

As they become more skilful
Manipulative

Dribbling with Feet

Dribbling is controlling a ball using the feet. It requires good foot-eye coordination. Feet perform a series of small kicks and drags to keep the ball travelling along the ground. It is important in rugby and football.

1 Dribble the ball with either foot, using inside and outside of feet



6 Keep balanced

5 Use the arms to assist the action

2 Keep the ball close to body

3 Give the ball little taps to move it along

4 Keep the head up, looking around

Opportunity to develop:
Coordination - Manipulative skills - Control - Accuracy
Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

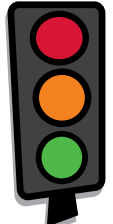
Safety!
Ensure...
the balls have smooth surfaces and roll easily to avoid children tripping up

If you see...

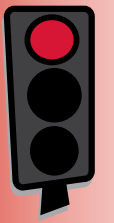
Observation	Likely cause	Solution
Bumps into other	Looking at the feet	Keep head up and look around
Ball rolls too far from the child	Kicks, pushes the ball too hard	Make little 'taps' of the ball
Lose control of the ball	Ball too far from the body	Keep ball close to body
Poor balance	No use of arms	Keep arms out for balance

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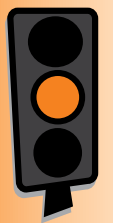
Dribbling with Feet




mostly x's
✓ and x
mostly ✓'s




- Walk and dribble soft or partially deflated balls. Beach balls/balloons will be easier to dribble
- Take short steps to keep ball close to body and under control
- Pass the stationary ball from foot-to-foot. Roll the ball with the foot, e.g. forward, back, to the side



- Dribble along a pathway
- Dribble through wide gates placed within an area
- Dribble in and out of cones
- Dribble around the area. On a whistle the child stops the ball with the foot



- Dribble along a narrow pathway
- Dribble and change direction
- Dribble around obstacles changing direction
- Roll the ball slowly away. Run after the ball and attempt to stop it with foot and then dribble with it



- Dribble with feet in different directions and at different speeds, then in response to a range of cues
- Dribble with feet following a Figure of 8, W, M, Square, slalom pathway

Can you see...?

- the child keeping their head up and looking around?
- the child dribbling the ball with either foot?
- the child maintaining balance?
- the child moving their arms to assist the action?
- the child keeping the ball close to body?