

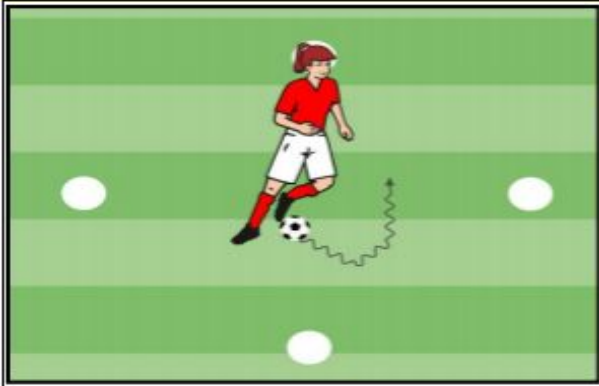


TESC RECREATION AT-HOME SESSION PLAN

TOPIC: Dribbling Forward & Changing Direction

SKILL ACQUISITION: Head up, to move the ball forward use the laces portion of the foot, keep it close with small touches with your laces, to change direction use the inside or outside of the foot. To stop it use the sole of the shoe.

EXERCISE #1: 6 Surfaces



Objective: To dribble the ball forward and use different surfaces of the foot to change direction.

Equipment: 4 markers (Cones, Paper Plates, Cups, Socks or Sandals) and a Soccer ball.

Organization: Set up a diamond as shown in the diagram. Get in the middle of the diamond with the soccer ball and start the tasks below.

Tasks:

1. Laces, outside, inside, sole to stop - Repeat.
2. Laces, laces, inside, outside, sole to stop, toe heel – Repeat.
3. Laces, laces, inside, inside, outside, outside, sole to stop, toe and heel – Repeat.

EXERCISE #2: Gate Dribbling



Objective: To dribble the ball forward and use different surfaces of the foot to change direction.

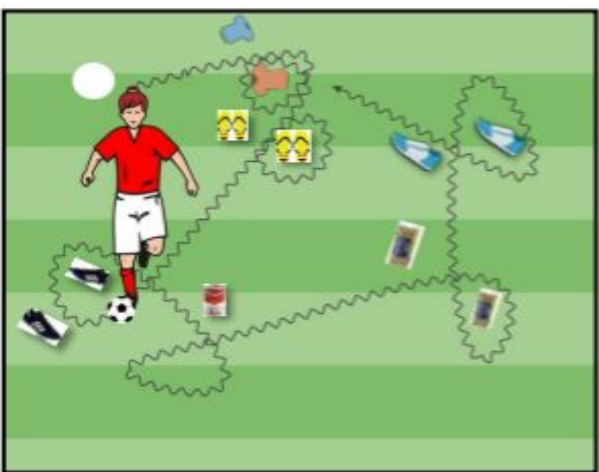
Equipment: A soccer ball, a marker and a few items such as shoes, sandals, t-shirts, cans, etc. as shown in the diagram.

Organization: Place the marker down as the starting point/end point and create gates with the items by placing two of a kind about two steps away from each other and start the tasks below:

Tasks:

1. Dribble through all the gates. Repeat it twice.
2. Dribble through each gate and go around one end of the gate with the inside of the foot before going to the next gate. Repeat twice.
3. Dribble through each gate and go around one end of the gate with the inside of foot before going to the next gate. Repeat twice

EXERCISE #3: The Race



Objective: To dribble the ball forward and use different surfaces of the foot to change direction.

Equipment: A soccer ball, 2 markers and a few items such as shoes, sandals, t-shirts, cans etc.

Organization: Place the marker down as the starting point/end point and create gates with the items by placing two of a kind about two steps away from each other and start the tasks below:

Tasks:

1. How fast can you dribble through all the gates? Repeat it twice.
2. How fast can you dribble through each gate and go around one end of the gate with inside of foot before going to the next gate? Repeat twice.
3. How fast can you dribble through each gate and go around one end of the gate with the inside of the foot before going to the next gate? Repeat twice