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| ***Class: Y1*** |
| ***Lesson: FOOTBALL (DRIBBLING)*** |
| ***Lesson Objective:***  TO DRIBBLE A FOOTBLLL CORRECTLY |
| ***Resources:***  FOOTBALL, CONES |

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| ***Warm Up:***  JOGGING AOUND THE AREA, SKIPPING, JUMPING, SIDE STEPS ON THE COACHES COMMAND. DYNAMIC STRECHES WILL FOLLOW.  **Coaching Points:**  ***Safety Points:***  BE AWARE OF WHOS AROUND |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  PARTICPANTS WILL START BY DRIBBLING THE BALL WITH THEIR WEAK FOOT THROUGH THE CONES. THEY WILL THEN DRIBBLE WITH THEIR STRONG FOOT THROUGH THE CONES. PARTICPANTS WILL NOW DRIBBLE USING TWO FEET IN AND OUT THE CONES WITH A DEFENDER PUTTING PRESURE ON THEM  **Coaching points:**  USE ALL DIFFERENT PARTS OF THE FOOT, USE BOTH FEET, KEEP LOOKING AROUND, KEEP MOVING THE BALL, KEEP IT CLOSE TO YOU  ***Safety Points:***  BE AWARE, DON’T KICK THE BALL TO HARD |
| ***Warm Down***:  JOGGING, WALKING, FOLLOWED BY STATIC STRECHES.  **Coaching Points:**  ***Safety Points***:  BE AWARE OF WHOS AROUND |
| ***Plenary:*** |

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| RED:  SHORTER DISTANCE |
| AMBER:  STANDARD SESSION |
| GREEN:  LONGER DISTANCE |