

Physical Education Virtual Learning

7th & 8th PE Soccer

April 16, 2020

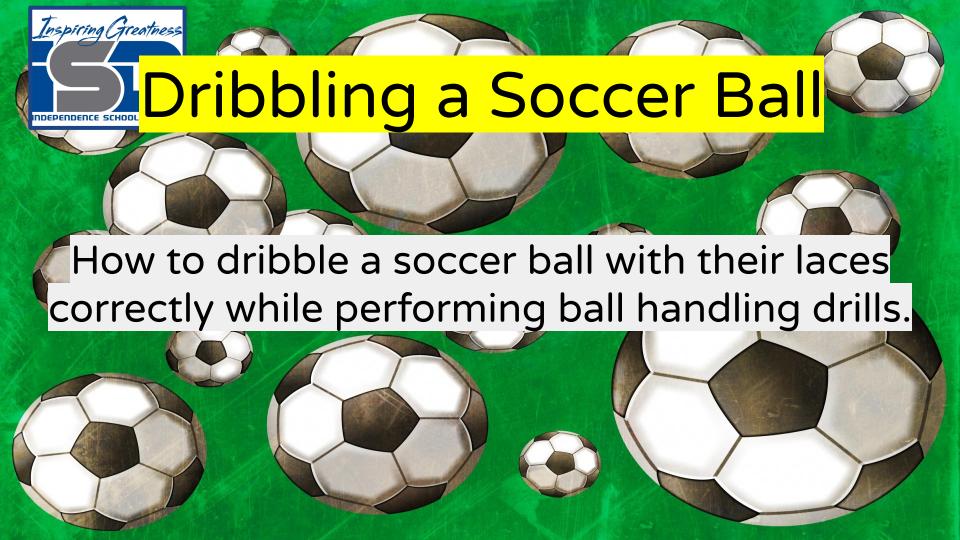


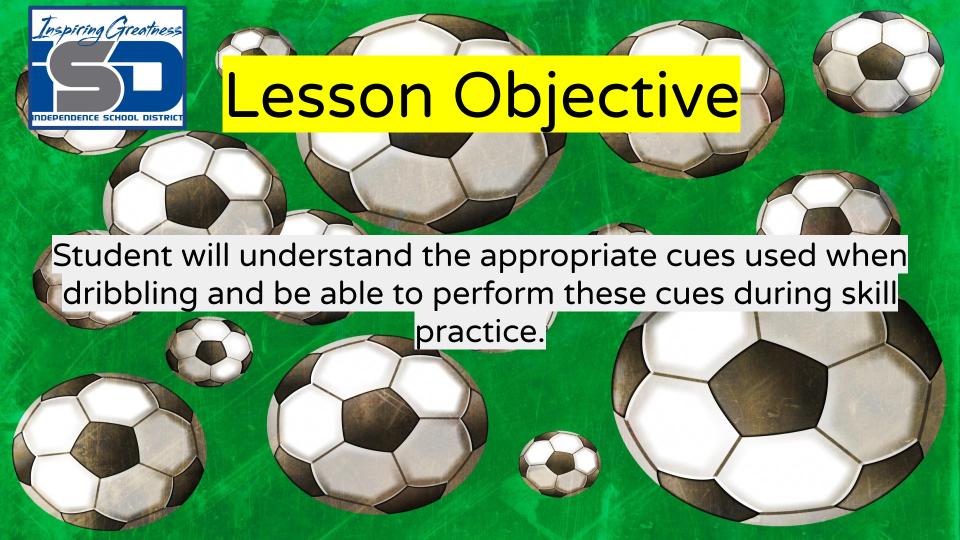
7th & 8th Physical Education Dribbling: April 16, 2020

Objective/Learning Target:

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

NASPE (S1.M9.7)

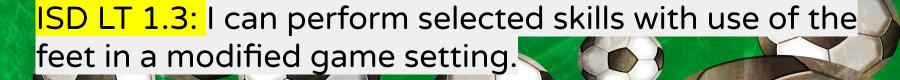








Standards



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



Warm Up---Video

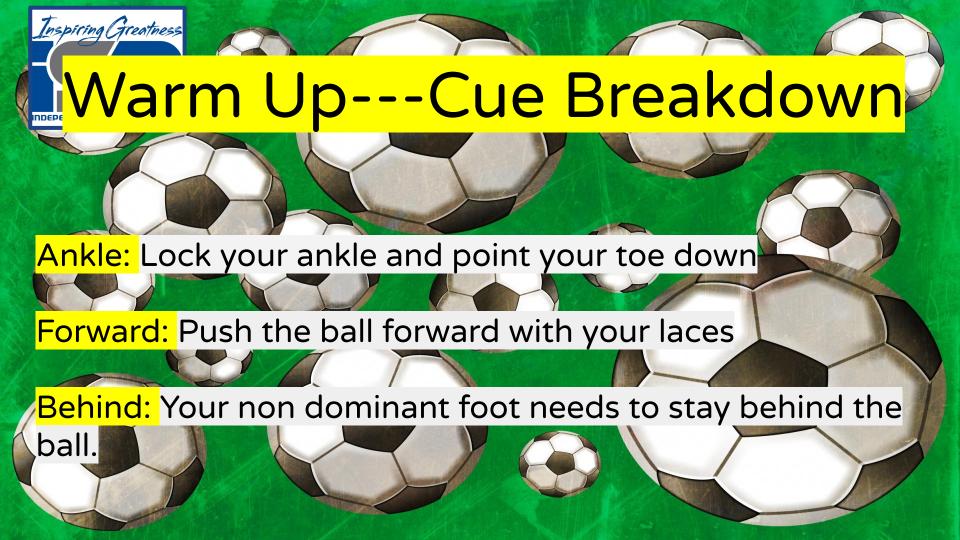


Watch this video, do not start practicing just yet.

Dribbling with Laces Technique

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









- -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)





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







Ankle: Lock your ankle and point your tow down

Forward: Push the ball forward with your laces

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







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







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





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

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 techniue. 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

