

Lesson 1: Touches

Warm up: Play the game 'Body Parts'

Acquiring the skills

In the skills acquisition stage, your children will be focusing on touching the ball using different areas of their feet within an area avoiding players as they move.

1. **Big toe, little toe** - kicking the ball with the inside and then outside of one foot, then move to two feet.
2. **In between** – the children will move with the ball using the inside of both feet.
3. **Outside only** – the children will dribble with a bit more speed using the outside of their feet. Encourage children to point toes towards the ground

Using and Applying

Play the game 'Through the Gate' encouraging the children to dribble around the area then listen to the commands (type of touch) given by the teacher. E.g. Big toe, little toe, and then try to go through two gates.

Game: Play a game

Cool Down: 1, 2 or 3?

Moving slowly, number each type of touch and call out a sequence for the players to complete slowly, focusing on technique. E.g. 1 (big toe, little toe) 2 (in between).

Lesson 2: Touches

Warm up: Set out cones inside a small area. Recap the touches from lesson 1 and tell the children to avoid the cones and each other.

Developing the skills further

In this stage, your children will get into fours. They will need to stand facing each other around 2 meters apart. Place cones in a straight line for the players to dribble around. They will use 'big toe, little toe' and 'in between' to dribble in and out of the cones to a partner opposite them. Encourage the children to go slow to begin with, focusing on technique and then slowly build up their speed when completing the activity.

Using and Applying

Place your children in pairs and they can stand 2 metres away whilst facing each other. Your children are going to use their dribbling skills to get around their partner. The player without the ball doesn't move, they only act as a barrier to put some pressure on the player dribbling. Encourage your children to move at speed whilst maintaining control of the ball. 'Big toe, little toe' and 'outside only' are best for this activity.

Game: Play a game

Cool Down: Complete a few stretches and a light jog with the children to finish off.

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