

# Game 1 - Dribbling



## Quick Introduction

Here you will focus on dribbling. It is essential in football to be able to move with the ball.

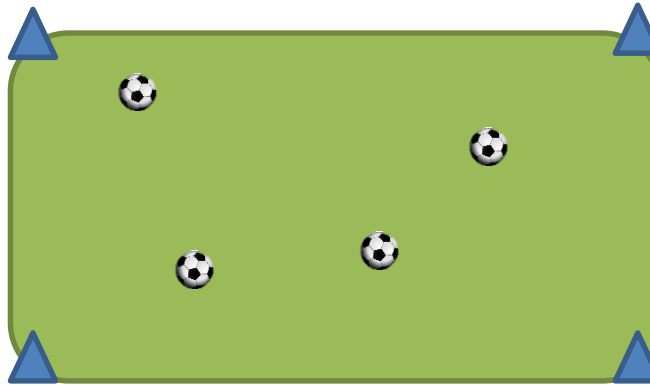


## Health and Safety

- Make sure you check around you so you don't bump into anyone.
- If you see any object which could cause an accident, tell your adult.

## Equipment

- Footballs
- Cones
- Stopwatches



## Be a Leader!

- Leadership is an important part of any sport- try encouraging your team, and give them help when they need it.
- If you are enjoying success, try and pass on what you know to your peers.

## Activity

Your job, is to put a cone on your head and see how long you can dribbling the ball for. Once you drop the cone, switch around.

## Tips

- A really good tip here is to try and keep your head up.
- Every time you change direction, take a very quick glance at the ball.

## Can You Change The Game?? - STEP

Space- Make the area smaller or larger to make it easier or harder.

Task -Have your partner join in, and see if you can introduce passing.

Equipment – can you play the same game with a tennis ball?

People – try changing the number of people in each team to make the game harder/easier.