

PE LKS2 Unit 11


Invasion games 2

Lesson 1

Can you dribble it?



Lesson 1 Can you dribble it?

 **35-40 mins**

Learning objectives

Children should learn:

- how to dribble and stop a football;
- to recognise aspects of their work that need improving;
- to remember and follow rules;
- about the effect of exercise on the body;
- to explain their ideas and describe their performance.

Success criteria

Children:

- learn dribbling and stopping techniques, showing consistency and control;
- use tactics to keep possession of the ball and show that they have full control of the ball;
- change direction and speed when dribbling the ball;
- keep and use the rules they are given;
- have simple plans that they know they can make work;
- describe the help they require to improve their play.

National Curriculum Attainment Targets

pupils should be taught to:

- play competitive games modified where appropriate, such as football
- develop flexibility, techniques and control in different situations
- apply basic principles suitable for attacking and defending
- take part in challenges both individually and within a team


Vocabulary

dribble, jog, keep control, keep possession, make/use space, score points, rules

Resources

- adequate space – playground or field
- large balls (footballs)
- cones
- **Interactive Resource:** *Dribbling a football*

Warm-up

 **5 mins**

- Ask the children to jog gently around the outside of your playing area while you set up the warm-up game.
- Set out a number of cones, turning some of them upside down. Ask the children to stop and stand still in a straight line. Now move along the line and number the children alternately one and two. Explain that they are going to play a game called 'cups and saucers'. The aim is for all the number ones (cups) to turn the cones the correct way up, while the number twos (saucers) try to turn all of the cones upside down.

- Explain to them that they must be careful not to bang heads with each other. Emphasise the need to play fairly and tell them that they must not collect any cones so that other children cannot turn them over.
- Every so often, shout 'stop' and add up the number of cups and saucers to see which side is winning. You will find that the children get very competitive and enjoy the game a lot.
- Ask the children to stop and stand still. Now ask them the following questions:

Key questions ?

*Did the exercise make you have to work your bodies quite hard? Why? Was it because you had to run?
Did this make your heart beat faster?
Did it make your breathing different? How?
Was the game enjoyable? Why?*

Ball skills

30 mins

- Give each child a ball and explain that they are going to practise football skills. Tell them to dribble around the playing area until they hear you shout 'stop'. They must then stop the ball by putting their foot at the top of it to show control and to keep the ball still. When the children stop, check that they have all stopped the ball with their foot before setting them off again.
- Practise this several times, shouting out 'stop' at intervals. You may notice that some of the children are kicking the ball a long way in front of themselves and are showing little close control. Ask the children to stop and stand still with their foot on the ball and listen to the next instruction.
- Explain to the children that they are going to perform the same exercise, but this time, before you command them to stop, you would like them to try to get ten touches on the ball. Explain that in order to do this, they must keep the ball close to their feet and kick it gently. Do this several times, each time checking that all of the children have used their foot to stop the ball

and asking different children how many touches they got on the ball.

- Ask the children to stop and stand still. Begin to set out pairs of cones, one to two metres apart, around the playing area. As you do this, explain to the children that they are going to travel around this area with the ball, trying to dribble through as many pairs of cones as they can before you ask them to stop. Remind them that it is important to keep the ball close when dribbling as this will help them keep control of the ball and enable them to travel through more pairs of cones. When you ask them to stop, they are to stand with their foot on top of the ball to show that they have full control of the ball. Repeat this exercise several times.
- Ask the children to stop and keep the ball still. Now ask them to sit down where they are.
- Tell the children that they are going to play a game of 'dribbling tag'. The aim of this game is to tag as many people as they can whilst keeping control of their ball. The rules of this game are that they may only tag someone once they have passed through a pair of cones and must do this each time they go to tag someone. They must also have control of their ball when they tag someone for the tag to count.
- Let the children play for about 60 seconds and then ask them to stop and stand still. Again, they must stop with their foot on top of the ball to show they have control of it.
- Ask a few different children how many tags they scored, then initiate the game again, asking the children to try to better their previous score.
- Play the game as many times as you like, adding in your own game restrictions (or those suggested by the children) and each time you stop the game, follow the same routine of asking different children their individual scores.

Key questions ?

*Which activity did you enjoy?
What did you find difficult?
How can you improve your dribbling skills? (keep ball close to feet, move in a space, kick ball gently and keep control of it)*

Cool-down

5 mins

- Ask the children to stop and stand still.
- Explain that they must dribble through each of the pairs of cones twice before dribbling to a point designated by you, where they should stand still with their foot on the ball.
- Once all the children have finished, ask them one by one to put their ball away and then line up silently.