



Dribbling feet 2.1: Soccer dribbling

5 - 8 year olds

Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

Today we will learn the basics of dribbling a soccer ball with our feet.

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: foam soccer balls (or any balls comparable in size, weight, and softness), mini cones and/or bean bags

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

Warm-up: Dribbling in tight space part 1 (5 minutes)

- Leader counts the number of children, then marks an area that size.
- For example, if there are 15 children, mark an area 15x15 metres.
- Leader distributes same-number-plus-five of mini-cones or bean bags randomly around the area.
- Each child has a ball and dribbles around the area using both feet.
- Children try to avoid bumping into others or losing their ball.
- When leader says “*Dribble a cone!*” each child must dribble one tight circle around the nearest cone (or bean bag).
- When leader says “*Change!*” each child must leave their ball and dribble another player’s ball.

Demonstration: Soccer dribbling (2 minutes)

- Leader demonstrates how to dribble a soccer ball using three parts of the foot: inside of foot, outside of foot, bottom of foot.
- *Toes are not good for dribbling. Don’t use your toes!*
- *Use “baby touches” to keep the ball close to your feet.*

Practice: Dribbling in tight space part 2 (5 minutes)

- Same as the warm-up: Each child has a ball and dribbles using both feet.
- Children try to avoid bumping into others or losing their ball.
- When leader says “*Dribble a cone!*” a condition is added each time:
 - » *With the inside of your foot*
 - » *With the outside of your foot*
 - » *With the bottom of your foot*
 - » *With the bottom of your foot backwards*
- When leader says “*Change!*” each child must leave their ball and dribble another player’s ball.

Game: Small-sided soccer (15 minutes)

- Leader sets up 3 - 4 mini game fields and creates small 2-metre goals using cones, bean bags, or floor hockey nets.
- Divide children into games where they play 2-versus-2 or 3-versus-3 without goal-keepers.
- Goals are not counted unless the shots enter the goal on the ground.
- Depending on the number of teams, play a mini-tournament where teams play for 4 - 5 minutes and then rotate to a new opponent.

Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

When dribbling, what kind of touches keep the ball close to you?

TIPS FOR INSTRUCTION

- Don’t over-correct technique at this age.
- Allow children to explore and “make mistakes”.
- Dribbling improves through practice.
- Encourage children to dribble with both feet.

CUES

- *No toes*
- *Baby touches*