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

Colossians 3:23

Dribbling

Year 4 - Autumn 1 & 2

Key Knowledge:

To know that:

⇒ When dribbling, ensure time is spent looking at the ball but also at what is in front and around

⇒ A handball should be pushed when dribbling as opposed to hit or slapped

⇒ Bent the knees slightly to get lower to the ground which will allow for a quicker change of direction

⇒ When dribbling, if there is more space, use larger/bigger touch to travel through the space quicker

⇒ Keep the ball moving with lots of little touches when shielding the ball from an opponent

⇒ Only pass to a teammate who has enough space around them and if they are in a more advantageous position than if you continued to dribble

Key Vocabulary:

Possession—when you or your team have the ball

Advantageous - giving yourself an advantage over an opponent

Spatial awareness - knowing if there is space around your body

Centre of gravity-the point where the weight is even on all sides

Touch strength-how much force to allow when touching the ball



