



PE/Health Virtual Learning

7&8 PE/Soccer

May 20, 2020



7th & 8th Grade PE
Lesson: [May 20, 2020]

Objective/Learning Target:

I can perform selected skills with use of the feet in a modified game of kicking.

ISD (LT3-1)

Soccer: Dribbling

Standards:

Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks.

NASPE (S1.M9.7)

I can perform selected skills with use of the feet in a modified game of kicking.

ISD (LT3-1)

Objective:

Student will have a better understanding of the basic soccer skill, of dribbling.

Essential Questions:

Why is it important to learn how to dribble a soccer ball correctly, when playing soccer?

What are some key points, when learning how to dribble a soccer ball?

Warm-up

Please complete the following warm-ups before you begin the activity of the day. It's always important to warm up properly, before you begin any type of movement activity.

[Standing Toe Touch](#)

[Seated Modified Hurdle Stretch](#)

Warm-up Cont.

Butterfly Stretch

Butt Kick

High Knees

Practice Pointers

Before we begin, here are some important points to remember when dribbling a soccer ball.

- Relax body (upper body over the ball)
- Keep eyes on the ball.
- Dribble ball softly.
- Keep ball close to the body.
- Good balance with knees slightly bent.
- Control ball.

Practice Pointers Cont.

- Focus and concentrate on using your laces.
- Point your toe down and touch the ball with the laces.
- Dribble with your laces.
- Never dribble with your toe.

Practice

The following video describes the skill of dribbling a soccer ball and also demonstrates different drills you can use to practice and become better at the skill of dribbling. If don't have small cones, use small objects such as, extra shoes, small sticks you can place in the ground or any small object your parents will allow you to use.

[How to dribble a soccer ball](#)

Self Assessment:

After completing this lesson can you name three important points, when learning how to dribble a soccer ball?

When participating in a game of soccer when would you use the skill of dribbling?

Additional Resources

[How to dribble a soccer ball](#)

[Soccer: Dribbling for beginners](#)