



# Physical Education Virtual Learning

## 7th & 8th PE

## Soccer

**April 16, 2020**



7th & 8th Physical Education  
Dribbling: April 16, 2020

**Objective/Learning Target:**

Foot dribbling with an implement combined with passing in a variety of practice tasks.

NASPE (S1.M9.7)

# Dribbling a Soccer Ball

How to dribble a soccer ball with their laces correctly while performing ball handling drills.



# Lesson Objective

Student will understand the appropriate cues used when dribbling and be able to perform these cues during skill practice.



# Essential Question

What part of your foot/shoe are we using in this technique of dribbling?



# Standards

**ISD LT 1.3:** I can perform selected skills with use of the feet in a modified game setting.

**NASPE Standard #1:** Demonstrates a competency in a variety of motor skills and movement patterns.



# Warm Up---Video

Watch this video, do not start practicing just yet.

## Dribbling with Laces Technique

Pay attention to how to position your ankle, how to move the ball forward and where your non dominant (non kicking) foot should be.



# Warm Up---Cue Words

Ankle

Forward

Behind



# Warm Up---Cue Breakdown

**Ankle:** Lock your ankle and point your toe down

**Forward:** Push the ball forward with your laces

**Behind:** Your non dominant foot needs to stay behind the ball.

# Practice

You can use the following equipment to practice with:

- Soccer Ball
- Any type of ball you are able to move with your feet
- A wad of paper (probably easier to be inside with this)
- An empty can or bottle
- Nothing (you can go through the steps without equipment)



# Practice

You will need to practice somewhere in an open space, with enough room for you to move at least 10 feet. Find an appropriate space for your chosen equipment. This could include:

- A yard
- Empty basement
- Hallway
- Park

# Practice

**Step #1:** In your own space, prepare yourself by going through the cue words **BEFORE** you start. Get comfortable with what these cue words mean when you begin moving.

**Ankle:** Lock your ankle and point your toe down

**Forward:** Push the ball forward with your laces

**Behind:** Your non dominant foot needs to stay behind the ball.



# Practice

Step #2: Place two “cones” about 10 feet away from each other. These can be any kind of object (rock, bottles, etc.)

Start at one “cone.” Begin dribbling the ball toward the other cone at a slow speed. You are working on technique, not how fast you can go. Make sure you are performing the cue words: **ANKLE, LACES, BEHIND**. Repeat 3-5 times or until you feel comfortable. If you need to, please watch the video again for guidance:

[Dribbling with Laces Technique](#)

# Practice

Step #3: Do the same thing but pick up your speed. You are still NOT at full speed yet.

Start at one “cone.” Begin dribbling the ball toward the other cone at a slow speed. You are working on technique, not how fast you can go. Make sure you are performing the cue words: **ANKLE, LACES, BEHIND**. Repeat 3-5 times or until you feel comfortable. If you need to, please watch the video again for guidance:

[Dribbling with Laces Technique](#)



# Practice

Step #4: If you feel comfortable, do the same thing at full speed. You may go as fast as possible while maintaining proper technique.

Start at one “cone.” Begin dribbling the ball toward the other cone at a slow speed. You may go as fast as possible while maintaining proper technique. Make sure you are performing the cue words: **ANKLE, LACES, BEHIND**. Repeat 3-5 times or until you feel comfortable. If you need to, please watch the video again for guidance:

Dribbling with Laces Technique

# Self Assessment

Did the Cue Words make this easier for you?

Which Cue Word was the most difficult for you to perform correctly?



# Thinking Critically

In a game setting, when would be an appropriate time to dribble the ball with your laces?



# Additional Resources

Drills:

[Soccer Dribbling Drills](#)