# Year 3 Football Lesson 3 - Dribbling and Passing (Combining Skills)

## Learning objective:
1. To combine dribbling and passing skills
2. To pass accurately whilst moving

### Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
</table>
| ‘Switch’ or ‘Swap’ - divide area into 2 and class into 2 groups and distribute 5-7 balls per group. Balls in hands, pupils move around in the area throwing and catching the balls. If coach shouts 'Switch' pupils must place the ball on the floor and try to find a new ball and continue passing. If coach shouts 'Swap' the 2 groups must run and swap areas, making sure they bring all their balls with them. | 10 mins | Extend:  
- Throwing and catching with one hand  
Support:  
- Decrease distance of throw |

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<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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| Divide the group into 4 teams with bibs e.g. Red, Blue, Yellow and Green. Give each group 3 balls and pupils must dribble the balls and pass to other members of their group. Remind pupils of the different parts of the foot to dribble and pass with (instep, outside, sole, laces, heel). Encourage children to spread out and use all available space and not to bunch in a group of only their colour. | 10 mins | Extend:  
- Dribbling and/or passing with only a certain part of the foot  
Support:  
- Dribble and walking pace  
Pass over a short distance |
| Progress  
- Instruct the groups that they are now only allowed to pass to pupils wearing a certain colour e.g. red can only pass to green, blue can only pass to yellow etc. Encourage children to move continuously and try to find open spaces to receive passes. | 10 mins | Extend:  
- Must pass through a different colour gate each time  
Support:  
- Lower ability pupils cannot be tackled |
| Passing Gates - divide group into pairs, 1 ball between 2. Place gates (2 cones of the same colour) around the area and pupils must dribble the ball around the area and pass through the gates. | 15 mins | |
| Progress  
- Develop into competition by challenging the group to see who can pass through the most gates within a certain time. | |

Discuss where to move to receive a pass (open spaces) and encourage lots of communication to decide which gate to move to next.

### Plenary

Refresh learning objectives

Questions: 1. Which parts of the foot can we dribble and pass with? 2. What must we do before we can receive a pass?

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