



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

**CURRICULAR COMPETENCY & OUTCOME:**

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

## **Dribbling feet 2.2: Numbers game with one goal**

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 practice dribbling and shooting a moving soccer ball.*

## 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)

Ask children to sit quietly in a circle.

Review what they learned today.

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

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