

Name/Title: Spaghetti and Meatballs

Purpose of Event: The purpose of this activity is for students to use the insides and bottoms of their feet to push a soccer ball in the desired direction.

Prerequisites: Students will have practiced dribbling a soccer ball using the insides and bottoms of their feet in a setting without defensive pressure.

Suggested Grade Level: 3-5

Materials Needed: Soccer balls for half the number of students, pool noodles for half the number of students, polyspots for half the number of students.

Description of Idea

Half of the class will be sitting on the gym floor on a polyspot with one pool noodle in hand. The other half of the class will attempt to dribble in between those with pool noodles, such that they avoid allowing anyone to touch their ball with a pool noodle. After two minutes, students switch roles. Students can be challenged to dribble back and forth from one side of the play area to the other as many times as possible during the two minutes. Those on polyspots are "glued" to their spot and are spaced such that no two noodles can come closer than three feet from each other.

Emphasize safety in that students should always be dribbling and not just kicking then running after the ball.

Variations:

Divide the class unevenly by having more dribblers and fewer students with noodles. This would make it easier. The reverse would make it harder.

Have students stand instead of sit on a polyspot.

Assessment Ideas:

Assess students by noting whether they are using the insides and bottoms of their feet to effectively navigate away from the noodles.

Adaptations for Students with Disabilities:

Space the students with noodles farther apart.

Students dribbling can use items that roll less or not at all such as deck rings, yarn balls, and deflated soccer balls.

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