

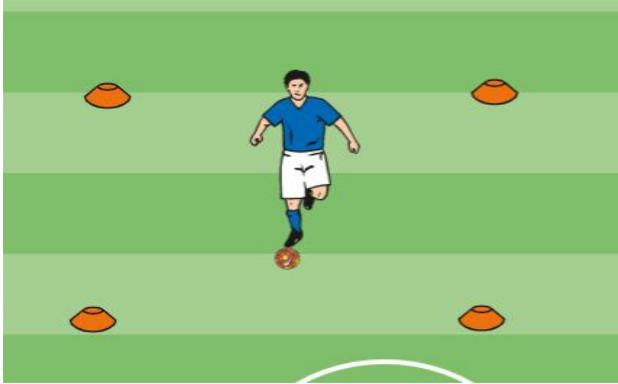


TESC RECREATION AT-HOME SESSION PLAN

TOPIC: Dribble and Stop the Ball

SKILL ACQUISITION: Dribbling: Head up, to move the ball forward use the laces portion of the foot, keep the ball close with small touches with your laces. Use the sole of the shoe to stop it.

EXERCISE #1: Sole Taps



Objective: To learn how to move the ball forward using the laces portion of the foot and stopping the ball using the sole of the shoe.

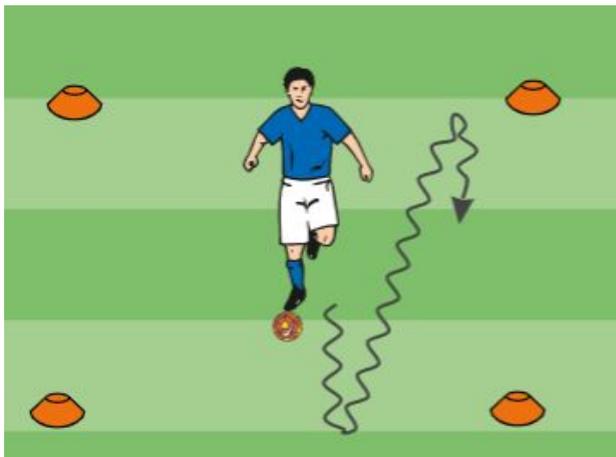
Equipment: 4 markers (Cones, Paper Plates, Cups, Socks or Sandals) and a Soccer ball.

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

Tasks:

1. Slow sole taps.
2. Quick sole taps.
3. Short kick – stop the ball with the sole of the shoe

EXERCISE #2: Cross the River



Objective: To learn how to move the ball forward using the laces portion of the foot and stopping the ball using the sole of the shoe.

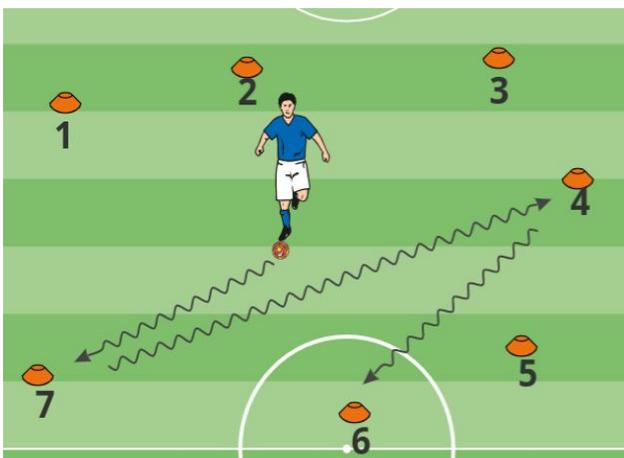
Equipment: 4 markers (Cones, Paper Plates, Cups, Socks or Sandals) and a Soccer ball.

Organization: Set up a square as shown in the diagram. The players will get on one side of the area in between two cones and cross the river by dribbling the ball forward and stop it using the sole of the shoe on the other side of the river between the cones.

Tasks:

1. Slow forward dribbling and stop the ball between the other side's two cones.
2. Faster forward dribbling and stop the ball.
3. How many times can you dribble to the other side, stop the ball, and dribble back across the river?

EXERCISE #3: Bus Stop



Objective: To learn how to move the ball forward using the laces portion of the foot and stopping the ball using the sole of the shoe.

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

Organization: Set up a square as shown in the diagram. The players will get on one side of the area in between two cones and cross the river by dribbling the ball forward and stop it using the sole of the shoe on the other side of the river between the cones.

Tasks:

1. Slow forward dribbling and stop the ball between the other side's two cones.
2. Faster forward dribbling and stop the ball.
3. How many times can you dribble to the other side, stop the ball, and dribble back across the river?