**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.*
**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.

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

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 goalkeepers.
• 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?