**Name/Title:** Dribble Dash

**Purpose of Event:** To improve a student's ability to dribble and control the soccer ball.

**Prerequisites:** dribbling cues: dribble with inside of foot, keep the ball close, and look up / toe taps: tap the ball with the sole of the right foot and then the left

**Suggested Grade Level:** K - 2

**Materials Needed:** a ball for each student - 6 different colors or 6 different numbers drawn on the ball, 6 different colored hoops or cones, colored arm bands, poly spots, music

**Description of Idea**

Everyone dribbles their soccer ball around the gym. When the music stops, students stop their ball completely and find a different colored ball. Six different colored hoops or colored cones are on the floor. The hoops could be hanging from six different basketball hoops to help students keep their eyes off the ball. Students dribble their new colored ball to the matching colored hula hoop or cone and perform toe taps. Tap the ball with the sole of the right foot and then the left. Once all students are there, begin again. Place a different colored arm band around the arch of each foot. Have students focus on using just the right foot (could be the blue band) or the left (could be the red band).

Encourage students to try to use a different colored ball each time.

**Variations:**

Continue the activity and keep challenging the students with various dribbles, i.e., right foot, left foot, soccer dribble, change pathways, kick into the wall, follow a friend, roll over poly spots, tap into a cone, go under foam hurdles, and/or kick into a taped box on the wall.

**Assessment Ideas:**

Observe students:
* using just the right and left foot,
* soccer dribble,
* kicking control, and/or
* trapping skills.

**Teaching Suggestions:**
Be sure to review the cue words to help students understand the concept.

**Adaptations for Students with Disabilities:**

A student may perform skills in close proximity to the colored hoop/cone so (s)he won't be the last one to arrive at a station.

Submitted by Robin Reding who teaches at Longview Elementary School in Spring Hill, TN. Additional authors for this idea were Mark Montgomery. Thanks for contributing to PE Central! **Posted on PEC: 11/13/2007.**

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