"Whatever you do, work at it with all your heart"

Colossians 3:23

Dribbling

Year 3 - Autumn 1 & 2

Key Knowledge:

To know that:

⇒ A hockey stick should be held with two split hands (one at the top and one in the middle)

⇒ A handball should be bounced/dribbled with the fingers and not the palm of the hand

⇒ Change direction quickly to move away from other players and into space

⇒ When dribbling, keep the ball close to the body for more control

⇒ When dribbling, use lots of little touches to keep the ball under control

⇒ The more the head is up and looking around, the more aware a player will be of where the space is

⇒ Dribble into space quickly to receive the ball or create own space

⇒ Standing between an opponent and the ball creates a barrier or shield for the ball



Key Vocabulary:

Dribble—moving an object from one area to another with control

Direction –where the dribbling is moving to

Space- an empty area without any opponents or interferences

Shield—to block or protect your object from an opponent

Awareness- know what is happening around you

Split hands—dribbling an object by changing each hand.

