



Foundation



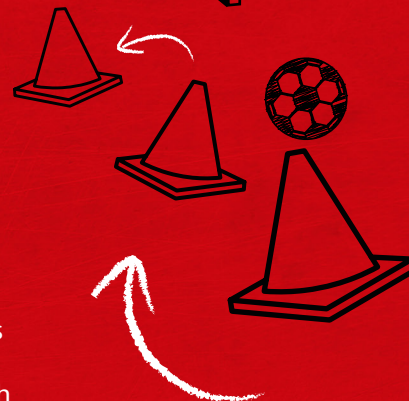
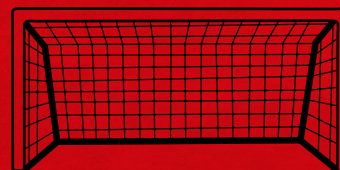
Dribbling course

What you'll need

- Football
- Flat markers
- Cones

How to set up the game

- Place your flat markers and/or cones in two parallel lines, leading to a wall, with two yards separating each marker or cone
- At the end of the second line set up a goal using cones or markers
- The starting point is at the first marker and the end point is goal



How to play

- Dribble the ball through the different coloured markers or cones, before playing a pass against the wall
- When the ball bounces back off the wall, continue dribbling through the markers or cones on the opposite side towards the goal
- Take a shot at the goal – if you miss, have another attempt until a goal is scored
- Record how many times you can dribble the ball through the markers and cones to score a goal in one minute
- Wheelchair users can move in and out of the markers with the ball in their hands or on their lap, throw the ball against the wall and catch it as it bounces back. The player will then continue to move through the cones before rolling or throwing the ball into the goal
- Players can compete against other family members or friends

Progression

- See how fast you can move between the markers with the ball to score a goal
- Record how many times you can complete the activity in one minute

Scan to watch the
video demonstration
of this activity!

