



## Description of Activity

Arrange pupils in two groups, one group are the statues and the others are the dribblers. Each dribbler should have a ball from the start of the activity. All pupils move around the designated area. On a signal the statues should stand with their feet apart, some at medium distance apart and some with their feet just far enough apart for the ball to go through. The other pupils who are the dribblers drop the ball and dribble it with their feet throughout the playing area. When they come to a statue they kick-pass the ball through the statue's feet, run around the statue and trap the ball on the other side. Swap roles regularly.



## Variations

- Invite the pupils to work in groups of three with two dribblers playing against each other and one statue.
- Vary the activity to striking with the hand by bouncing the ball rather than a foot dribble.
- To increase the difficulty add a shadow (another pupil following their run) while they are dribbling.
- Use a ball between two instead of a ball each and invite pupils to make a pass after putting the ball through a statue's legs.

## Equipment

An open playing area, footballs



- Ensure that the ball is kept on the ground and is not kicked hard.
- Use plenty of space to allow pupils experiment with kicking and dribbling fully.
- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- Practise your kicking technique at home by marking some targets on a wall and trying to hit them from various distances.



na deilbh • na druibleáilaithe • séideadh na feadóige • ciceáil • tríd na cosa