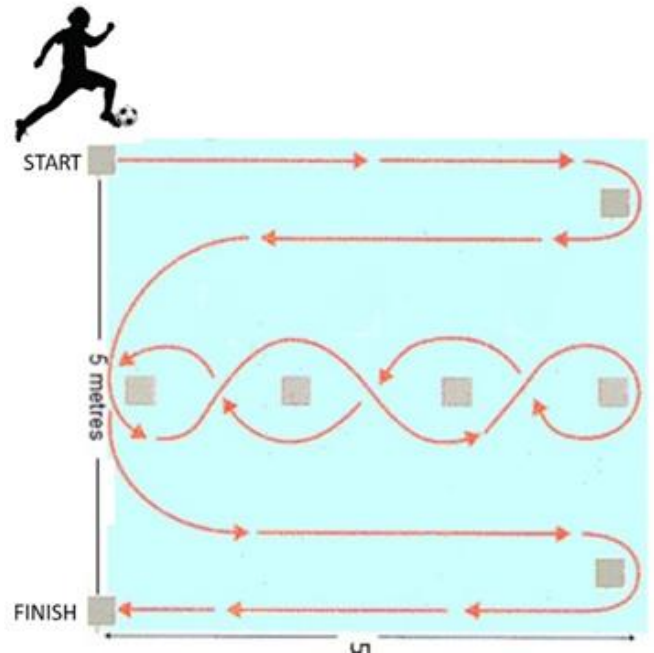


# Islington Personal Challenges

## Week 6: Football Dribble Challenge

### Challenge Description;

- You will need a football and set of cones or items to use as markers
- Set out the course shown in the picture
- Players line up at the start and then follow the course dribbling (bouncing) the ball
- Run up and around the first marker, down to the bottom the slalom
- Slalom between the cones up to the top and back
- Then round the cone dribbling up to the top right hand marker around that and into the finish
- Time how fast you can complete the course
- See Twitter for a [video demonstration](#)



### Key Coaching points for dribbling with the feet;

- Looking forward to target
- Lean slightly forward to accelerate
- Push the ball forward using the inside of the foot or edge toes to run on to and drive into space
- Drive arms opposite to legs
- Slow the ball down by getting low and using instep of the foot to control the ball
- Lean slightly backwards to slow down when reaching a cone
- Keep the ball close using the inside or outside of the toes to turn around the cones
- Land on the ball of the foot as you run



To take part in the Islington virtual competition submit your scores to [sports@islington.gov.uk](mailto:sports@islington.gov.uk) (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit on our webpage [www.islingtoncs.org/pesspa](http://www.islingtoncs.org/pesspa)

## Islington Personal Challenges

### Examples of how you could use or fit the personal challenge into the school day

The football dribble course focuses on co-ordination and object control using the feet. Kicking and dribbling is a fundamental movement skill practicing dribbling will help with whole body co-ordination and movement patterns and of course aid with participation in football.

#### PE Lessons

The football dribble challenge could be used within a dribbling and kicking session, for key stage 2 this may be more specifically for a football based session. The challenge would be best used towards the end of a lesson or final progression to test and challenge dribbling skills against the clock as a bit of fun and could even setup multiple stations next to each other to make into races or relays. Early parts of the lesson should focus upon coaching points and given pupils plenty of repetition and opportunity to explore their technique progressing the lesson or unit of lessons as they become more confident.

Practically you could split the group into small groups of 3-5 children and setup the dribble course for each small group to practice and attempt themselves getting more repetitions, as well as timing keeping and providing feedback when it is not their turn. You could also challenge them to come up with their own dribble courses or even rotate groups around to different dribble courses children have created to test their dribbling in different ways.

For more information on PE planning and guidance, visit [www.Islingtoncs.org/pesspa](http://www.Islingtoncs.org/pesspa)

#### Extra-Curricular: Break and Lunchtimes or clubs

The challenge is best suited to a football session for an extra-curricular club. A similar style session as described for a PE lesson could be followed or use the dribble course as a standalone activity as a bit of fun to test dribble speed and skill. For a club you could go a few steps further and make it into a relay with extra players or setup a few courses side by side as a versus challenge.

During a break or lunchtime, staff or young leaders could be allocated a space to setup and run the challenge for an activity pupils can attempt and practice during their break times. Making the challenge part of any playground zoning will help keep a safe space for the activity and also show pupils they can take part in the challenge. Seeing other pupils or their friends trying the challenge is a good way to capture other children's interest.

To take part in the Islington virtual competition submit your scores to [sports@islington.gov.uk](mailto:sports@islington.gov.uk) (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit on our webpage [www.islingtoncs.org/pesspa](http://www.islingtoncs.org/pesspa)