

Soccer/Football Activities

Complete the activities for 15 minutes, 2 times per week

Juggling One Bounce	Juggling On the Knee	Juggling Swapping between feet and thighs	Master Juggler Juggling between various body parts without stopping
Dribbling Roll Along	Dribbling Taking the Ball for a Walk	Dribbling Oscillator (side to side)	Complete the 3 different dribbling skills in a sequence
Turning Skills Toe Taps	Cut Back Turn	Step Over Pivot Turn	Twister

Extension Task:

Your task is to create and perform a rehearsed one-minute sequence of football skills to music.

You will be judged on your:

- selection of football skills
- transitions between skills
- rhythm and timing to music
- creativity

Soccer/Football Juggling Skills

One Bounce

1. Drop the ball towards the ground



2. Allow ball to bounce once



3. Allow the ball to reach its highest point and begin falling towards the ground again



4. Place foot under the ball so it will not touch the ground. Point toes up and allow the ball to strike the top of the foot



5. Kick the ball up to chest height



6. Catch the ball.

Repeat using other foot.
Extend the skill by removing the catch and performing it as a continuous sequence



Juggling on the Knee



- Hold the ball in front of body
- Knees slightly bent
- Weight on balls of the feet



- Throw the ball up to head height



- Bend one knee to 90°
- Place thigh of bent leg under the ball



- Allow ball to strike thigh of bent leg
- Raise bent leg
- Push the ball back up to head height



- Catch the ball














- Repeat using the other leg to strike the ball









- Extend the skill by removing the catch and performing it as a continuous sequence using both legs












Practice

Soccer/Football – Dribbling Skills

Roll Along	 <ul style="list-style-type: none"> • Use the sole of the foot to roll over the top of the ball and propel the ball to the side • Walk sideways in the same direction as the ball while keeping the ball in front of the body 	 <ul style="list-style-type: none"> • Use arms to maintain balance 	 <ul style="list-style-type: none"> • Other foot is used to stop the ball 	 <ul style="list-style-type: none"> • Repeat the movement <li style="text-align: center;">or • Change directions by swapping the foot used for each movement
Taking the Ball for a Walk	 <ul style="list-style-type: none"> • Foot touches top of ball and moves it slightly forward 	 <ul style="list-style-type: none"> • Other foot touches top of ball and continues to move it forward 	 <ul style="list-style-type: none"> • Repeat the movement, swapping feet between touches 	
Oscillator (side to side)	 <ul style="list-style-type: none"> • Ball starts in front of body between feet • Inside of left foot touches the side of the ball 	 <ul style="list-style-type: none"> • Ball moves towards right foot 	 <ul style="list-style-type: none"> • Ball is stopped using inside of right foot • Ball is immediately kicked back to the left foot 	 <ul style="list-style-type: none"> • Continue moving the ball back and forth between the feet • Extend the skill by performing it while moving forward

Soccer/Football Turning skills

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Toe Taps</p>	 <ul style="list-style-type: none"> • Ball is stationary and in front of body • Left foot — toes touch top of the ball • Right foot — weight on front of the foot behind the ball 	 <ul style="list-style-type: none"> • Feet swap positions • Ball remains stationary 	 <ul style="list-style-type: none"> • Arms used to keep balanced • Extend skill by increasing speed of touches
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Cut Back Turn</p>	 <ul style="list-style-type: none"> • Dribble the ball while moving forward 	 <ul style="list-style-type: none"> • Reach around the ball with right foot and stop ball with inside of the foot • Push the ball with the inside of the right foot back towards the original starting point 	 <ul style="list-style-type: none"> • Turn body around to face original starting point and accelerate towards ball • Push the ball with outside of left foot • Arms out to maintain balance • Body position is low with knees bent • Extend the skill by attempting in opposite direction and swapping foot movements

<p>Step over Pivot Turn</p>	 <p>Dribble the ball while moving forward</p>	 <p>Step over the ball</p>	 <p>Step over foot plants on ground</p>	 <p>Body pivots around the ball to turn 180° and face original starting point</p>	 <p>Non-pivot foot swings round and collects the ball to move off in the same direction as you are facing</p>	
<p>Twister</p>	 <p>Dribble the ball while moving forward</p>	 <p>Approach ball and lift left leg</p>	 <p>Place left foot on top of the ball</p> <p>Drag the ball to the left with the sole of the left foot</p>	 <p>Turn body backwards/clockwise 180° to face the original starting point</p> <p>Place right foot on top of the ball</p>	 <p>Drag the ball away from the original starting point with the sole of the right foot</p>	 <p>Turn body another 180° clockwise to face away from original starting point</p> <p>Plant right foot and accelerate towards ball</p> <p>Extend the skill by attempting in opposite direction and swapping foot movements</p>