

S2.4: Football- Stopping the Ball



Aim: To teach children to *move and stop* a ball with their feet.

Infrastructure Required: Playground/ Large indoor space

Props & Equipment Required: Footballs, Soft balls, Saucers, Pop up goal post, training arch, EduSports warmup song

Class Size: Large class size of 40-50

Warm up: Warm up with the EduSports Warm up song.

How to Proceed

- Ask the children to stand in a *scatter formation* and move around.
- Tell them when you say 'Stop', all children should freeze as if they are statues.
- They should move again when you say 'Go'.
- Repeat this activity a few times.
- Give one football / softball to each child.
- On your call, "Go", ask them to move with the ball.
- When you call out, "Stop" they should stop the ball with their sole.
- Do this activity till the children are able to stop the ball.

Activity:

Mark a T- shaped pathway about 10 ft wide with saucer cones (Refer to the diagram below)

Place one pop up goal post/ training arch at the end of it. Use marking cones or training arches to designate the goal post.

Tell the children to dribble the ball inside the marked pathway

The teacher stands in front of the children.

Tell them when the teacher calls out 'Right' (show it with the hand too), they dribble towards the Right side and score the goal. Also do the same to the Left side

Repeat for some time.

