



Dribbling feet 2.2: Numbers game

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 practice dribbling and shooting a moving soccer ball.

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 (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 other or losing their ball.
- When leader says “*Dribble a cone!*” each child must dribble one tight circle around the nearest cone (or bean bag).
- Leader adds a different condition each time the children dribble a cone:
 - » *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.

Demonstration: Instep kick (2 minutes)

- Leader demonstrates how to kick a stationary ball with the instep (laces).
- *Start with body 2-3 steps behind the ball and to one side.*
- *If you kick right-footed, approach from the left.*
- *If you kick left-footed, approach from the right.*
- *Step forward and plant your non-kicking foot 10-15 cm to one side of the ball.*
- *Kick the ball with your toe pointed down, so you hit the middle of the ball with your laces (i.e. instep), not your toe.*
- *You can't control your aim when you kick with your toe.*

Practice: Dribble and shoot (8 -10 minutes)

- Leader divides children into lines of 3-4 children each.
- Leader sets up a straight line of 5-6 cones (or bean bags) spaced at one-metre intervals in front of each line of children.
- Leader uses cones (or bean bags) to mark a small goal against the wall 10-15 metres past the end of each line of cones.
- Children dribble zigzag through the cones (or bean bags) and shoot at the goal.
- Children collect their ball and dribble to the back of the line for their next turn.

TIPS FOR INSTRUCTION

- Don't over-correct technique at this age.
- Allow children to explore and "make mistakes".
- Dribbling and shooting improve through practice.
- For safety, leave 6-8 metres of space between lines.

CUES

- *Baby touches*
- *Step forward and plant*
- *No toes*
- *Use your laces*

Game: Numbers game with one goal (10 - 15 minutes)

- Leader divides children into two teams and numbers the children 1, 2, 3, 4, 5, etc. on each team.
- Teams spread out along opposite sides of the activity area.
- Between the two sides, one end of the area has a small goal 3 metres wide.
- The goal can be marked with cones or bean bags.
- Leader stands beside the goal with a supply of balls.
- Leader shouts a number and throws a ball into the middle of the area.
- Players on both teams with that number compete for the ball and try to dribble and shoot on goal.
- Play stops after a shot is taken, or after the ball travels out of bounds.
- Leader starts by calling one number at a time, then progresses to calling two or three numbers to compete for one ball.

Game: Small-sided soccer (no time limit)

- If you have extra time, set up 3-4 mini game fields and create 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.

Wrap-up (2 minutes)

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

When we shoot, why don't we use our toes?