

# Ball Dribbling and Trapping using Feet

## Activity

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

7.2, 8.1, 8.2

See the *Kindergarten Program 2016* for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- demonstrate persistence while engaged in dribbling and kicking activities that require the use of both large and small muscles
- demonstrate spatial awareness in activities that require large muscles
- demonstrate control of large muscles with equipment

## Equipment

- Large utility balls (one per child)
- 15 – 20 pylons or other obstacles
- [Early Learning Anecdotal Recording Chart](#)

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Remind children to be cautious when moving, and to be aware of personal space. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the walls.

## Assessment Opportunity

EL-K Team observation of children's demonstrated application of persistence, spatial awareness and muscle control can be recorded on the Anecdotal Recording Chart.

## Ball Trap

Children work with partners. Each child rolls a ball their partner, who tries to stop the ball with their feet. Children should use the sides of their feet, but they are allowed to use their hands for back-up. Emphasize controlling the ball and stopping on a signal.

## Keep It in the Corral

Children work in groups of four in a small area (2m x 2m) marked by pylons, passing a ball back and forth with their feet. Children use small passes using the inside of their feet and try to work together so the ball stays inside the marked area.

## Go For a Walk

Children use their feet to take their ball for a walk around the gymnasium or play area. Encourage children to use small pushes with the inside or outside of their foot. If their ball gets out of control, children can use their hands to retrieve it and get it back on track.

## Notes to EL-K Team

- Review with the students the skills of dribbling and stopping the ball with their feet.
- Encourage children to use their hands if they need to, to stop the ball to re-gain control.

- Encourage children to use both feet to move the ball.
- Encourage children to use the inside and outside of their foot.
- When stopping/trapping the ball with their foot students should be instructed to: get behind the ball, place the side of their foot beside the ball and to move their foot back to cushion the ball. Instruct the students not to place their foot on top of the ball.
- Remind children that they should watch where they are travelling to prevent injury.
- Use a slightly under-inflated ball for those who are having difficulty with a ball that moves too quickly.

## Connection Questions to Expand and Enhance Play

- What did you need to think about when sending a ball to your partner?
- What can you do to play fairly and show respect for your classmates?
- Why is it important to have lots of room when kicking and trapping a ball?