### Year 4 Football – Lesson 1 Dribbling (Changing direction and turning)

**Learning objective:** 1. To dribble with the ball using different parts of your foot. 2. To change direction when moving with the ball.

<table>
<thead>
<tr>
<th>Lesson Structure</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
<tbody>
<tr>
<td><strong>Introduction/ warm up (Connection and Activation)</strong></td>
<td>5 mins</td>
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- More complex movements e.g side stepping with a clap, hopping, skipping.  
- Increase speed of movement.  
- Discuss when you would perform these movements  
**Support:**  
- Keep movements simple and at a slow pace |
| **Main (Development/ Application)** | 15 mins |  
- Increase speed of movement  
- Use both feet (stronger and weaker) to develop balance  
**Support:**  
- Walking pace |
| **Progress** to changing direction after you move through a gate | 15 mins |  
- Increase speed of movement  
- Use both feet (stronger and weaker) to develop balance  
- More challenging turns; cruyff and stepover turn  
- What other ways can they turn?  
**Support:**  
- Walking pace  
- Use hands to turn with the ball |
| **Progress** by selecting 5 children to become defenders (wearing bibs and changing over regularly) | 15 mins |  
- Increase speed of movement  
- Use both feet (stronger and weaker) to develop balance  
- More challenging turns; cruyff and stepover turn  
- What other ways can they turn?  
**Support:**  
- Walking pace  
- Hold ball in hands to develop the change of direction  
- Not to be tackled |
| **Plenary** |  
- Refresh learning objectives  

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