

## KS2 Ball skills

## Keep-it-close

## Dribbling

### Movement

Travel on feet changing direction, and speed

### Skills

Dribble with control: changing direction or speed

### Use & apply

### Perform

### Social

Travel through spaces safely avoiding others

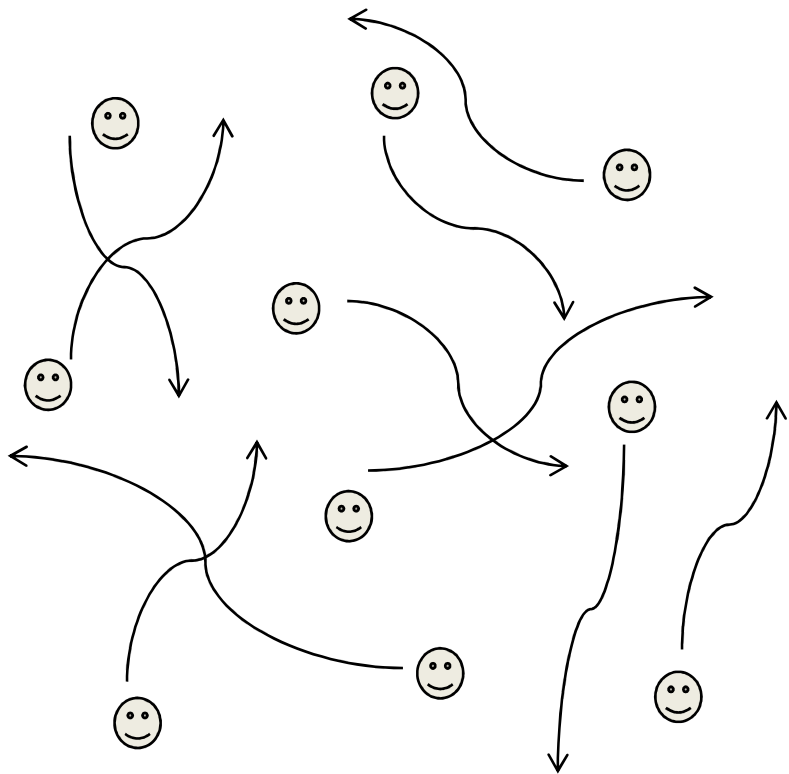
### Evaluate & improve

Evaluate own skill and select suitable level of challenge

### SPACE

- Mark the working area using cones or use existing court/pitch lines. A netball or tennis court works well.
- Ensure participants are well spaced and that they are continually aware of space and others as they move.

*Keep-it-Close is a simple activity that gives children maximum time on the ball. However it requires direction in order that children stay focused on task.*



### TASK

*Prior to each task demonstrate required skill*

Ask players to:

1. Dribble ball "through the spaces" avoiding others and on cue bring ball to a stop under control
2. Move ball to left & right as they dribble
3. Move ball forwards then pull backward
4. Turn 360, moving ball around body
5. Turn 360, moving body around ball
6. Increase speed & decrease speed

*These progressive tasks can be spread over a number of lessons.*

#### Differentiate

Offer a choice of 3 difficulty levels

### EQUIPMENT

- Each child needs a ball or bean bag (if indoors)
- Hockey stick per child (if applicable)

*Less equipment is needed if children share in pairs. The teacher needs to set up a protocol for turn taking.*

### PEOPLE

Children will work:

- As a whole class
- Solo in space

The teacher leads the activity initially but in subsequent lessons it can be pupil led, making it a good lesson opener

To make the task easier or harder, **STEP change** one or more: **Space** **Task** **Equipment** **People**