

FGSPE LESSON PLAN

Category:	Advanced	Venue:	Field
Topic:	Football Advanced Part 2 Lesson – Dribble		
Skills to be covered:	1. The Dribbling Game (Time Trial)		

SKILL #1: THE DRIBBLING GAME (TIME TRIAL)	
Learning Outcome:	<ul style="list-style-type: none"> • Students will be able to dribble in a straight line in the shortest time possible • Students will be able to dribble in and out of cones in the shortest time possible

Suggested Instructions:

1. Teacher gives a signal (eg. "GO!") and presses 'start' on the stopwatch and student will start dribbling
2. Student will dribble the football as fast as possible in a straight line to the next field cone (10 metres away)
3. The football should be kept near to the foot during the dribble
4. Students should alternate between looking at the football and looking ahead at the field cone
5. Teacher presses 'stop' on the stopwatch when student reaches the next field cone
6. Teacher to note down the time taken by the student to dribble from the first field cone to the next field cone



Suggested Activity:

IN AND OUT OF CONES (TIME TRIAL)

1. Arrange 8 cones in a straight line with a distance of 1m between them (illustrated in the diagram)
2. Teacher gives a signal (eg. "GO!") and presses 'start' on the stopwatch and student will start dribbling
3. Student will dribble the football around the cones while avoiding them
4. The football should be kept near to the foot during the dribble
5. Students should alternate between looking at the football and looking ahead at the upcoming cones
6. Teacher presses 'stop' on the stopwatch when student reaches the last cone
7. Teacher to note down the time taken by the student to dribble from the first cone to the last cone

(Refer to the website for game demonstration)



ZIG ZAG CONE DRIBBLE (TIME TRIAL)

1. Set up the cones as illustrated in the diagram (Green triangle = field cones, Yellow circle = dome cones)
2. Teacher gives a signal (eg. "GO!") and presses 'start' on the stopwatch and student will start dribbling
3. Student will dribble the football to each dome cone (yellow circle)
4. The football should be kept near to the foot during the dribble
5. Students should alternate between looking at the football and looking ahead at the upcoming cones
6. Teacher presses 'stop' on the stopwatch when student reaches the end point
7. Teacher to note down the time taken by the student to dribble from start point to end point

(Refer to the website for game demonstration)

