

|  |
| --- |
| ***Class:*** year 3 & 4 |
| ***Lesson:*** multi-skills- football week 7: recap of dribbling |
| ***Lesson Objective:***  To be able to perform more advanced dribbling techniques, which are required in football, as well as having a better knowledge. |
| ***Resources:***  Cones x4 of each colour  X15 soft balls  Bibs x10 |

|  |
| --- |
| ***Warm Up:***  Traffic lights game: three coloured cones represents different movements, i.e. Red= stop, Green= run. Stretches throughout. Dynamic and static  **Coaching Points:**  Raise HR  Wake up body for exercise  ***Safety Points:***  Special awareness  Environment checked  Equipment checked |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Recap of last week’s lesson, explanation/ demonstration of the importance of dribbling in football.   1. Recap the game: Rumble in the jungle: whole area is a jungle, with different coloured cones as obstacles to get pass. 2. Balls will introduced to certain children who are in the green ability column to progress, while the ones who are struggling will get more time to practise. 3. Final inclusion would be that of hurdles to make the game more competitive.   Recaps throughout the session about the activity, as well as their ABC’s.  **Coaching points:**  Technique of each movement... i.e. high knee in skip  Co ordination  Teamwork  Part of the foot for dribbling  ***Safety Points:***  Environment checked  Spacial awareness  Equipment checked |
| ***Warm Down***:  Cool down train : conga with children to do cool down stretches (static)  **Coaching Points:**  Lowers HR  Removal of lactic acid  Prepares them to rested state to continue with remaining lessons.  ***Safety Points***:  Special awareness  Environment checked  Equipment checked |
| ***Plenary:***  Covered a more advanced knowledge of dribbling techniques within football as well as when and where to use them. |

|  |
| --- |
| RED:  These children will take longer to do tasks and will require more support, showing a very limited range of ability to dribble the ball. |
| AMBER:  Children should be able to do tasks within the session at a normal rate and are to show a range of ability to dribble the ball. |
| GREEN:  If finding tasks easy they will have the ball changed at regular intervals as well as giving tasks to help the children that are finding this difficult, while showing a high level of ability to dribble the ball, including various skills/tricks. |