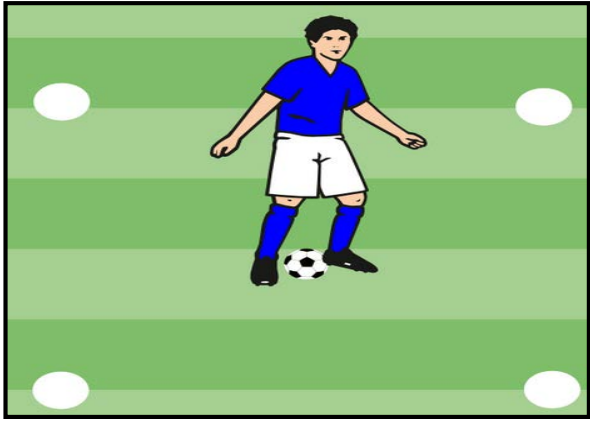




SKILL ACQUISITION: Dribbling: Head up, to move the ball forward use the laces portion of the foot, keep it close with small touches with your laces, to change direction use the inside or outside of the foot. To stop it use the sole of the shoe.

ACTIVITY 1: BALL MASTERY - TAPS



Objective: To dribble the ball forward and change direction.

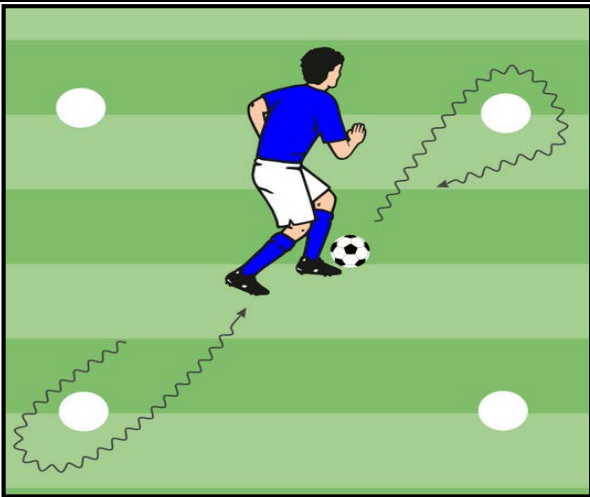
Equipment: 4 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set up a square as shown in the diagram. Get in the middle of the square with the soccer ball and start the tasks below.

Task:

1. Foundation Touches.
2. Foundation touches forward.
3. Outside/Inside of the foot dribble.
4. Laces, laces, outside, inside and stop - Laces, laces, outside, inside and stop.

ACTIVITY 2: FIGURE 8



Objective: To dribble the ball forward and change direction.

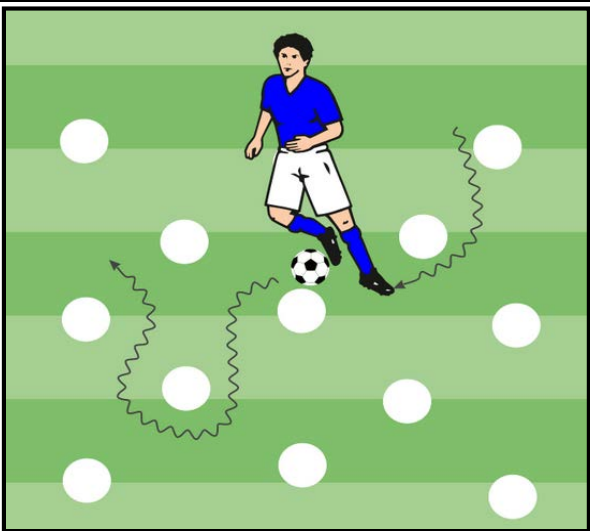
Equipment: 4 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set up a square as shown in the diagram. Get in the middle of the square with the soccer ball and perform a figure eight using the laces to go forward, the outside/inside of the foot to go around the cones. Perform the tasks below.

Task:

1. Figure 8 around two cones (going around the cones with the inside of the foot).
2. Figure 8 around two cones (going around the cones with the outside of the foot).
3. Figure 8 around all 4 cones (going around the cones with the inside and outside of the foot).

ACTIVITY 3: DRIBBLING IN THE MAZE



Objective: To dribble the ball forward and change direction.

Equipment: 11-13 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set up a dribbling area with 11-13 cones as show in the diagram. The player will dribble through and around the cones using the laces, the outside of the foot to change direction and keep the ball from touching any of the markers.

Task:

1. Dribbling in the maze with the right foot.
2. Dribbling in the maze with the left foot.
3. Dribbling in the maze using either the right or the left foot.