



Dribbling with Foot

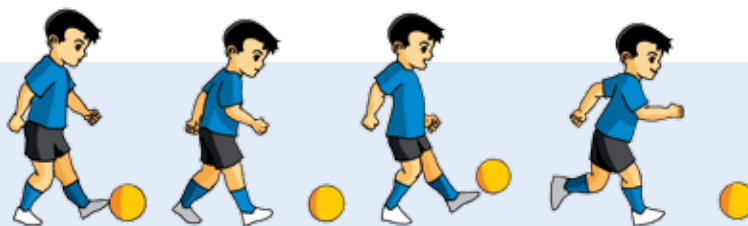
Dribbling with foot, commonly used in soccer, involves controlling a ball and travelling with it. It is a foot-eye coordination skill that requires visual tracking, dynamic balance and spatial awareness. This skill also necessitates lower limb muscular control which is a challenge for young children.

To dribble well, your child needs to be able to use either side (inside or outside) of the foot to track and move the ball forward. Beginners generally kick at the ball with toes and have little or poor control of it. They also have little awareness of direction and effort, often kicking the ball too far ahead. Hence they end up chasing the ball instead of dribbling it.

Developmental Phases

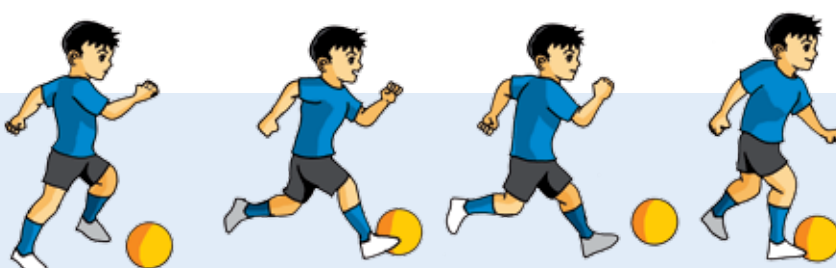
Dribbling with Foot

Initial



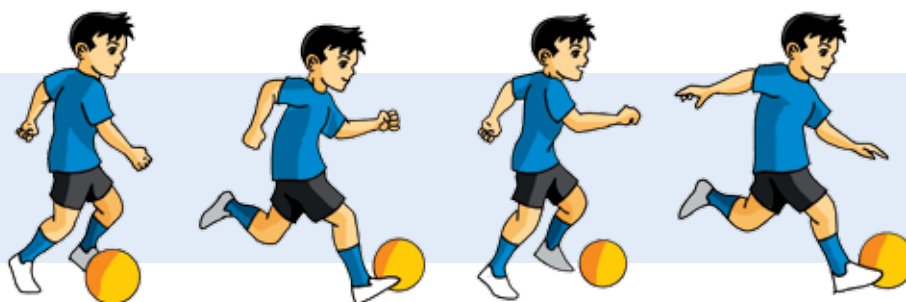
- Walks or runs and kicks at the ball with toes/front of foot.
- Ball is usually kicked far away. Child ends up chasing ball, only to kick it again in random directions.

Transition



- Runs and kicks at the ball with toes or the side of the foot.
- Ball remains near foot after being kicked. Child chases ball, attempting to gain control of it.
- Eyes on ball, looking ahead occasionally.

Mature



- Runs with control.
- Pushes the ball forward or to the side with the inside/outside of the foot.
- Ball is kept near to the foot during the dribble, with the foot controlling the direction of the ball.
- Eyes alternate between the ball and looking ahead.

Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10

Teaching Strategies

Dribbling with Foot

What to do if your child...

... is unable to control ball?

- Mark the inside/outside of foot with tape or tie a cloth band around the shoe near the front section.
- Get your child to tap the ball on the spot using the inside/outside his foot.



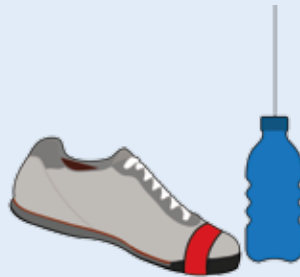
... tends to kick the ball far away?

