

Unit 5 - Soccer

Lesson 3 - Dribbling

PLO's

Grade 9:

- A7 demonstrate a willingness to participate in a wide range of physical activities, including: individual and dual activities, games rhythmic movement activities (including dance and gymnastic activities)
- B2 apply fundamental movement skills in games activities in predictable and unpredictable settings
- C1 demonstrate behaviours that minimize the risk of injury to self and others in physical activity
- C3 demonstrate fair play in physical activities across the activity categories

Grade 10:

- A1 describe a variety of ways to be active throughout one's life
- A4 participate daily in moderate to vigorous physical activity to enhance fitness
- B2 apply fundamental movement skills in a range of complex games activities
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Will be able to dribble the ball with both feet
- Dribble under control, skill before speed

Cognitive:

- Understand how dribbling has to be done in control to maintain possession
- Recognize how pace change and unpredictability help in the dribbling technique

Affective:

- Playing cooperatively as a group and a pair
- Apply safety principles

Social:

- Create good class atmosphere
- Encourage players in the group

Equipment:

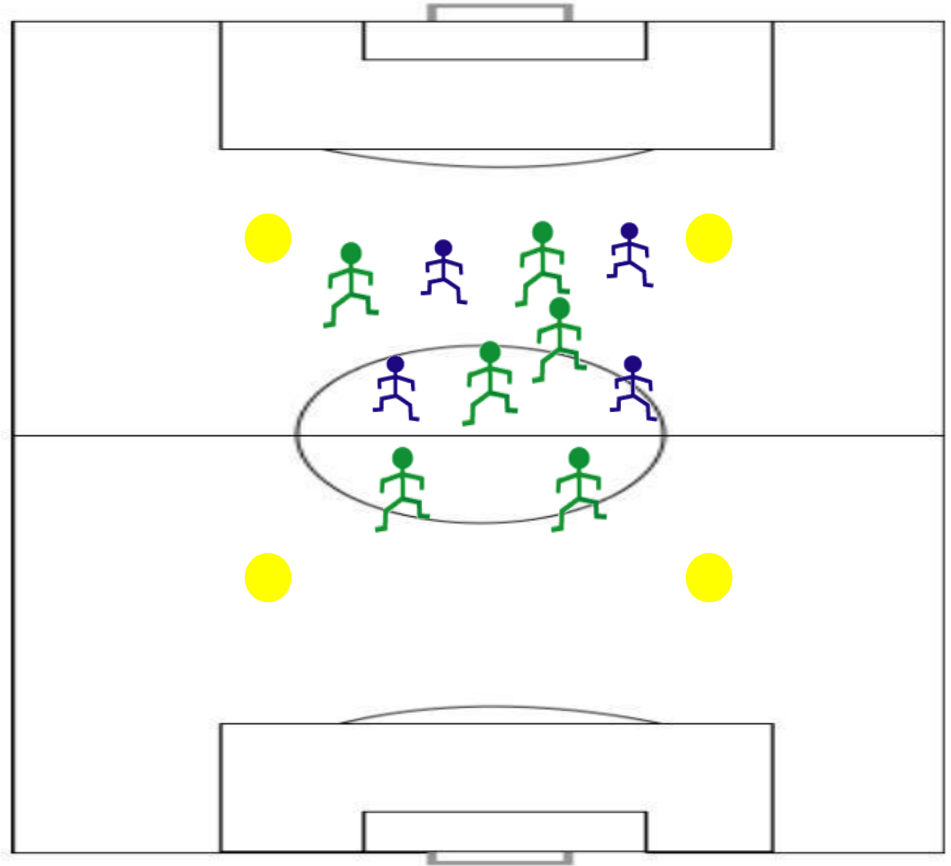
- Soccer Balls
- Pinnies (at least 4 different colours)
- Cones (32)
- Pylons

Sequence of Events

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	15 minutes
Initial Activity:	10 minutes
Skills Breakdown:	10 minutes
Culminating Activity:	20 minutes
Wrap-up and Change:	15 minutes
Total:	80 minutes

Warm-up (10 Minutes)

- Dribbling Warm-up
 - Each player has a ball
 - Dribble around the grid
 - Change direction, change pace
 - head up
 - maintain balance
 - spatial awareness
 - use both feet
 - Start to incorporate stipulation
 - in/outside of foot only
 - individual tricks (have skilled players so some techniques)
- Alternate Warm-up
 - Jog to Braefoot Turf

