



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

Students develop and demonstrate movement skills in a variety of activities.

Dribbling feet 2.1: Small sided soccer

5 - 8 year olds

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

Introduction (1 - 2 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

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 (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

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

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