

FB: FOOTBALL – JUGGLING & BALL CONTROL

Learning Objective: The students will learn the basic skill of juggling – an important skill to acquire ball control.

Equipment: Football, Cones

Skill : Juggling

The importance of soccer juggling is three fold...

Balance

The students develop balance because they are always using one foot to juggle and the other to stand on. The student gets the hands out for balance.

Concentration

While the students are learning to juggle they will have to concentrate on the ball and their technique to improve.

Touch

The students learn to develop touch and skill by soccer juggling because they learn how the ball spins. There could be a forward spin or a back spin.

The students also learn which surface to use like the foot, thigh or the head to control the ball depending on the height and angle the ball is coming at them.

The skill factor comes into play when they face opponents. Juggling the ball can be used when the ball is in the air and the student needs to take a few juggles to keep possession.



General Warm up: Slow jogging and stretching exercises - 5 mins

Beginner Juggling – 10 mins.

- Divide the students in groups of three and each group to have one ball.
- Sit on ground in front of your partner and hold the ball over his or her shoelaces.
- Strike the ball and catch. Do this for 1 min or 10 times and give the ball to your partner.
- Partner to follow the same.

After the above activity, students try juggling in standing posture. To begin with, allow many drops as comfortable to the students.

Game play – 15 mins

After the skill practice, the students will be divided in two groups to play a game of football.

Cool Down: Stretching exercises. (5 mins)