

Spar Lancashire School Games PB Sports Day

Sports Day Activity 12: Kicking a Ball (Dribbling)

ACTIVITY/SKILL	OVERVIEW
<p style="text-align: center;">KICKING A BALL (Dribbling)</p> <p style="text-align: center;"><u>Video Demonstration</u></p>	<div style="text-align: center;"> <p>TOP VIEW</p> </div> <div style="text-align: center; margin-top: 20px;"> <p>SIDE VIEW</p> </div> <div style="border: 2px solid red; padding: 5px; margin-top: 10px;"> <p>Equipment:</p> <ul style="list-style-type: none"> 1 larger ball that rolls. Stopwatch or phone with stopwatch. Several toys or items of clothing that can be used to set out your course. </div> <div style="border: 2px solid blue; padding: 5px; margin-top: 10px;"> <p>Tips to improve:</p> <ol style="list-style-type: none"> When dribbling a ball, players should try to tilt their dribbling foot inwards so you can push the back of the ball with your toes. Keep the ball close so we can change direction at each of the household objects. Don't push the ball too far in front of you. If the ball does get away from you, catch it up and place one foot on top of it to stop it. It is good practice to use both feet, so you can easily change direction. Push the centre of the ball to go forward, push the left side of the ball to go right and push the right side of the ball to go left. Try to glance at the ball and look up whilst moving, so you can see your route. </div> <div style="border: 2px solid green; padding: 5px; margin-top: 10px;"> <p>Set up and Take Part:</p> <p>Set up as in the diagram - using the space you have available. You can have whatever course you like, be creative.</p> <ol style="list-style-type: none"> Dribble your ball AROUND the several items they have placed in your space/course and get from the start point and over the finish line as quickly as possible. Parent or helper shouts 'go' and starts the stopwatch. Dribble your ball around the course and when they get to the finish line the parent/helper takes a note of the time. The quicker the better. After the first attempt, have another go and try to beat your first score. What is the best score you can achieve? Can your parents, carers or siblings beat your score? </div>