



Year 7 Football: Lesson 2– Dribbling

Big Question

How can we develop our attacking play through turning, dribbling and controlling the ball?

Warm Up

Pulse raiser:

Run on the spot with high knees. 30 seconds.

Jumping Jacks. 30 seconds.

Repeat the above 3 times.

Dynamic stretches:

Lunges.

Toe touches.

Passing - Revision

Last lesson we were learning about passing technique. Revise your technique by re-watching the video clip and using Activity 1.

<https://www.youtube.com/watch?v=QioehtsQMxs>



Revision activity – Gate passing (revision)

Set up a small gate to pass through using cones or anything similar like plastic bottles.

How many times can you pass to your partner without missing the gate?

If you haven't got a partner you could use a wall to pass against.

Up the challenge

Move further away, reduce the size of the gate.

Try using different surfaces of your foot e.g. outside of your foot.

Dribbling

Dribbling skills are important for keeping the ball and getting past your opponent.

Activity – Dribble through the cones

Use cones or an alternative such as shoes, bottles, etc to create a slalom course. The aim is to dribble through the slalom keeping the ball under close control. Practice the slalom using the techniques listed below. All of the techniques are demonstrated in the video.

1. Big to little toe. Right foot only.
2. Big to little toe. Left foot only.
3. Inside, outside. Use both feet to move around each cone.
4. Inside, outside, outside (double tap)
5. Sole drag, tap.

Up the challenge.

Why not try the other 5 dribbling techniques demonstrated in the video? Watch out as these are tough though!

Use a clock or stop watch to time how long it takes you to complete your dribble slalom. See how fast you can do it. Can you challenge a friend or family member to beat your time?

<https://www.youtube.com/watch?v=QuSJNer4pt8>



Get inspired

A player dribbling and turning with skill can be one of the most exciting things in football! Aesthetic appreciation means admiring the beauty in a skill being performed well. Watch these and see if you can appreciate the skill level shown.

https://www.youtube.com/watch?v=MCwWldL_UH4

