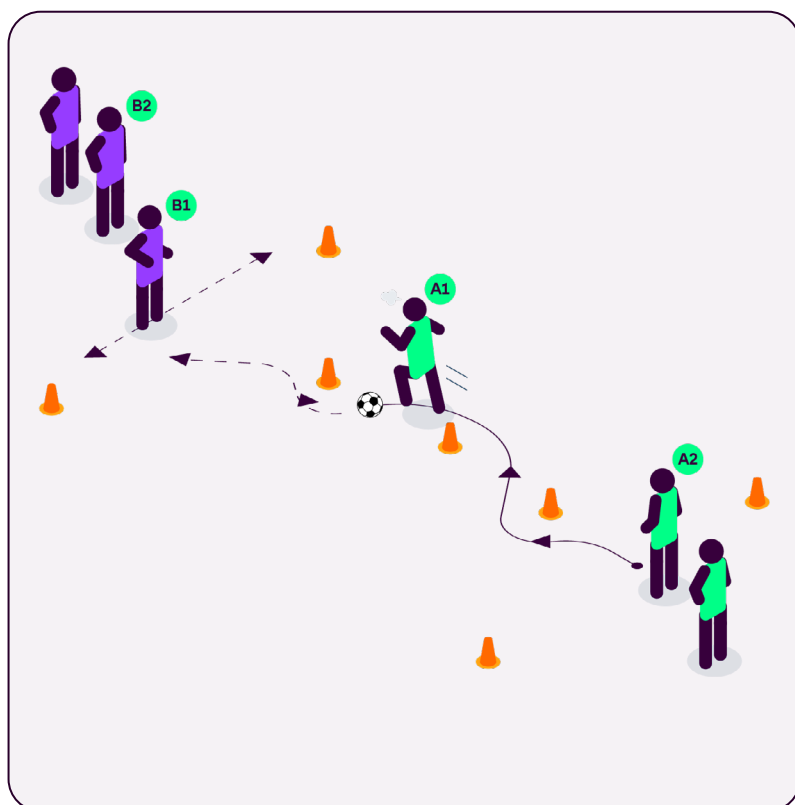


Activity sheet

Dribble Challenge



Equipment

- 1 football per team
- 3 cones
- 2 line-markers

Teams

- 4-6 people in a team

Safety

- Keep the ball on the ground
- Watch out for loose balls

How to play

- Put 3 cones in a line, at least 2m apart.
- Put line markers at either end of the line, at least 2m from the cones.
- Divide the team so half (A) wait at one marker and half (B) wait at the other.
- Player A1 dribbles the ball between the cones (in a slalom) and, at the end, shoots towards player B1.
- Player B1 stays behind the line but can move left or right to change the angle of player A1's shot.
- Player A1 goes to the back of line B.
- Player B1 dribbles the ball back along the slalom and shoots towards player A2.
- Keep going so all players dribble and shoot as they swap ends.
- Can you keep the ball under control?

Support

- Increase the spacing between cones
- Use a slower pace while dribbling
- Dribble in a straight line, not around cones

Challenge

- Increase number of cones in the same space
- Vary the spacing between or angles of cones
- Use both feet to dribble and pass

Include everyone

- Change the ball, e.g., bell ball, contrasting colour to floor, large and light for pushing, no- or low-bounce
- An opposite player or buddy claps to indicate direction
- Use wheels/bat/stick to push the ball instead of kicking

Play anywhere

Play a keepy-up version with balloons, moving around chairs in a classroom space.

Football skills

This activity helps you to...

- Control the ball when travelling
- Stay balanced while changing direction
- Use both sides of the body

Life skills

This activity helps you to **be resilient**.

To have resilience, you need to:

- Keep going when something is difficult
- Learn from your mistakes and try again