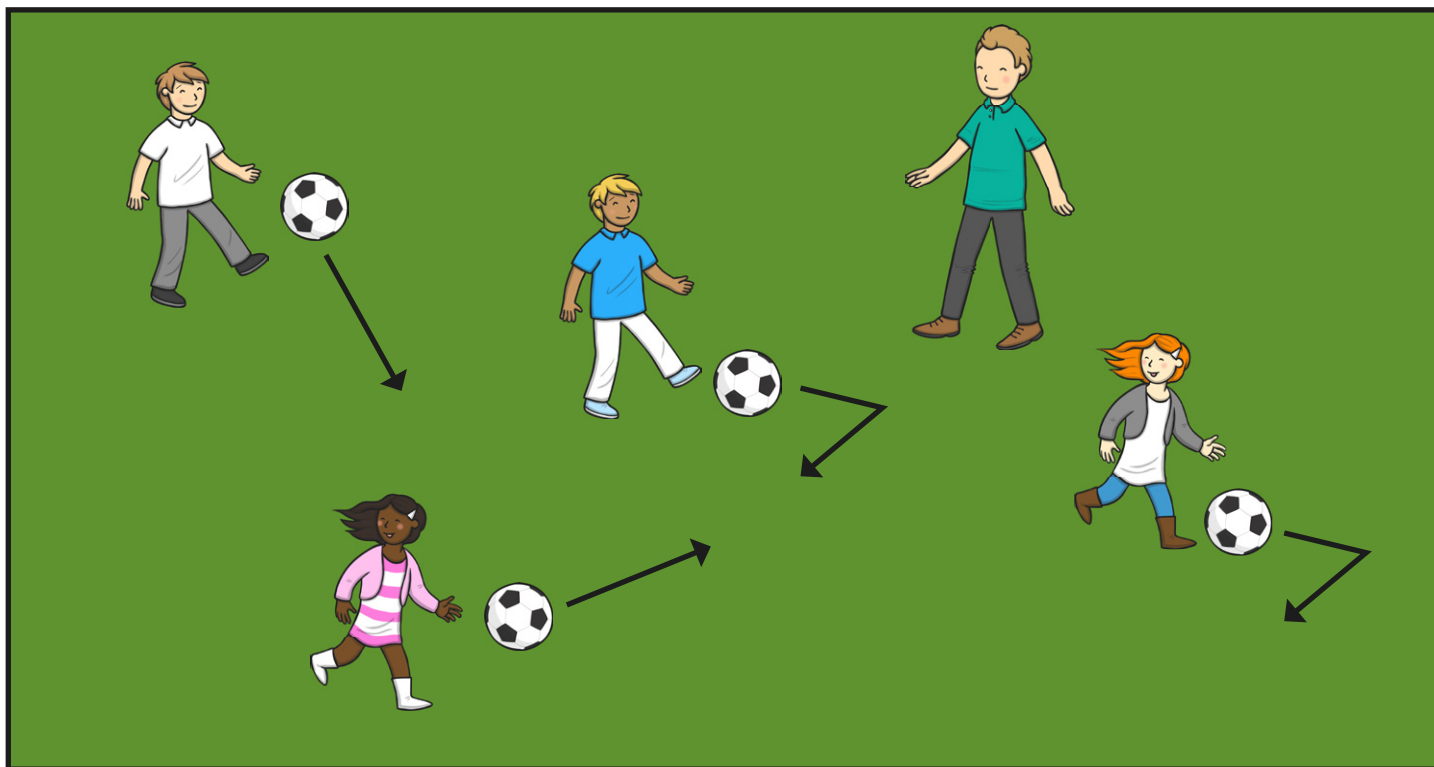
How to Play

- Players must dribble around the space, keeping close control of their ball. Remind them to use little touches and to find their own space.
- Make sure that children keep moving and don't stand still waiting for commands.
- When you shout out a body part, for example "knee", the players must put that body part on the ball and keep it there until they hear the command to carry on dribbling.
- The game can be played like musical statues – the last person to complete the command is out, or has to miss a turn.

Extension

- You could use cones or safety disc marker cones to create 'gates' that children dribble through, counting how many times they can dribble through the gate between commands.

