MULTI-SKILL CLUB

GETTING SKILFUL-FABB

Encourage the children to:

Feet

- use the outside of foot when dribbling a ball
- o 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:
 - o in relation to the body o in preparation for release.

CHETTING BETTER - SO

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?'

OUTH SPORT AND CLE

d education and Sequences

Encourage the children to:

Space

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

Objects

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

Speed

o increase speed when control of ball is secure.

Strength

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

ALL ROUND DEVELOPMENT, LINKS WITH:

Agility

o patterns, changing direction and pace.

Balance

• adjusting and challenging balance when moving with something.

EXTENDING SKILLS

Encourage the children to try:

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

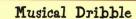
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CO-ORDINATION 5
MOVING WITH SOMETHING









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.