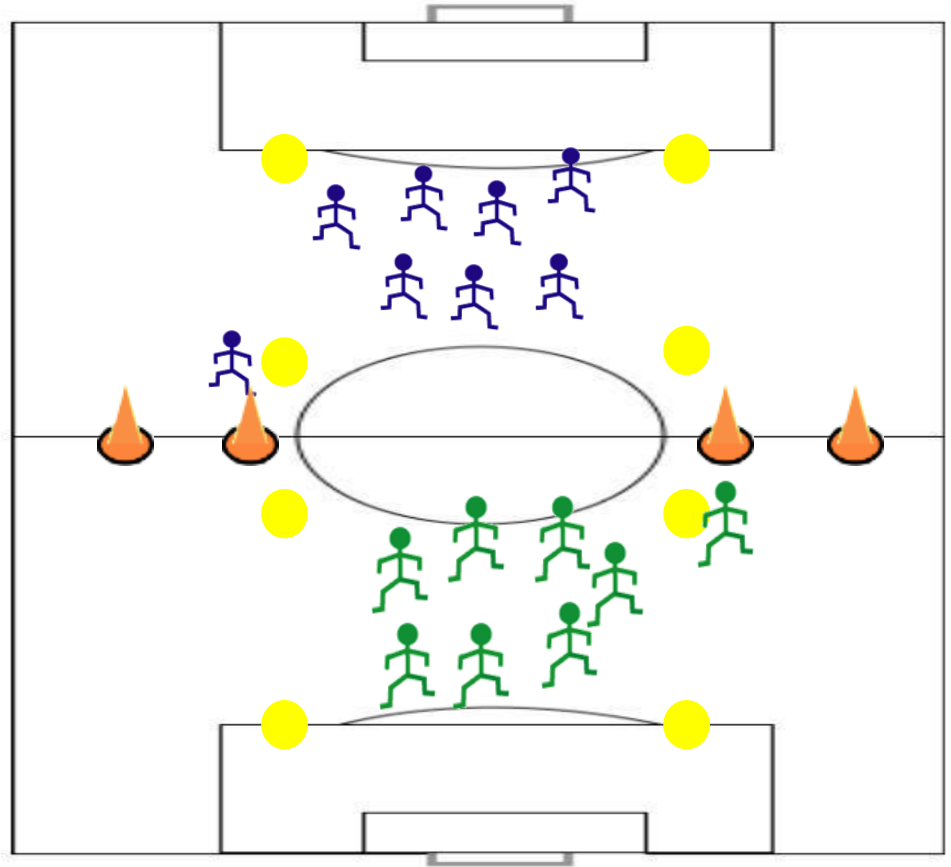


What are we trying to Achieve Today

- Dribbling is an important skill to move up and down the field
- Move to open space to maintain possession
- Use change of pace and direction

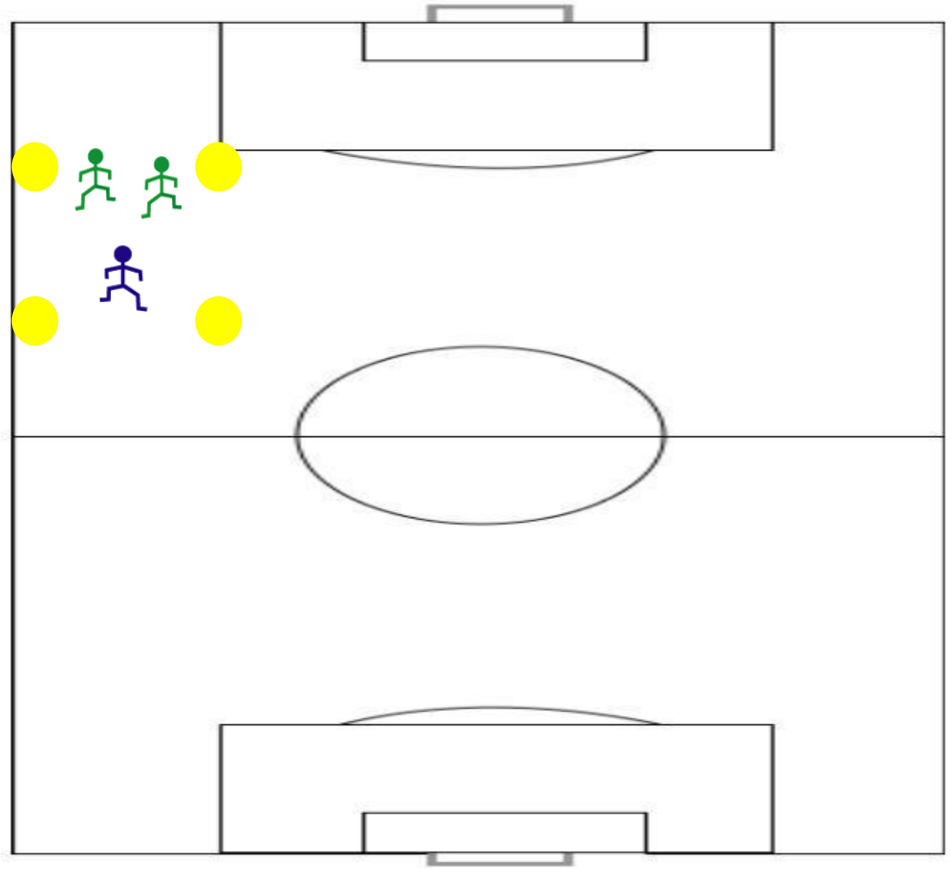
Initial Activity (10 Minutes)