Skiers and Yeti Monsters



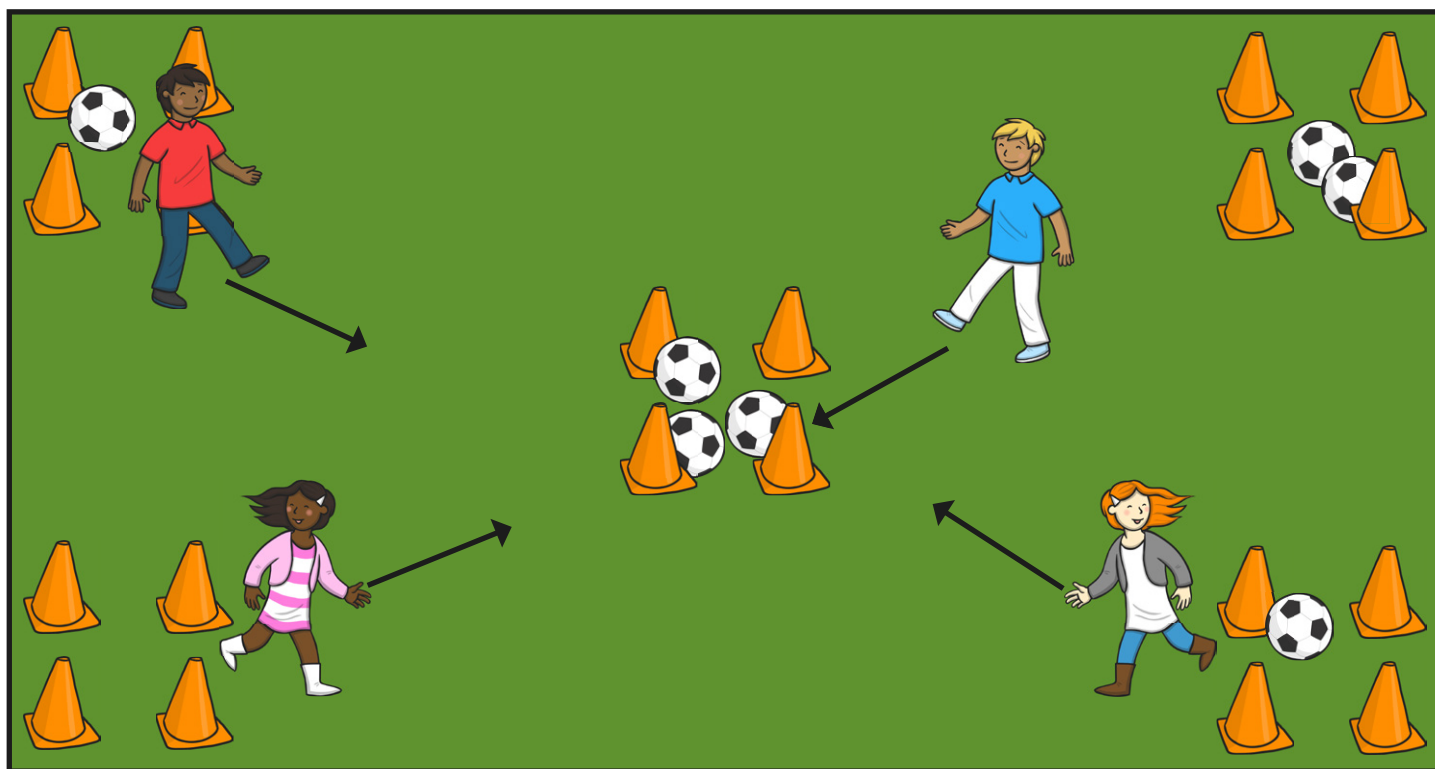
Set Up

- Each child has their own ball.
- Teach the children a turn:
 1. Place your weaker foot just behind the ball.
 2. With your stronger foot, use the inside of the foot to push the ball backwards to the outside of the weaker foot.
 3. Turn 180° to face the ball that should be behind you.
 4. Carry on dribbling with the ball.

How to Play

- Players start dribbling carefully around the space.
- When you shout "turn", the children demonstrate the turn they have learned.
- In the next round, the teacher becomes a 'yeti monster' and the children are 'skiers'. (You can adapt this to fit your children's interests, the time of year or your setting e.g. lions and gazelles or sharks and fish.)
- The skiers have to move around, dribbling their ball. When the yeti jumps out at them, skiers have to turn quickly with the ball to escape.
- Extension: Cones or safety disc marker cones can be used to make 'gates' that children need to ski through. Mats could be used on the ground to create 'ice' that players also need to avoid.

