

# LESSON PLAN: **FOOTBALL**: YEAR 4: WEEK 2

**LESSON OBJECTIVE:** Learn how to dribble a ball and change direction.

## **WARM UP (10 MINS).**

Each player is given a bib and ball. The bib is tucked in to the shorts. Players begin by moving around the area with tails clearly showing. On the teachers command, players must move around and try and take other pupils tails whilst keeping their ball under control.

If a pupil loses their tail or loses control of their ball then they are out and must dribble to the teacher then return to the game.

## **MAIN LESSON (20 MINS)**

Split pupils into small groups of no more than 3 and line them up behind a cone. Begin by 1 person from each group dribbling up to a cone and back. Now only allow pupils to dribble with one foot and then swap to only be able to dribble with the other foot, making sure they keep their head up. Introduce different turns such as cut-back turns (turn with the outside of the foot and inside) and drag-back turns (turn with the sole of the foot). Pupils need to get to the last cone as quick as possible and perform 1 of the turns before dribbling back.

## **GAME/COMPETITION (15 MINS)**

Place two cones approximately 15 paces apart. Students need to stand between the cones facing each other with a ball. The cones are now to their left and right. One pupil needs to mirror the others actions. Imagine there is a pain of glass separating them. The player with the ball has to dribble to a cone before there partner gets to the cone. The player can change direction using a turn to help trick them. If they beat them they get a point.

## **EQUIPMENT**

- Cones
- Footballs

## **KEYWORDS**

- Touch
- Movement
- Turn
- Control

## **DIFFERENTIATION**

### **LESS ABLE**

- Focus on performing turns when the ball isn't moving.

### **MORE ABLE**

- On command pupils should be able to perform any of the 2 turns learnt.
- In the game, pupils can only use their weak foot.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they confidently dribble and turn with the football to a high ability?
	5	Can they dribble the football and turn with the Football with a certain degree of control?
	4	Can they attempt to dribble the football and turn, but to a low ability?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: using both feet to dribble with the ball at pace and keeping it under control?
	5	Can they show and link: using both feet to dribble the ball in a straight line and keeping it under control?
	4	Show dribbling with the ball.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.