### 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  Complete the 3 different dribbling skills in a sequence	
Dribbling Roll Along	Dribbling Taking the Ball for a Walk	Dribbling Oscillator (side to side)		
Turning Skills Toe Taps Cut Back Turn		Step Over Pivot Turn	Twister	

#### **Extension Task:**

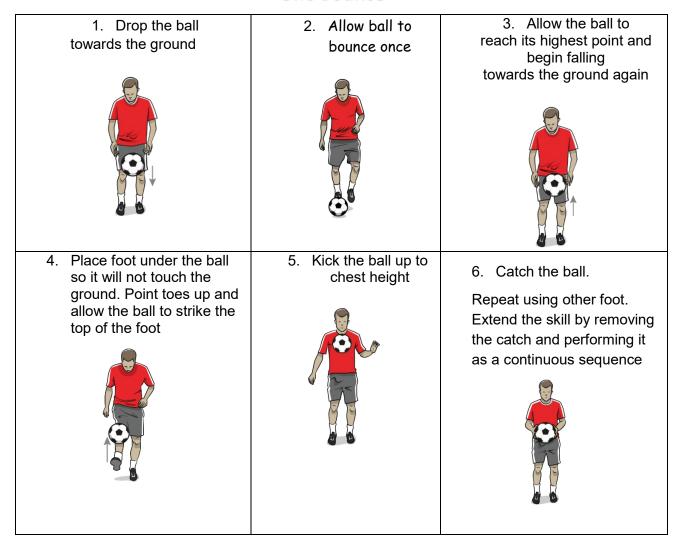
Your task is to create and perform a rehearsed one-minute sequence of football skills to music.

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



### Juggling on the Knee

Juggiing on the knee					
<ul> <li>Hold the ball in front of body</li> <li>Knees slightly bent</li> <li>Weight on balls of the feet</li> </ul>	Throw the ball up to head height	<ul> <li>Bend one knee to 90°</li> <li>Place thigh of bent leg under the ball</li> </ul>	<ul> <li>Allow ball to strike thigh of bent leg</li> <li>Raise bent leg</li> <li>Push the ball back up to head height</li> </ul>		
• 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> <li>Use the sole of the foot to roll over the top of the ball and propel the ball to the side</li> <li>Walk sideways in the same direction as the ball while keeping the ball in front of the body</li> </ul>	Use arms to maintain balance	Other foot is used to stop the ball	<ul> <li>Repeat the movement</li> <li>or</li> <li>Change directions by swapping the foot used for each movement</li> </ul>
Taking the Ball for a Walk	Foot touches top of ball and moves it slightly forward	Other foot touches top of ball and continues to move it forward	Repeat the movement, swapping feet between touches	
Oscillator (side to side)	<ul> <li>Ball starts in front of body between feet</li> <li>Inside of left foot touches the side of the ball</li> </ul>	Ball moves towards right foot	<ul> <li>Ball is stopped using inside of right foot</li> <li>Ball is immediately kicked back to the left foot</li> </ul>	<ul> <li>Continue moving the ball back and forth between the feet</li> <li>Extend the skill by performing it while moving forward</li> </ul>

# **Soccer/Football Turning skills**

Toe Taps	<ul> <li>Ball is stationary and in front of body</li> <li>Left foot — toes touch top of the ball</li> <li>Right foot — weight on front of the foot behind the ball</li> </ul>	<ul> <li>Feet swap positions</li> <li>Ball remains stationary</li> </ul>	<ul> <li>Arms used to keep balanced</li> <li>Extend skill by increasing speed of touches</li> </ul>
Turn			
Cut Back Turn	Dribble the ball while moving forward	Reach around the ball with right foot and stop ball with inside of the foot	Turn body around to face original starting point and accelerate towards ball
Ö		Push the ball with the inside of the right foot back towards the original starting point	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

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