Robin Hood



Set Up

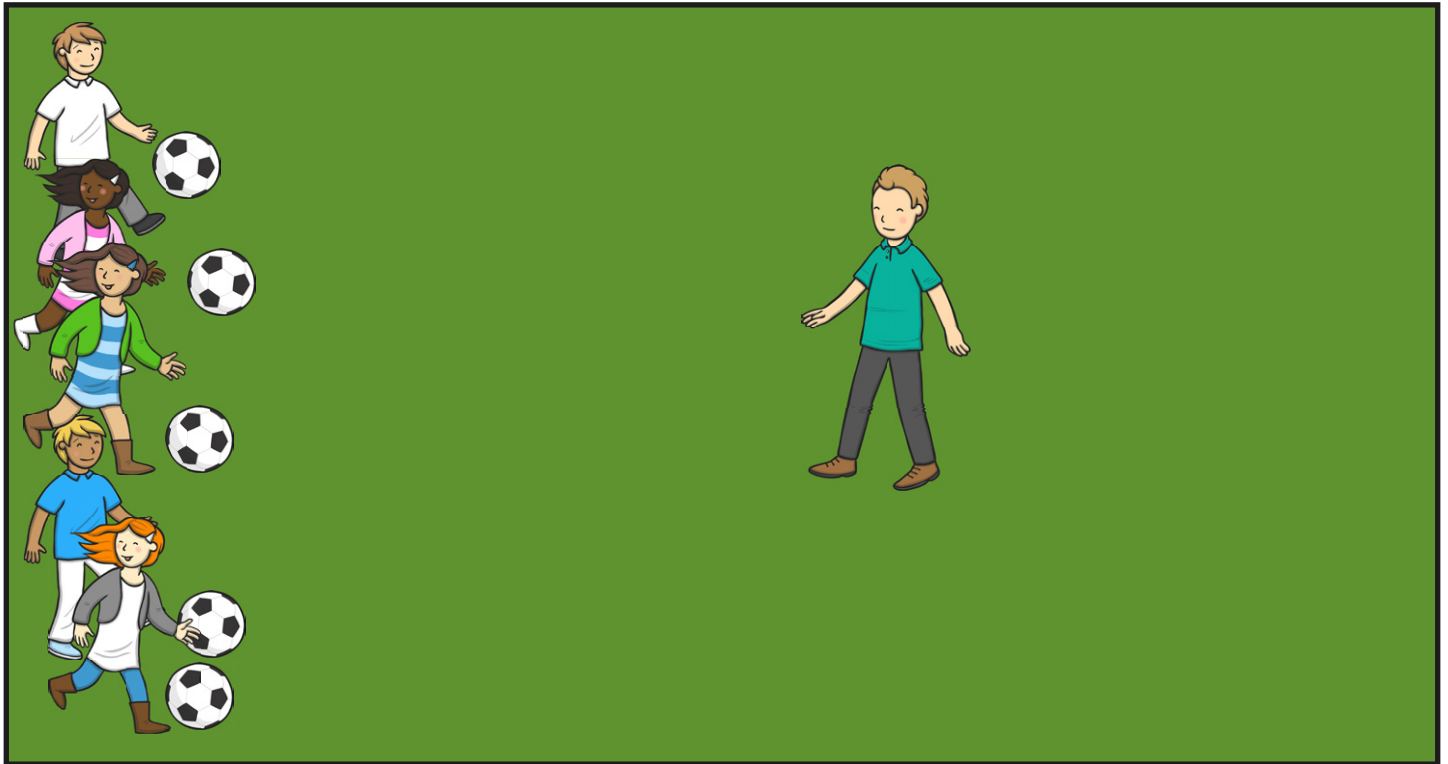
- Use cones to make a box in each corner of the area so that there are 4 in total.
- Make another box in the middle, and put all of the balls in the middle of this central box.
- Divide the players up as evenly as possible into 4 teams and get them to stand so that each team is in one of the outside boxes.

How to Play

- The players must go one at a time go to retrieve a ball from the middle and dribble it into their team's box.
- Make sure players know they can only go one at a time, and the next player cannot start until the other player has successfully dribbled the ball home.
- For the next part, each team acts as Robin Hood, stealing from the rich. Teams aim to steal balls from the other teams' boxes.
- One at a time, a child goes to another team's box to steal a ball, carefully dribbling it back to their own box.
- After a while, tell the children time is up. Get each team to count the balls they have in their box at the end of the round.
- Next, each team acts as Robin Hood giving to the poor. Children dribble a ball from their team's box to an opposing team's and try to get rid of as many balls as possible.

- Make sure the players know that they can't start dribbling until their other teammate has got back to base.
- The team with the fewest balls when the time is up wins the round.
- Emphasise that they can't dribble the ball and let it roll away - they have to put their foot on the ball to stop it dead in the other team's area before they can run back to their team.
- Tell children to keep their heads up - other players will be dribbling around them and they need to watch out.
- Remind children to dribble using little touches of the ball to maintain control.

Crabs



Set Up

- The adult acts as a 'crab', walking sideways on all fours.
- All the children will be 'surfers' and need a ball each.
- Every surfer stands on one side of the space with their ball.

How to Play

- The surfers aim to dribble from one end of the space to the other without losing possession of the ball. Remind them to use little touches and to find a space.
- The crabs in the ocean aim to stop the surfers from surfing to the other side by catching their ball and throwing it out of the ocean.
- If a surfer loses their ball to a crab then they join the crab's team.
- The crabs shout / sing, 'Hey there surfers, come swim in my sea,' and the surfers respond, 'Hey there Crabby, you can't me.'
- You could challenge more confident children to start as the crab, or crabs, instead of an adult.