

Name/Title: Recess Kicking and Dribbling

Purpose of Event: For students to practice soccer dribbling, trapping, and kicking with strong force.

Prerequisites: Students have already learned the basics of dribbling, trapping and kicking with strong force.

Suggested Grade Level: 3-5

Materials Needed: Various size soccer balls, cones for marking goals around the perimeter of the gym or field.

Description of Idea

This activity works best in a gym or fenced in area. Before class, set goals up around the perimeter of the gym measuring approximately 10-15 feet apart. Students find a self-space with a soccer ball. The teacher will call out:

- "Recess!": Dribble the ball in the general space.
- "Razzle dazzle!": Hop back and forth from the left to the right foot lightly touching the ball with the bottom of each foot.
- "Hi Teacher!": Trap the ball with the bottom of foot, face the teacher and say, "Hi Teacher!"
- "Pirate!": Steal one ball from another student and continue dribbling. (No one should be left without a ball.)
- "Bombs Away!": Dribble to a the closest goal and kick with strong force and accuracy into the goal.

Teaching Suggestions:

On "Bombs Away!", remind students to kick accurately without hitting classmates. Only kick toward the goal when you have a clear line of sight to the goal.

Submitted by **Judith Wine** who teaches at Downey School in Westwood, , MA . Thanks for contributing to PE Central! **Posted on PEC: 11/11/2000.**

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