- Get your child to imagine he is 'walking the ball' (i.e. to walk while keeping the ball next to his feet).
- Have your child progress to walking briskly with the ball, if he is able to.



... can only dribble with one dominant foot?

- Tie a plastic bottle and hang it just touching the ground.
- Get your child to practise tapping the bottle with the inside/outside of his foot.
- Practise tapping using left and right foot to develop versatility of both feet.



... has little control of ball during dribble?

- Set up a simple obstacle course (using cones or markers). Get your child to walk and dribble around the obstacles.
- Have your child progress to walking briskly with the ball, if he is able to.



Variations in

“Can your child use his foot to dribble...?”

How the body moves	Force/Effort	Time	Flow
	<ul style="list-style-type: none"> • an empty plastic bottle • a plastic bottle filled with sand • a juice/milk carton that is half-filled 	<ul style="list-style-type: none"> • quickly • and make the ball go slowly • in and out of a row of cones 	<ul style="list-style-type: none"> • with his legs straightened out • without swinging his leg to kick • and freeze when he hears the whistle
	Location		
Where the body moves	Location	Direction/Pathways	Levels/Extensions
	<ul style="list-style-type: none"> • keeping the ball just in front of his foot • in between two lines • along the lines of a basketball court 	<ul style="list-style-type: none"> • along a straight line • following a curved/zigzag line • then stop and change direction 	<ul style="list-style-type: none"> • with his hands outstretched like an aeroplane • keeping the ball rolling along the ground all the time • with his body leaning forward/backward
	Self (body parts)/People		
With whom/What the body moves	Self (body parts)/People	Objects	
	<ul style="list-style-type: none"> • alternating between left foot and right foot • and pass to you on his left/right • and high-five anyone who passes by 	<ul style="list-style-type: none"> • an empty tissue box • around cones • and stop the ball in a hoop 	
	Objects		

COMBINATIONS

- Slowly following the straight line on the floor, keeping the ball next to his foot
- With the right foot only, till he reaches a cone at the other end and then dribble back using only his left foot

Activity 1

Dribbling with Foot

OBJECT CONTROL SKILLS

WHAT YOU NEED

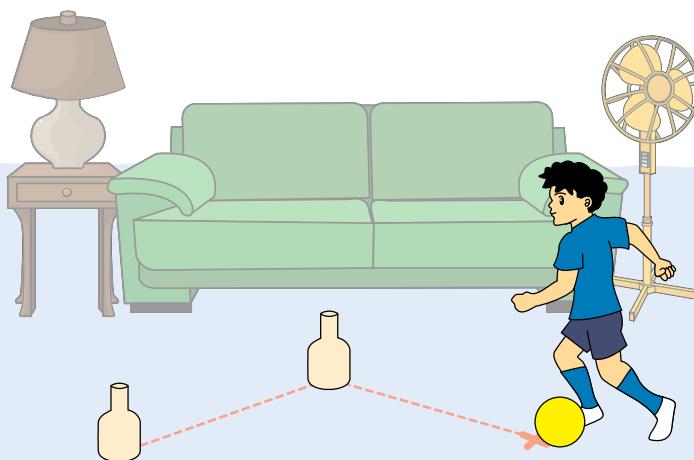
- Recycled materials, such as empty bottles and toilet rolls, to serve as markers
- A ball
- Objects found at home, such as stuffed toys or empty boxes, to serve as obstacles

HOW TO PLAY

- Ask your child to dribble a ball with his feet at the sound of music. He must try to gently stop the ball with one foot when the music stops. Have him repeat the activity using his other foot to stop the ball.
- Encourage your child to explore moving the ball with different parts of his foot.

Parts of foot

- Inside
 - Outside
 - Toes
 - Heel
 - Front
- Use the recycled materials (markers) to form different shapes, numbers and paths (zig-zag, curved, circular) for your child to dribble along.
 - Place more recycled materials around the markers to serve as obstacles. Your child must dribble past these obstacles.
 - Get your child to stay on the same spot, and make a turn while dribbling a ball with one foot. Have him repeat the activity using his other foot.



