# Year 3 Football Lesson 1 - Dribbling

## Learning objective:
1. To dribble using different parts of the foot  
2. To move in different directions with the ball.

### Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| The Gears Game - 5 gears, each with a different football-specific movement assigned. E.g. 1st Gear = walking, 2nd Gear = jogging, 3rd Gear = side-stepping, 4th gear = high jump, 5th = short sprint. The coach calls out the gear and the pupils perform the assigned action.   | 5 mins       | Extend:  
  ●  Add a sprint after the jump in 4th gear  
  ●  Add a turn before sprinting for 5th gear to make movements more football specific       |
| Begin with gears 1-3 and gradually increase intensity by adding gears 4 and 5.                                        |              |                                                                                                   |

<table>
<thead>
<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| Give each pupil a football or work with 1 between 2 (one works while the other follows, swap every 45 seconds). | 5 mins       | Extend:  
  ●  3rd gear (running with ball) for higher ability pupils  
  ●  Add a turn with the ball before moving away quickly for 3rd gear  
  ●  Use both feet to dribble the ball                                                                 |
| Pupils dribble around the area, familiarising themselves with the ball. Set them challenges (one after the other) to move the ball with different parts of the foot such as the instep, the outside, the sole, the laces and the heel. | 10 mins      | Support:  
  ●  Dribble at walking pace                                                                 |
| Continue with the gears game, assigning a different speed to each gear e.g. 1= walking, 2 = jogging and 3 = running with the ball. Remind pupils to dribble at the pace at they which they feel comfortable (not sacrificing control for speed) | 15 mins      | Extend:  
  ●  Introduce the Cruyff turn/Outside hook for higher ability pupils to avoid cones  
  ●  Use an advanced turn at the gate e.g. Cruyff turn, outside hook.  
  ●  Dribble using only one part of the foot (outside, sole, laces)                                                                 |
| Discuss pupils checking around them as they dribble so that they are aware of the space they have.                        |              | Support:  
  ●  Encourage pupils to dribble at walking pace and avoid areas of heavy traffic (crowds of other pupils)  
  ●  Dribble one length of the minefield and carry ball in hands on the way back                                                                 |

### Minefield Game - As pupils dribble the ball, the coach moves around the area dropping cones (like a minefield). Pupils must keep their balls away from the cones, using various parts of the foot to manipulate the ball. If their ball touches a cone, the pupil must perform an exercise e.g. 5 star jumps.

### Progress
- **Minefield Relay** - Divide class into groups of 3 or 4 positioned at one end of the area, with a few 1 metre gates in a line at the other end. Pupils must dribble their ball one at a time through the minefield, avoiding cones. Once they reach the end, they must dribble through a gate and perform a turn to to change direction and go back through the minefield and pass the ball to the next person in their group.

<table>
<thead>
<tr>
<th></th>
<th>With timings</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Progress</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 mins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Plenary

Refresh learning objectives.

Questions: Which parts of the foot can we dribble with? How can we change direction when we dribble? How do we know where the space is around us when we dribble?