- Dribbling Squares
 - Make a large 15x20 grid with about 10 yard in between
 - On the outside between the two grids place two cones as a 'gate'
- Have players dribble around in their grid
 - When the whistle goes, one at a time players have to leave the grid
 - Pass the ball through the gate, run around collect the ball
 - Begin dribbling again in the new grid
- Avoid lines
- Add stipulations before they can go through the gate



Skill Development (10 Minutes)

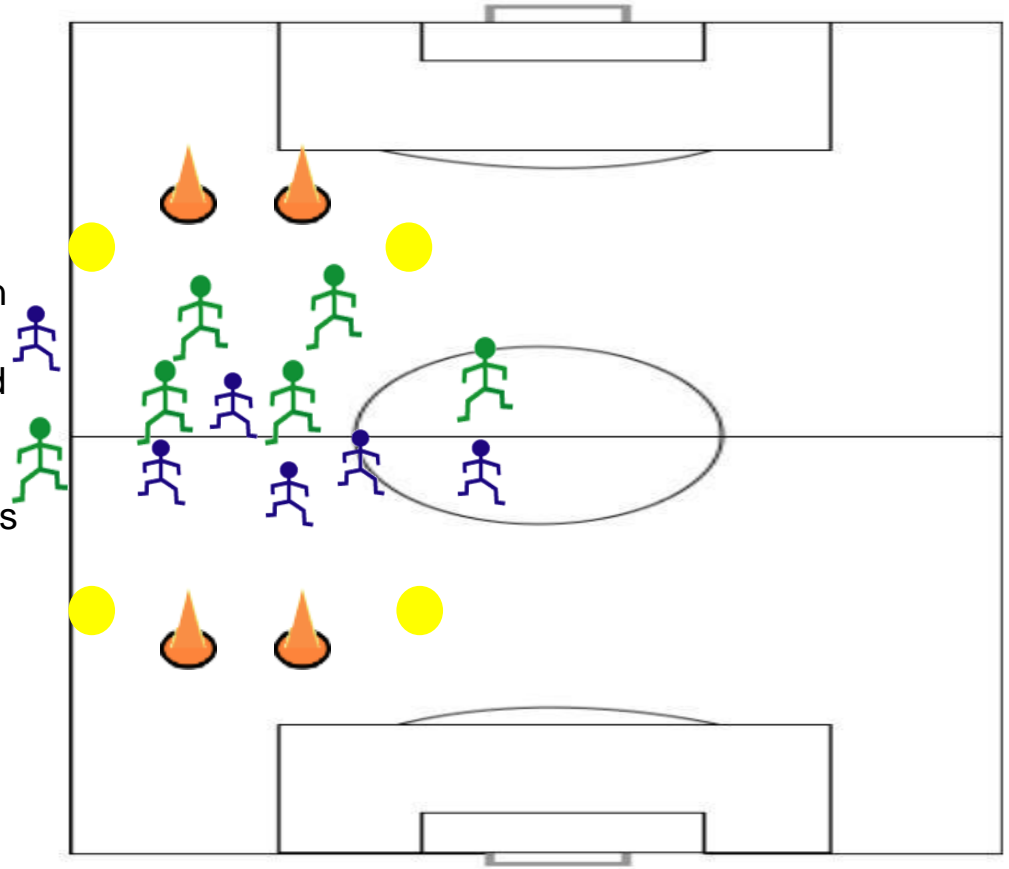
- 1v1 or 2v1
 - In a 10 by 10 grid have players practice their dribbling skills
 - If the attacker gets by and crosses the line they get 3 points
 - Defense gets 2 points for a stop
- Change partners



Culminating Activity (20 Minutes)

- Possession Game (2 Grids)

- 4 v 4 inside the grid
- 1 player on each side
- Side players move up and down to support the ball carrier
- Side players cannot be checked or the pass intercepted by the other outside player
- When an outside player receives a pass they switch with the middle player
- Try to score through the cones
- Make grid large enough to incorporate dribbling
- First team to 3



Wrap-up (10 minutes)

- Equipment retrieval by students
- Jog back to school
- Talk for next day (Futsal)
- See you tomorrow gentlemen

Exit Slip #2 (Soccer)

1. What are two important aspects of dribbling to avoid opponents
2. What is the most important skill in soccer according to Mr. H.