Subject: Soccer Dribbling Individual and Partner

Standard(s):
Standard 2  
C Movement Concepts: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the Learning and performance of physical activities.

Standard 5  
A Responsible Personal and Social Behavior: Students exhibit responsible personal and social behavior that respects self and others in Physical activity settings.

Standard 1  
P Motor Skills and Movement Patterns: Students demonstrate competency in motor skills and movement patterns needed to perform a variety of Physical activities.

Performance Objective(s)/Indicator(s)

Psychomotor:
Students will be able to dribble a soccer ball with their dominate foot, non-dominate foot, and both feet to and from assigned cones 7 out of 10 times.
6.1.1 Demonstrate more advanced forms in locomotors, nonlocomotor, and manipulative skills.

Cognitive:
Students will be able to verbally recite proper technique on how to dribble a soccer ball with 80 percent accuracy.
6.2.1 Identify basic concepts that apply to the movement and sport skills being practiced.

Affective:
Students will be able to demonstrate the feeling of joy and self accomplishment by participating in the individual skills and cooperative activity with 100 percent accuracy.
6.5.1 Participate in cooperative activities in a leadership or followership role.

Equipment Needs:
I will need  
8 soccer balls
16 flat cones
32 newspaper balls

PRACTICE OPPORTUNITIES

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructional Activities (Detailed)</th>
</tr>
</thead>
</table>
| 1:10-1:15  | 1.Set Induction  
Today we are going to learn how to dribble a soccer ball? Has anyone played soccer before? Does anyone know what part of the foot we use to dribble the soccer ball with? (inside of foot) When dribbling a soccer ball we use the inside of our feet. We are going to use soft touches, kept the ball close to us, and look up. Can someone demonstrate that for me? I want now for you all to get into groups of 2s. I am now going to assign your group a number. Your number will match with the set of cones I want you to practice at. When I say go I want each group to go to their set of cones. I want partner one to dribble to your stopping cone and back to the starting cone. Then I want |
partner 2 to do the exact same thing. When I say stop I want all of you to stop what you are doing and look at me for directions. The first way I want you to dribble the soccer ball is with your dominate foot then non-dominate foot, and then with both feet. Then we will play a game of keep away. Go!

2. Dribbling

**Dominate foot**
I will have a student demonstrate how to dribble with dominate foot. Keep head up, keep ball close to your feet, use the inside of your foot, and use soft touches. Students will be assigned a cone to start and stop at. When I say go students will practice dribbling to and from their assigned cones with their dominate foot. (I will remind students that this is not a race and to go at your own pace.) When I say stop, students will put their soccer balls by their cones and look at me.

**Non-Dominate Foot**
I will tell the students to dribble now with their non-dominate foot. I will then tell the students to stop and look at me again.

**Both Feet**
Now I want you all to dribble with both feet to and from your set of cones. You will know have cones to dribble through. When you approach a cone make sure your inside foot is moving the ball away from the cone. Remember soft touches, keep your head up, and keep the ball close to your feet. Everyone stop, put your ball down on your cone, and meet me at the stopping cones.

3. Dribbling Keep Away
Now We are going to play a game where we dribble anywhere inside this rectangle. The object of this game is to keep control of your ball and don’t let your partner kick the ball away from you. While you are dribbling your partner is going to try to kick the ball away from you so try to keep the ball close to you. If your ball is kicked away from you, you will then switch rolls with your partner. If you are the partner trying to kick the ball away from the dribbler please do not kick the ball away as hard as you can. Instead I want you to kick it away softly.

4. Wrap Up
I want everyone to stop, put your ball in its circle, and come make a half circle around me.

Can someone tell me what part of your foot you should use to dribble a soccer ball? Do I kick the soccer ball as hard as I can, far away from me, and look at it the entire time? (NO) Oh okay so how should I dribble the soccer ball? Can someone demonstrate that for me? What are the four techniques I taught you all today about dribbling a soccer ball? Did anyone learn something new today? Did anyone improve today on dribbling a soccer ball? Thank you all for participating! Now I want you all to collect all of the cones and soccer balls. Bring all equipment to me.

**PROCEDURES**

**Introduction (Set Induction):**
Today we are going to learn how to dribble a soccer ball? Has anyone played soccer before? Does anyone know what part of the foot we use to dribble the soccer ball with? (inside of foot) When dribbling a soccer ball we use the inside of our feet. We are going to use soft touches, keep the ball close to us, and look up. Can someone demonstrate that for me? I want now for you all to get into groups of 2s. I am now going to assign your group a number. Your number will match with the set of cones I want you to practice at. When I say go I want each group to go to their set of cones. I want partner one to dribble to your stopping cone and back to the starting cone. Then I want partner 2 to do the exact same thing. When I say stop I want all of you to stop what you are doing and look at me for directions. The first way I want you to dribble the soccer ball is with your dominate foot then non-dominate foot, and then with both feet. Then we will play a game of keep away. Go!

Organizational Plan (How will students and equipment be organized?):

1. Introduction

2. Dribbling Practice

3. Keep Away

4. Closure

SKILL ANALYSES
<table>
<thead>
<tr>
<th>Skills to be Taught</th>
<th>Teaching Cues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dribbling a Soccer ball with dominate foot, non-dominant foot, and both feet</td>
<td>Soft Touches</td>
</tr>
<tr>
<td></td>
<td>Keep your head up</td>
</tr>
<tr>
<td></td>
<td>Keep the ball close to your feet</td>
</tr>
<tr>
<td></td>
<td>Use the inside of your foot</td>
</tr>
</tbody>
</table>

**Closure:**
I want everyone to stop, put your ball in its circle, and come make a half circle around me. Can someone tell me what part of your foot you should use to dribble a soccer ball? Do I kick the soccer ball as hard as I can, far away from me, and look at it the entire time? (NO) Oh okay so how should I dribble the soccer ball? Can someone demonstrate that for me? What are the four techniques I taught you all today about dribbling a soccer ball? Did anyone learn something new today? Did anyone improve today on dribbling a soccer ball? Thank you all for participating! Now I want you all to collect all of the cones and soccer balls. Bring all equipment to me.