

MULTI-SKILL CLUB

CO-ORDINATION 5 MOVING WITH SOMETHING

GETTING SKILFUL - FABB

Encourage the children to:

Feet

- use the outside of foot when dribbling a ball
- be 'light' on feet, able to change direction.

Arms

- hold ball away from body
- keep non-holding arm out for balance.

Body

- lean slightly forward
- bent knees for change of direction.

Brain

- think about position of ball:
 - in relation to the body
 - in preparation for release.

THINK INCLUSIVE

- Encourage pupils to explore all the ways of moving with something. Give the group a task, 'How many ways can your group move with the ball?'

Encourage the children to:

Space

- move:
 - in small spaces (harder)
 - in bigger spaces (easier)
 - straight, diagonally, curved, zig-zag, circular
 - to penetrate space.

Objects

- use different shapes, sizes, weights, textures, lengths
- release and regain control.

Speed

- increase speed when control of ball is secure.

Strength

- practise repetition of dribbling at different speeds to build strength.

GETTING BETTER - SOSS



ALL ROUND DEVELOPMENT, LINKS WITH:

Agility

- patterns, changing direction and pace.

Balance

- adjusting and challenging balance when moving with something.

Encourage the children to try:

- practising within most games when in possession of a ball
- different apparatus in rhythmic gymnastics to add effect to movement
- to practise movement skills at clubs, e.g:
 - handball or rugby - running with a ball
 - hockey, football and wheelchair basketball - dribbling a ball
 - polybat, rounders and cricket/table cricket - practising the ability to send accurately to bases and stumps and strike for accuracy and power.

EXTENDING SKILLS

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MUSICAL DRIBBLE

Musical Dribble

- Dribble inside the marked area.
- When music stops, everyone but the last 5 people to stop get a point.
- Vary the space, duration of dribble and the implement used.

Dribble Relays

- Design different relay circuits where the ball is moved in different ways.



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