BE AWARE

- This activity helps your child practise his ball control skills. Your child will discover that the ball should be kept close to him for uninterrupted dribbling.
- Ensure his feet are slightly apart to maintain balance and to change direction quickly.

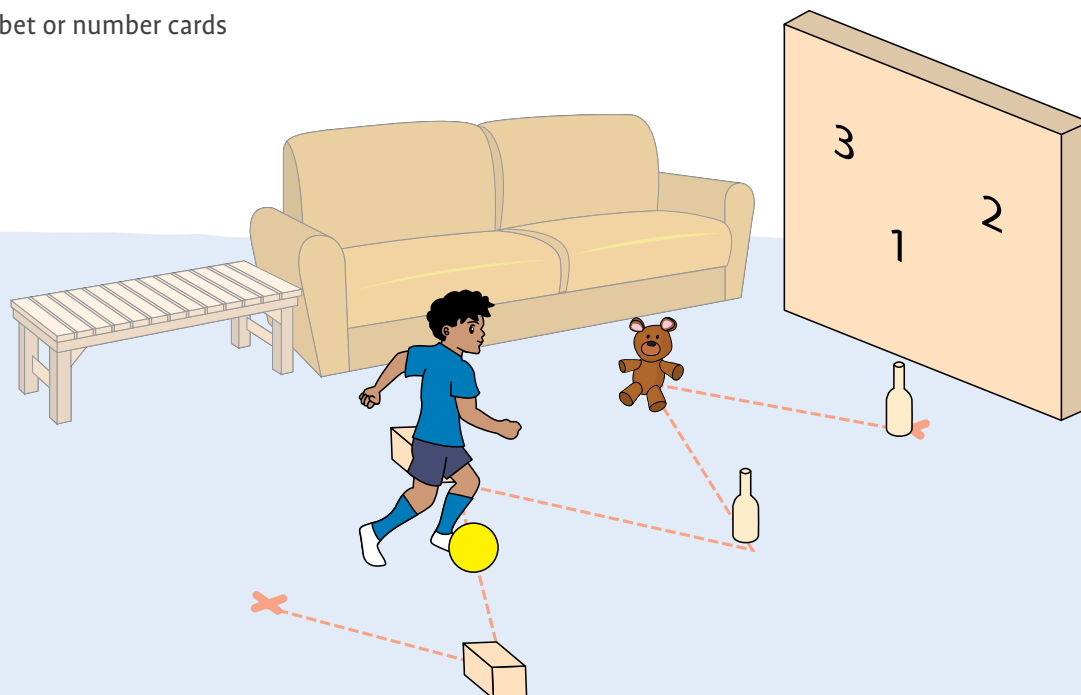
Activity 2

Dribbling with Foot

OBJECT CONTROL SKILLS

WHAT YOU NEED

- Recycled materials, such as empty bottles and toilet rolls, to serve as markers
- A ball
- Alphabet or number cards



HOW TO PLAY

- Place two recycled materials (markers) approximately 20 metres apart. Have your child dribble a ball from one marker to the other.
- Place more recycled materials (obstacles) in the path. As he dribbles the ball from one end to the other, he must dribble past the obstacles.
- Use a stopwatch to record the time your child takes to dribble from one marker to the other. Encourage him to break his own record with each subsequent attempt.
- Form different pathways such as a zig-zag line using the recycled materials. This will serve as a guide for your child to dribble a ball along.
- Stick number cards on one wall. Get your child to dribble a ball towards this wall, pick one card, and dribble towards an adjacent wall to stick the card on. Continue until all the cards have been transferred. The game ends when all the cards are arranged in ascending order.



- Challenge your child by using alphabet cards instead. Specify a word for him to spell out such as “cat”. Dribbling between the adjacent walls, he must transfer the correct alphabet cards, one at a time. The game ends when the cards are arranged in the right order.