

DRIBBLING



GET ACTIVE



20 MINUTES



PREPARATION
NEEDED

GETTING INTO THE ACTIVITY

A skill all footballers need, whether they are a defender, midfielder or striker - is the ability to dribble. Practise your dribbling skills with the two activities below or by creating your own.

Weaving through obstacles: Footballers need to be able to weave through opposition players. Place some obstacles on the floor and then practise getting from one end of the garden to the other whilst dribbling the football and dodging the obstacles. How quickly can you weave through all the obstacles?

Speed Dribbling: You have the ball but you're going to need to dribble the football quickly, before you can shoot and before a defender catches up with you. How quickly can you dribble the ball across the garden? Set a timer and see if you can beat your own time.

Ask a grown-up to take a photo or video of your dribbling training and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Football
- Obstacles



NOTES FOR PARENTS & CARERS

Please make sure the space used is safe and appropriate. An adult should initiate any contact with the BB group and/or share on social media.