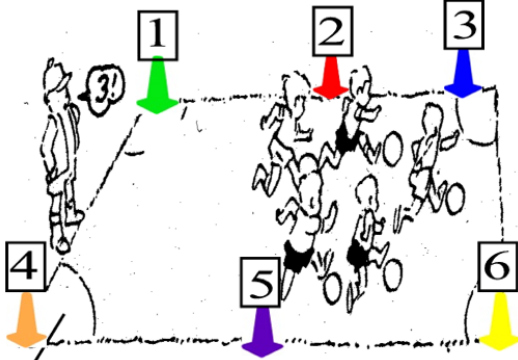


LEVEL	UNIT	LESSON Number 2	EQUIPMENT
Kindergarten	Soccer	Dribbling Games	Soccer balls, Control Cones, Laminated Numbers, Fitness Cards, Chalk

#### Objectives

1. Dribble Safely among the players and playing area.
2. Play the games fairly
3. Verbally describe the steps to dribbling.
4. Dribble with control, keeping the ball close to their body.
5. Have fun.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm up	5	Play Jaws (See Description from last Lesson)	
Part 2 Review Dribble	10	<p>With the class seated, we will go over the questions, quickly, that we covered in the last lesson pertaining to dribbling.</p> <p>While you are moving the ball around with your feet, what do you look at?</p> <p>While you are moving the ball around with your feet, if you want to keep it close to you, how do you have to kick it, soft or hard?</p> <p>What part of the foot worked the best for stopping the ball? The bottom. Be sure when you stop the ball with your foot that you keep the weight of your body standing on the foot that is on the ground and not on the ball!</p> <p>When I say go you will get a soccer ball and find an own space.</p> <p>Dribble in Geometric Shapes</p> <p>As you look around the space you will see I have drawn some big shapes on the ground, When I say go, I want you to dribble to a shape and practice dribbling around following the shape you have found. Remember the different parts of the foot that you can use to move the ball into different directions. When I say freeze, trap your soccer ball and look at me.</p> <p>(I will allow the class enough time to practice at least one time around a shape before I say freeze.)</p> <p>Freeze.</p> <p>Find another shape to dribble around. Can you dribble using a backward or sideward direction?</p> <p>Each time you go around, or make a turn, change the direction you are traveling as you dribble.</p>	<p>I will have already drawn large shapes on the ground with chalk. If a gym is the only space available I will place markers out on the ground to make the shapes. In this case I will tell the class to dribble on the outside of the cones, but as close to them as possible.</p> <p>Shapes can include:</p> <ul style="list-style-type: none"> <li>Square</li> <li>Circle</li> <li>Diamond or Triangle</li> <li>Figure 8</li> <li>Zig Zag Lines</li> <li>Squiggle Lines</li> </ul> <p>Remember, don't touch your own ball with your hands or arms, and watch out for other people's ball and body, you can't touch them either!</p>
Part 3 Dribbling Practice	15	<p><b>WHERE AM I GOING?</b></p>  <p>You as the teacher will call out a number or color. The class must dribble to that number or color, using the rules and skills involved in dribbling. If their ball goes out of bounds or touches another person or their ball, as they are dribbling the cone, they must do 5 of the exercise on the other side of the cone before dribbling to the next cone.</p> <p>Variations:</p>	<p>Praise the students who, by their own initiative, do an exercise at the cone because they broke a rule.</p> <p>Look for students who are dribbling the ball with good form and point them out to the class.</p> <p>Look for students who are being good sports and point them out.</p>

		<ul style="list-style-type: none"><li>• Keep this exciting. You don't have to wait for everyone to get all the way to the cone; you can call out the next cone just as the last few people are making it to the cone.</li><li>• If your class is really good at this game, you can add an element of competition by allowing them to try to kick other people's ball out of bounds while trying to control their own ball as they are dribbling to the designated cone. In this case, it will be ok to touch someone's ball with your foot, but still no ball to ball contact and no body contact with another player should be allowed.</li></ul>	
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